

# Lent calendar 2022

**WELCOME** to this year's annual Lent calendar for teachers and chaplains to use in secondary schools.

We are the Catholic Agency for Overseas Development, reaching out to people living in poverty with practical help, whatever their religion or culture. We also campaign for global justice, so that every person can live a full and dignified life.

This calendar tells the story of four-year-old Lombeh in Sierra Leone. Each day also reflects on scripture from the Mass of the day and gives a question to ponder, a prayer and an action.

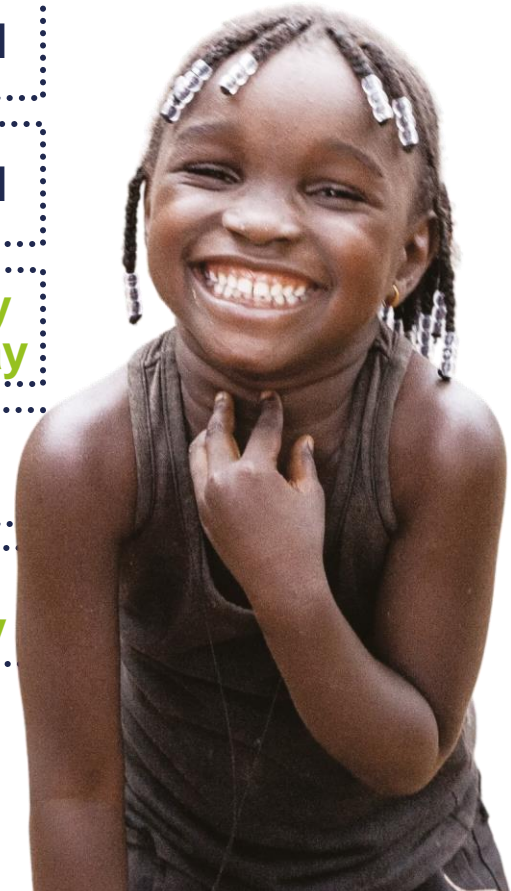
Enjoy your Lenten journey!



# Lent calendar 2022



Week:	One	Two	Three	Four	Five	Six
M	7 March	14 March	21 March	28 March	4 April	11 April
T	8 March	15 March	22 March	29 March	5 April	12 April
W	Ash Weds	9 March	16 March	23 March	30 March	6 April
T	3 March	10 March	17 March	24 March	31 March	7 April
F	4 March	CAFOD Fast Day	18 March	25 March	1 April	8 April
						Maundy Thursday
						Good Friday
						Easter Sunday



*“I was hungry, you gave me food.”*

Matthew 25:35

*"Come back to me with all your heart."* Joel 2:12

2 March  
Ash Wednesday

**This Lent, we challenge you to:**

Help us to walk 40,000km around the world!

Your fundraising can help tackle the malnutrition that threatens the lives of 200 million children.

In this calendar, you'll meet four-year-old Lombeh from Sierra Leone and find out how CAFOD is supporting her community to address malnutrition and its causes.



**WALK  
AGAINST  
HUNGER**

Watch our [Lent film](#)  
and hear Lombeh's story



Lord, help me to pray, fast and  
give this Lent. Amen



*“...like a tree that is planted beside the flowing waters.”* Psalm 1

The psalm today reminds us that a tree grows tall and strong when it has the nourishment that it needs.

When she was younger, Lombeh did not have the nourishment she needed. This bracelet fitted around her arm. But a simple sesame seed paste changed all that.

Our fundraising this Lent can help other children around the world whose lives are threatened by malnutrition.



*[Read more](#) about Lombeh and start to plan your Walk Against Hunger.*



*Lord, this Lent, give us the bread of life to feed our hearts and our world. Amen*



*“Raise your voice like a trumpet.”*

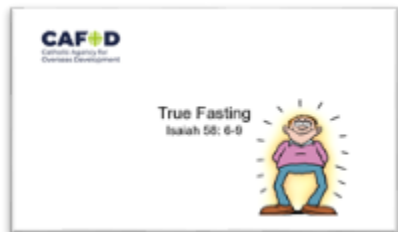
Isaiah 58



In today's reading, Isaiah the prophet shouts to the people all the ways they have not served God.

What injustices should I be shouting about?

Maybe today I could find out more about how Fairtrade gives growers of products like chocolate, coffee and bananas a just and fair return for their work.



*< Find out how  
Isaiah describes  
'true fasting'.*

*It's Fairtrade Fortnight! Can you  
buy a Fairtrade product today?*



*Lord, give me courage to speak out  
whenever I see injustice. Amen*



*“I was hungry, and you gave me food...”* Matthew 25:35

Monday 7 March


When nourishing food is easily available, we can forget how vital it is. But Lombeh’s mum, Amie, knows this:

“One day, I was walking along the road when I saw some new mothers coming from the hospital and I asked them what they were carrying; they said it was the baby food they were given by the Sisters.”

A nutritious sesame seed paste – and simple advice from those new mothers – saved Lombeh’s life.



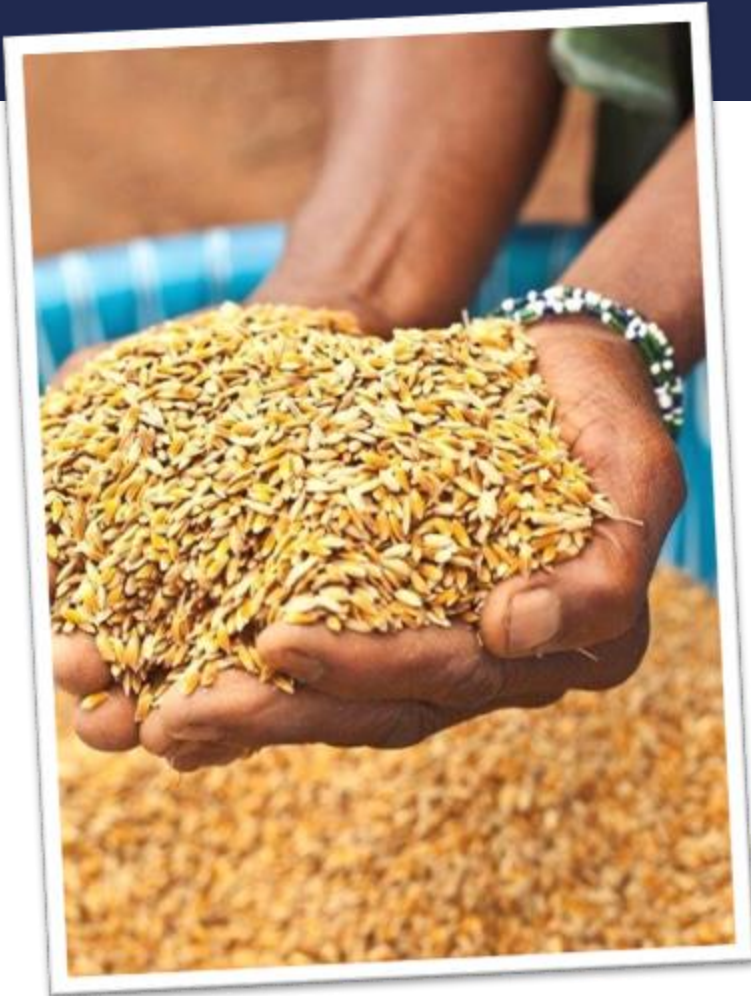
*Pray a Grace*   
*before your meals today.*

*Lord, thank you for the gift of food.*   
*Help me to treasure it. Amen*



*"Give us today our daily bread..."*

Matthew 6:7-15



Why is there global hunger? Conflict is often a factor.

Sierra Leone is still recovering from a long civil war. Families were driven from their homes and land, and many children missed out on an education.

Also, traditional patterns of passing on knowledge about how to grow food in local conditions or how to ensure a nutritious diet, were broken.

On International Women's Day, we remember particularly those women who have not enough food for their children.

*Say thank you to one of the women  
who has helped you in your life.*



*Lord, help us to share our daily bread  
with those who have none. Amen*



*“And the people of Nineveh believed in God.”* Jonah 3:1-10

Wednesday 9 March

When Jonah spoke God’s message, the people of Nineveh believed him. They changed their attitude and their lifestyle.

God asks us to care for each other and to stand with people who are unjustly deprived of their basic needs.

How can we share this message with others?



*Consider how your school could achieve the Livesimply award.*



*Lord, help me to live simply, that others may simply live. Amen.*





“...treat others as you would like them to treat you...”

Matthew 7:12



Amie told us that when Lombeh was ill, her elder brother who is now eleven, used to fetch firewood to help keep her warm: “He would fetch it until he was too tired.”

We can all do simple things to make someone’s day a little better.

How can you help someone else today?

*Think of a way to treat someone with kindness today.*



*Bring your needs and the needs of others to God in prayer today.*



“...come back and present your offering.” Matthew 5:23-24

Friday 11 March

## TODAY IS CAFOD LENT FAST DAY

Many of God's family endure extreme poverty and injustice.

The Catholic community in England and Wales wanted to reach out and help our global family. So they set up CAFOD.

This Lent, CAFOD is offering a special way to help the 200 million children whose lives are threatened by malnutrition.

Will you walk around the world with us this Lent?



**WALK  
AGAINST  
HUNGER**

*Fast Day is a great day to hold or plan your Walk Against Hunger!*



*Lord, help me to care for my global family. Amen*



“Give and there will be gifts for you...”

Monday 14 March

Luke 6:36-38



We are called to be generous to others, just as God is generous to us. Many young people in England and Wales are doing this in Lent through their fundraising.

What are *your* gifts? Are you a musician, a team builder, a good listener...?

How can you be generous with your gifts?

*Find a way to share one of your gifts today to help someone else.*



*Lord, open my hands to receive your gifts and share them with others. Amen*




*“The greatest among you must be your servant.”* Matthew 23:1-12

God’s kingdom turns the world upside down: the first are last and the last are first.

For example, Catholic Social Teaching calls us to put the poorest and most vulnerable first. This is called ‘Option for the poor’. It’s a truly daring way of living!

If we really live out what Jesus taught, it will transform the world.



*Put someone else’s needs before your own at least once today.* 

*Lord, help me to listen for your voice today. And to act on what you say to me. Amen* 



*“The Son of Man came not to be served but to serve...”* Matthew 20:28

The motto of the Handmaid Sisters in Pendembu, Sierra Leone is “Love and service”.

Sister Anthonia and the other sisters, supported by CAFOD, are truly serving their local community.

Their project tackles the causes of malnutrition by teaching agriculture and nutrition, supporting new mums, improving access to water, starting savings and loans schemes and even helping families to set up fish farms.



*Think of three ways you can love and serve someone else today.*



*Lord, you came to serve. Help me to serve too. Amen*



*“At his gate there lay a poor man called Lazarus...”* Luke 19:20



As we work to end poverty, let's learn from the people who know most about it because they live with it. They have gifts to share and wisdom to teach.

For example, how to live the real meaning of community.

Lombeh's mum, Amie, now teaches other new mums how to make the nourishing sesame seed paste that saved Lombeh's life.

*Find out about volunteering to build community in your school or local area.*



*Lord, thank you for the gifts you have given me to share with others. Amen*



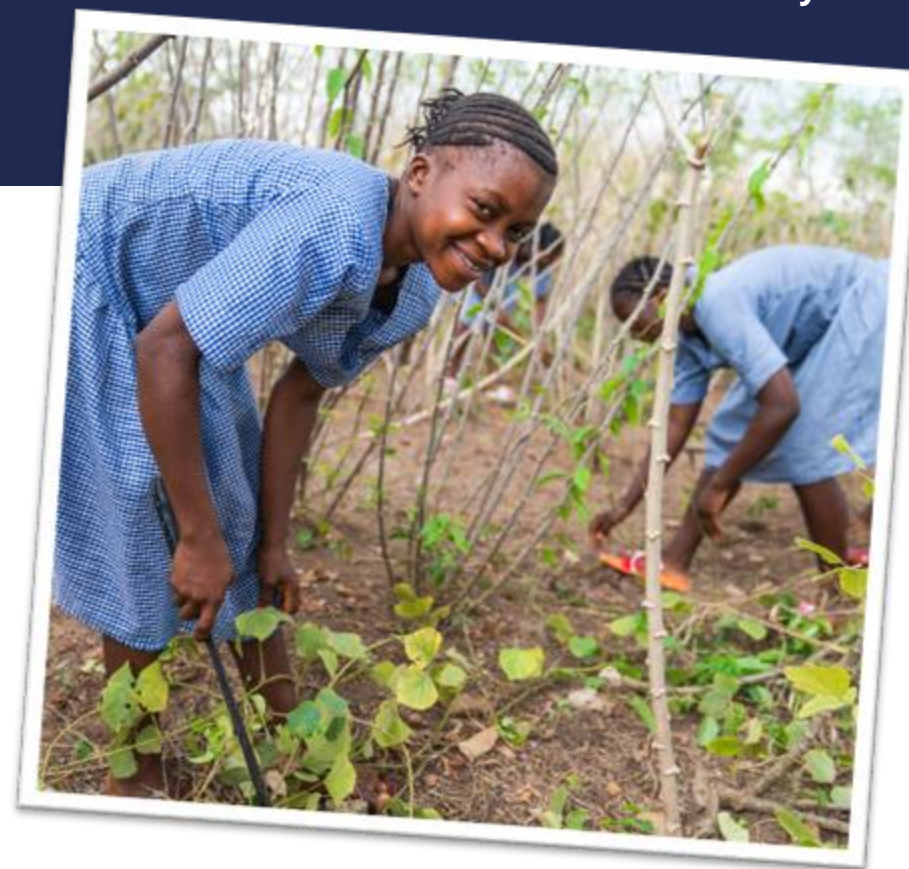
*“They threw him into a pit. The pit was empty; there was no water in it.”* Genesis 37:24

Joseph’s brothers threw him down a dry well - one of the few times lack of water has been an advantage!

Around the world, lack of water is a growing problem.

In Lombeh’s area, the Handmaid Sisters provide training in how to grow nutritious food in ways that can cope better with changes in climate.

We can help by ensuring our political leaders know that we want them to treat the climate crisis as a priority.



*Find out how to contact and lobby your MP on issues that matter.*

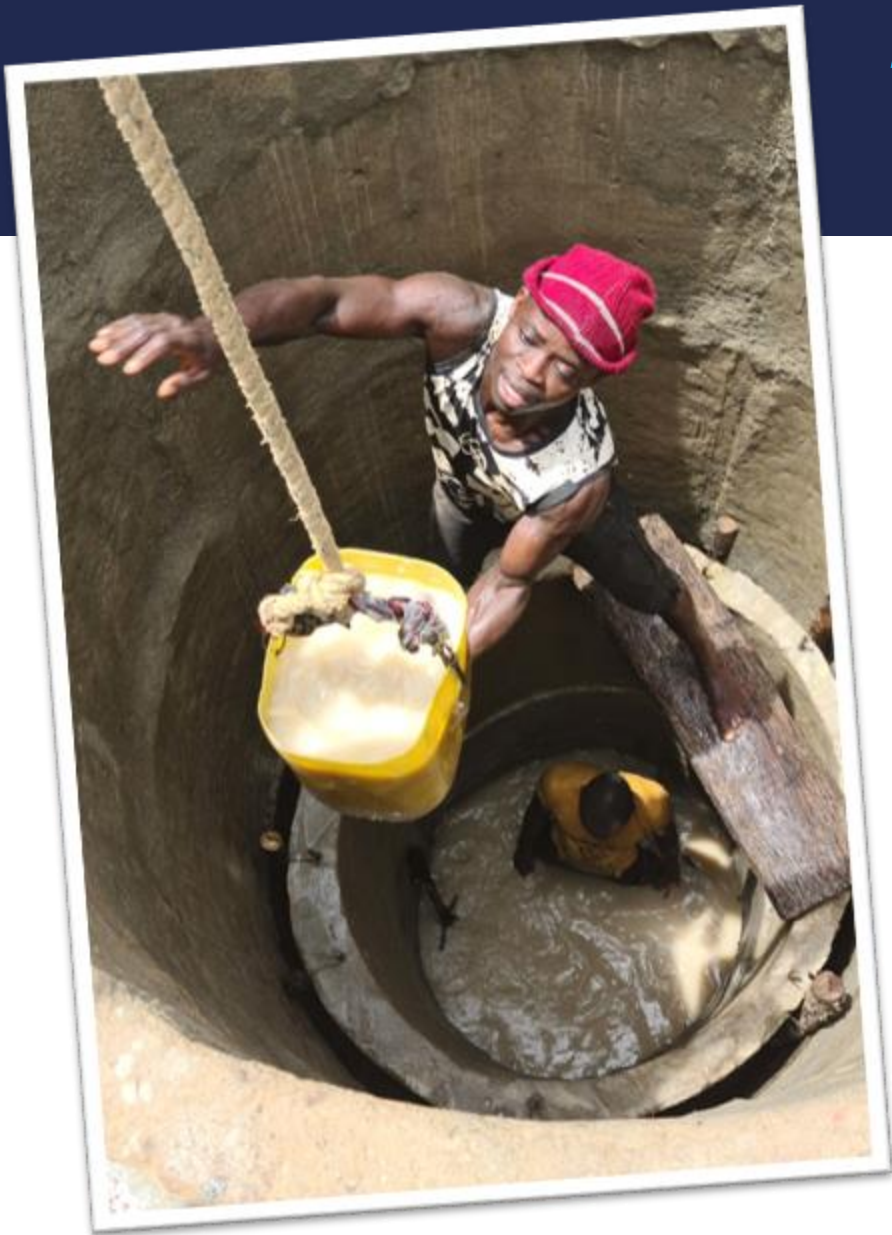


*We pray for those who protect the world’s water supplies. Lord, move us to do the same. Amen*



*“My soul is thirsting for God...”*

Psalm 41:2



When we are *really* thirsty, finding a drink becomes our whole focus.

That's why the psalm writer uses thirst to describe a single-hearted search for God.

We may not feel so single-hearted, but Lent is a great time to refocus our seeking.

And Jesus promises that if we seek, we will find.

*Think of one way you can seek God today.*



*Lord, help me to seek you with all my heart. Amen*





*“His fellow-servants were deeply distressed when they saw what had happened...”* Matthew 18:31

Tuesday 22 March  
World Water Day

The servants in today’s reading are distressed and outraged when they see an injustice. They take action. Do we?

The Handmaid Sisters are tackling the injustice of lack of access to water in the area around Pendembu, Sierra Leone.

Their project supports communities to repair existing or build new water facilities, like this well - being dug out by hand.

Today we remember our sisters and brothers around the world who do not have easy access to water, and we pray for them.



*Be careful with  
your use of water today.*



*Lord, help me to stand up for  
everyone's right to clean water. Amen.*



*“Whoever keeps these commandments and teaches them will be considered great in the kingdom of heaven.”* Matthew 5:17-19

We all need good teachers, both in school and in life. What we learn from others helps us to grow.

And if we teach by example, we can change the world around us.

These students - being taught ways to grow more nutritious food - will be able to teach others what they have learned, reducing malnutrition in their area.



*Share with someone else one fact you have learned about global hunger.*



*Divine Teacher, show me how to teach your ways by word and example. Amen*




*“...the kingdom of God  
has overtaken you.”* Luke 11:14-23


Jesus told the crowds that his presence and actions proved that the kingdom of God was already here.

What signs of the kingdom of God can you find around you today?

Perhaps you will be a sign of God's kingdom to someone else, as Saint Oscar Romero was to oppressed people in El Salvador.



*Watch and share our  
Romero video.* 

*Lord, in my kind deeds and smiles  
may I lift people's hearts today. Amen* 



*“The Holy Spirit will  
come upon you...”* Luke 26:35

Friday 25 March  
**The Annunciation**



We celebrate the Annunciation, when the angel told Mary that she would become the mother of Jesus.

The impossible became possible, through the Holy Spirit.

With the Holy Spirit, who is with us too through our Baptism and Confirmation, we can do more than we can ever imagine. Do you dare to try?

*Watch and listen to our musical reflection:  
["I can do all things in you"](#)*



*Lord, help me to believe the amazing  
things you can do in me. Amen.*



*“Now I create new heavens and a new earth...”* Isaiah 65:17-21



Isaiah prophesied that God would renew the earth.

We are called to be part of that renewal – revealing God's kingdom on earth, in the way we treat both our world and each other.

Pope Francis calls the earth “our common home”.

What can we do to make earth a more liveable home for everyone who lives here?

*To show that you appreciate your home, tidy or clean a bit of it!*



*Lord, thank you for our common home. Help me to protect it. Amen*



*“Pick up your mat and walk.”*

John 5:11

Jesus told the man to pick up his mat and walk, after years of lying there waiting to be healed. It's as if Jesus were saying: " *You* have to do something too!"

We often ask God for things. Maybe today God is saying to us: " *You* have to do something too!"

Let's pray for those who have too little food and let's walk or do other fundraising this Lent to help them too.



Watch and share [our video](#) of how you can walk against hunger.



Pray one of our [Stations of the Cross](#).



*“...whatever the Father does  
the Son does too.”* John 17:19

Jesus hung around with rejected people, forgave sinners, healed the sick, stood up against injustice, walked alongside the oppressed and stepped beyond barriers of prejudice.

So, this must be what God the Father does too!

Would people recognise God the Father from the things that I do?



Check our [totaliser](#) to see how far  
UK schools have walked this Lent.



Lord, help me to be more like you.  
Amen



*“...these same works of mine testify that the Father has sent me.”* John 5:36

What works did Jesus do?

He lifted burdens – by healing people physically or by lifting the burdens of guilt that others had laid on them.

He lifted their hearts as he described a new world, the kingdom of God, where people love their enemies, wrongs are forgiven and miracles are possible.

He wants to lift our burdens too, so that we can help to lift other people's.



*What is weighing you down?  
Sit quietly and entrust it to God.*



*Lord, I give my burdens to you.  
Help me to trust you. Amen*





*“The Lord is close to the broken-hearted...”* Psalm 33:19

Amie told us that, when Lombeh was a baby, “I used to just sit down and cry. I could not even eat because of worrying about her condition. But when she started improving, I was so happy.”

Amie was directed to Sister Anthonia by kind advice from a group of new mothers that she met on the road.

Those few words were the first step towards Lombeh’s recovery and ending Amie’s worries.



*Look out for anyone who is sad today and say an encouraging word to them.*



*Lord, make me ready to listen to the broken-hearted and to be with them.*



*“You have prepared a banquet for me...”*

Psalm 23:5

Earth produces enough food to feed everyone: a banquet!

Hunger exists because of human actions, including wars, unfair trade systems, food waste, inequality, and a climate crisis due to our carbon emissions.

But we *can* make a difference!

We can campaign with agencies like CAFOD to call for fairer global trade. And, every day, we can take steps to live more sustainably, and not waste food.



*Take only what you need  
and waste no food today.*



*Lord, show us how to share the  
banquet you have given us. Amen.*



*“He who sent me is with me...”*

John 8:29

Jesus told the disciples that his Father was with him. God is with us too.

The face of God is all around us, in those who act for justice and peace, in those who choose to love and in every person. We are all made in God’s image.

Do I recognise God’s face in those around me?



*Try to spot the face of God at least three times today.*



*Lord, show me your face. Amen*



*“...the truth will  
make you free.”* John 8:32

It can be hard to admit the truth,  
especially when we have hurt  
someone.

But when we admit the truth and  
apologise, we experience what  
freedom feels like.

Lent is a time for forgiving others  
and for seeking forgiveness. How  
could you act on this today?



*Find out if your school or parish  
has a Lent reconciliation service.*



*Lord, you are the truth; help  
me to live in you. Amen*



*“Before Abraham ever was, I Am.”*

John 8:58

Thursday 7 April



When asked who he is, Jesus is very clear: “I Am”. This is the title used in the Old Testament for God.

It seemed unbelievable to those listening to Jesus. They could not accept it and later demanded his crucifixion.

That a simple sesame seed paste can save lives sounds unbelievable too. Yet Amie believed it and today Lombeh is thriving.

*Read a Gospel story today and get to know Jesus better.*



*Lord, I believe. Strengthen my faith in you. Amen*



*“...believe in the work that I do, then you will know for sure that the Father is in me.” John 10:38*

The Handmaid Sisters in Pendembu, Sierra Leone are a CAFOD ‘partner’. This means they are local experts helping their community, in partnership with CAFOD.

The amazing work done by Sister Gertrude, Sister Anthonia and Sister Happiness is a witness to Christ in them, as well as evidence of their love for God’s children.



*Whose work do you admire? Give them a word of encouragement today.*



*Lord, open our ears to hear the cry of the earth and the cry of the poor. Amen*



*“Faithfully he brings true justice.”* Isaiah 42:1-7



As the Body of Christ, we are called to continue Jesus’ mission and bring true justice to the world.

This Lent, schools are walking against hunger and fundraising to support communities in Sierra Leone and around the world to make the world a more just place.

**Thank you!**

*Tell us what you’ve done so we can inspire others: [schools@cafod.org.uk](mailto:schools@cafod.org.uk) or tag @CAFOD*



*Jesus, you were “good news to the poor”.  
May I be good news too. Amen*



*“I will lay down my life for you.”*

John 13:37

Peter said this, then denied Jesus three times. But he later repented and went on to keep his promise.

At COP26 last November, world leaders promised to meet again this year with plans on how their countries will lower carbon emissions.

For the sake of our common home and its most vulnerable communities, let's help to hold them to their promises.



*Put a reminder on your phone to join  
CAFOD's campaign in May.*



*Lord, help me always to  
keep my promises. Amen.*





*“They paid him thirty silver pieces...”*

Matthew 26:15

Judas accepted payment for betraying Jesus. ‘Thirty pieces of silver’ now represents the evil ways money can be used.

But we can use money for good, working to ensure that wealth is shared more fairly and to end the injustice that is extreme poverty.

Thanks to your fundraising, experts in our global network support people at the end of their strength and help them to find a way forward.



Wednesday 13 April

*Put some money into your Lent collection and, as Easter approaches...*



*...make plans to send it in to us.*



*“This is my body... do this as a memorial of me.”* 1 Corinthians 11:23-26

Taking part in the eucharist commits us to serve others. Jesus makes this clear in today’s gospel as he washes the disciples’ feet before the Last Supper.

Pope Francis said: “In the eucharist the Lord makes us walk on his road, that of service.”

Do I let the eucharist motivate *me* to serve others?



*If you can't go to church tonight,  
attend a service online.*



*When I receive you in Communion,  
Lord, move me to serve others. Amen*



*“They crucified him with two others,  
one on either side...”*

John 19:18

15 April  
**Good Friday**



Even as he was dying, Jesus spoke with the repentant thief and gave him hope.

It is not easy to show compassion all the time; it takes courage, determination and commitment.

*Draw the outline of a cross. Write on it the names of people you know who are suffering and in need of hope. Include those who hunger.*

*Pray for them at 3pm, the hour Jesus died.*



*“This day was made by the Lord;  
we rejoice and are glad.”* Psalm 117

**Easter Sunday** 17 April

***We often limit our expectations of God. But  
the Lord who can rise from the dead can do  
more than we can ever imagine.***

***Let's rejoice today with our Lord who has  
conquered death, and entrust our world  
and all its people to his care.***

***Jesus is alive! Alleluia!***

*Eat a Fairtrade egg, sing an Easter  
'Alleluia' and celebrate Jesus alive  
in yourself and others today.*

