

# 2021 KEEP IT SIMPLE FOR LENT ACTION PLAN

## Journey Haerenga

## Companionship Whakahoa

## Treasures Ngā Taonga

## Choices Kōwhiri

## Reflecting Whakaaroaro

## Legacy Whakareretanga

**PRAY**  
ĪNOI



Every time you hear an emergency siren or find out bad news about a disaster, pause to pray for those affected.

Think of one family member or close friend and pray for them every week.

Pray for those around the world, particularly refugees, who don't have access to all their basic needs.

Pray for leaders in New Zealand and worldwide that they will make decisions that promote justice, peace and love.

Give thanks for all the good things in your life.



**GIVE**  
HOATU



Appreciate your family and friends by finding creative ways to thank them for the way they support you.



Donate an item of food to a local food bank to help families in your community.

Give 30 minutes of your time to help someone out today.

Whenever you think of people in need, donate a gold coin in the Caritas koha box.

Give 20c for every year you have been at school and remember children around the world who cannot go to school.

**LIVE**  
NOHOIA  
I TE AO



During Lent this year, try to apply Gandhi's famous words in your life: 'live simply so that others may simply live.'

Give up using technology during your free time this week and instead take time to help out at home.

Respect everyone in your class and celebrate the many unique strengths and differences.

When making decisions this week, try really hard to think of others and how your actions will impact them.

Make changes to your daily actions in order to care for creation (e.g. recycle more, have shorter hot showers etc).



**DO**  
ME PĒNEI



Get outside and go for a walk and think about how people journeyed during Jesus' time.

Join your friends or family and attend Mass on Sundays.



Do something nice for someone as a random act of kindness.

Reflect on what you say and do each day to bring joy and hope to others.

Write yourself a short message outlining what you want to achieve this year. Keep it safe before opening early next year.

**FIND**  
KIMIHI



Find someone who seems lonely or isolated and be their friend.

Find some clothes or toys in good condition that you don't use any more and donate them to your local St Vincent de Paul.

Read a parable of Jesus and consider the key message to help you make the best choices in the future.

Research online to find out which countries are still feeling the impact of the COVID-19 Pandemic.

Choose a Caritas [video](#) to watch and be inspired to support vulnerable people around the world.

**CREATE**  
WAIHANGATIA



Design a creative entry for this year's [KAITIAKI2SHARE](#) competition by coming up with an original idea on how we can all care for creation.

Send a message or write a card to someone to celebrate a special event (like a birthday or an achievement).

Make a list of the five things you feel should be the most important in your life. Try hard to put these first.



Make a display board in your home or classroom to record your thoughts or inspiring quotes from others.

Run a Caritas Challenge event in your school to experience a day of difference for a lifetime of change.

**Caritas challenges YOU this Lent to make a difference in others' lives by making small changes to your daily actions. Grow in compassion and empathy for those in need in our local communities and around the world.**

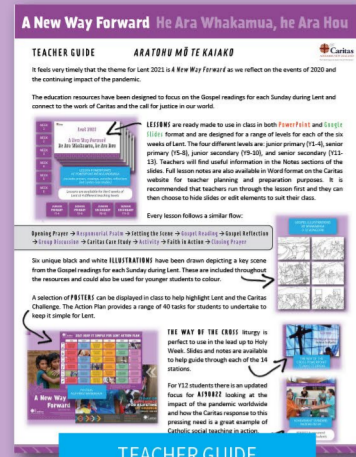


How many of these actions can you complete?  
You may select some to make your own pocket checklist.  
 Tick a box when you complete the action.

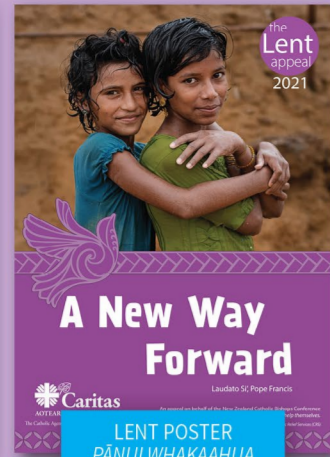


# A New Way Forward He Ara Whakamua, he Ara Hou

# LENT 2021 RESOURCES OVERVIEW Tirohanga Whānui ki ngā Rauemi



TEACHER GUIDE  
ARATOHU MŌ TE KAIAKO



LENT POSTER  
PĀNUJ WHAKAAHUA  
MŌ TE RENETI



ACTION PLAN  
MAHERE KŌKIRI



CARITAS CHALLENGE POSTERS  
NGĀ PĀNUJ WHAKAAHUA MŌ  
TE WERO O CARITAS

WEEK 1  
WEEK 2  
WEEK 3  
WEEK 4  
WEEK 5  
WEEK 6

**Lent 2021**  
**A New Way Forward**  
**He Ara Whakamua, he Ara Hou**

LESSON POWERPOINTS  
HE POWERPOINT MŌ NGĀ AKORANGA  
(includes prayers, readings, activities, reflections and Caritas case studies)

Lessons are available for the 6 weeks of Lent at 4 different teaching levels

JUNIOR PRIMARY Y1-4  
SENIOR PRIMARY Y5-8  
JUNIOR SECONDARY Y9-10  
SENIOR SECONDARY Y11-13



THE WAY OF THE CROSS POWERPOINT  
TE ARA O TE RIPEKA



THE WAY OF THE CROSS NOTES  
HE TUHINGA MŌ TE ARA O TE RIPEKA



KOHA BOXES  
NGĀ POUAKA KOHA



ACHIEVEMENT STANDARD  
PAEREWA PAETAE

AS90822 Assessment  
Task Sheet for Students



GOSPEL ILLUSTRATIONS  
HE WHAKAAHUA  
O TE RONGOPAI

ALL RESOURCES FOR LENT 2021 ARE AVAILABLE AT [WWW.CARITAS.ORG.NZ](http://WWW.CARITAS.ORG.NZ)

It is my desire that everyone reflect and work together, as followers of Jesus who heals, to construct a better world, full of hope for future generations.

POPE FRANCIS, 'TO HEAL THE WORLD', 5 AUGUST 2020



Take up the challenge during Lent this year. Display this Action Plan in your class or at home and try to achieve as many of the tasks as you can. Let's live simply, and by making small changes to our daily actions, we can make a real difference in other people's lives. We are encouraged to remember the millions of people in our world who struggle each day to meet their most basic needs. Caritas Aotearoa New Zealand is involved in various projects around the world that support the most vulnerable people facing poverty and injustice. Your generous donations to Caritas will help support others who need it most.

## 2021 KEEP IT SIMPLE FOR LENT ACTION PLAN



## SPECIAL LENT ACTIONS

The number 40 is significant during the season of Lent. Jesus spent 40 days fasting in the desert. It is also 40 days from Ash Wednesday to Holy Saturday (not counting Sundays).

Add the following 10 actions focused on Lent to the 30 tasks included in the main Action Plan to master your very own 40 days of Lent!

Share a special Mass for Ash Wednesday

Fast from social media

Give a small donation to help people in need

Offer up difficult things to God

Ask a priest to share about Lent

Take part in the Sacramental programme

Participate in a special liturgy for Holy Week

Give up a luxury during Lent

Have a Passover meal at the end of Lent

Wash each other's feet at the end of Lent



## DONATIONS

Collect the total money gifted during Lent and make a donation to Caritas. Online donations can be made at [www.caritas.org.nz](http://www.caritas.org.nz) Thank you for your generosity!

