

KEEP IT SIMPLE FOR LENT ACTION PLAN 2022

 **PRAY** ĪNOI

 **GIVE** HOATU

 **LIVE** NOHOIA I TE AO

 **DO** ME PĒNEI

 **FIND** KIMIHI

 **CREATE** WAIHANGATIA

DREAMING OF SOMETHING BETTER
TE MOEMOEĀ MO TĒTAHI MEA PAI AKE

Offer up difficult things to God.

Give up a luxury during Lent and use the money you save to help others.

Think of ways to care for creation to make our world a better place (e.g. recycle more).



Find an uplifting song that talks about making things better and share it with others.

Paint a flag of Papua New Guinea and display it to remember the Lujan Home for Girls.

TOGETHER
NGĀTAHI

Pray for people who may be alone or isolated.

Every time you feel grateful for your friends or your education put a donation in the koha box.

Be a peacemaker and spread a message of peace by sharing a poem or prayer with others.

Organise a Caritas Challenge event at your school to support people in the Pacific.

Find a Bible verse that encourages us to love others and share it with your friends.



WAITING IN HOPE
TE TĀTARI I ROTO I TE TŪMANAKO

Take time just to sit and listen and spend time with God.



Follow St Teresa of Calcutta's wise words: 'A life not lived for others is not a life.'

Every day this week choose your words wisely to bring joy and hope to others.

Find out more about recent events in the Holy Land by searching the Internet.

Make a space in your class or your room at home and display quotes of hope and inspiration.

A FRESH START
HE TĪMATANGA HŌU

Pray for those around the world, particularly refugees, who are making a fresh start.

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

Write down a list of all the things you are thankful for in your life.

Learn how to say thanks in three new languages.



Design a presentation for others at your school to raise awareness for refugees.

GREAT OPPORTUNITIES
HE WHĀINGA WĀHI HIRA



Put a coin in the koha box to help Caritas support families around the world.

Take part in the Sacramental programme.

Take the chance to do something nice for one person today as a random act of kindness.

Watch the HAFOTI in Timor-Leste video then see if you can find Timor-Leste on Google Maps.

Create a poem or a piece of artwork that highlights respect and human dignity.

THE GREATEST GIFT OF ALL
TE TINO TAKOHA NUI O NGĀ TAKOHA KATOAA

Give thanks to God for Jesus' amazing sacrifice and for the gift of love and grace.

Wash each other's feet at the end of Lent.



Participate in a special liturgy for Holy Week.

Find out how different countries and cultures celebrate Holy Week.

Write a card to someone special to tell them what they mean to you.

During Lent this year, Caritas challenges YOU to keep it simple and do little acts each week that will make a positive difference in the lives of those around you. Grow in empathy and compassion for those in need in our local communities and around the world.



How many of these actions can you complete?
 Tick a box when you complete the action.



Week 1: Wiki Tautahi

Focus
Papua New Guinea
Arotahi
Papua New Guinea

Theme
Dreaming of Something Better
Kaupapa Matua
Te Moemoa mo Tētahi Mea Pai Ake

Focus
Fiji
Arotahi
Whiti

Theme
Together
Kaupapa Matua
Ngātahi



Week 2: Wiki Tuarua



Week 3: Wiki Tuatoru

Focus
Holy Land
Arotahi
Te Whenua Tapu

Theme
Waiting in Hope
Kaupapa Matua
Te Tatari i roto i te Tūmanako

Focus
Emergency Response
Arotahi
Te Urupare Ohotata

Theme
A Fresh Start
Kaupapa Matua
He Timatanga Hōu



Week 4: Wiki Tuawhā



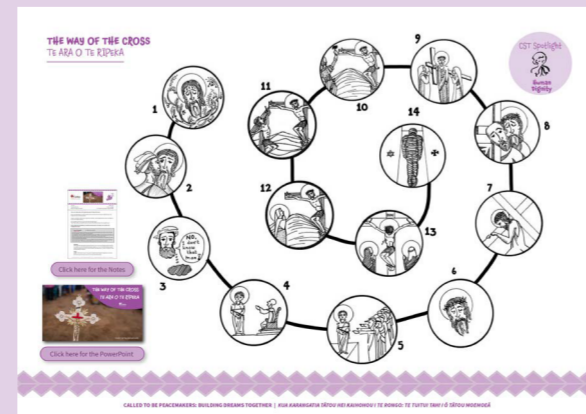
Week 5: Wiki Tuarima

Focus
Timor-Leste
Arotahi
Timor-Leste

Theme
Great Opportunities
Kaupapa Matua
He Whāinga Wāhi Hira

Focus
Holy Week
Arotahi
Te Wiki Tapu

Theme
The Greatest Gift of All
Kaupapa Matua
Te Tino Takoha Nui o ngā Takoha Katoa

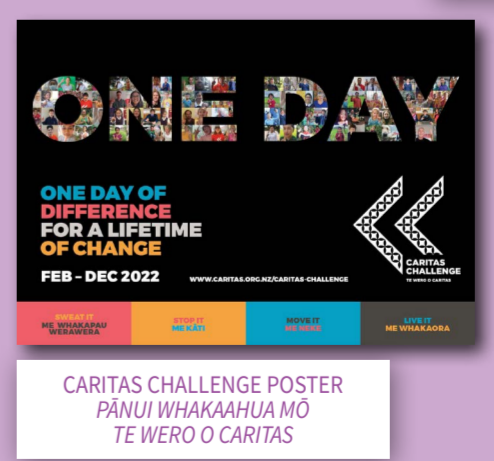
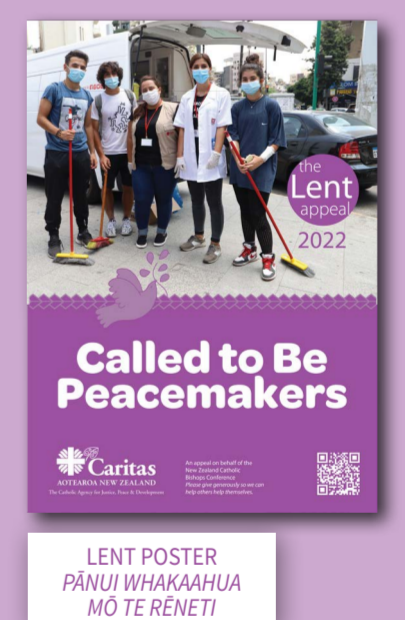


Week 6: Te Wiki Tapu



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Resources Overview Tirohanga Whānui ki ngā Rauemi



“Dear young people, do not bury your talents, the gifts that God has given you! Do not be afraid to dream of great things!”
– Pope Francis (Twitter), 2013

All resources available at www.caritas.org.nz/lent-schools