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Pray, fast and give with CAFOD this Lent to help others.  Lent resources mentioned in this calendar are at: <a href="http://cafod.org.uk/primary">cafod.org.uk/primary</a>			<b>17 FEBRUARY</b> <b>Ash Wednesday</b> Download and use our Lent liturgy, thinking about our global neighbours.	<b>18</b> Share our video of Abdul in Ethiopia.	<b>19</b> Say a prayer for our global neighbours. Find our prayers at <a href="http://cafod.org.uk/kidzzone">cafod.org.uk/kidzzone</a>	<b>20</b> Tell others about the importance of water.
<b>21</b> <b>1<sup>st</sup> Sunday of Lent</b> Thank God for the gift of creation.	<b>22</b> <b>Fairtrade Fortnight</b> Make cakes with Fairtrade ingredients. Sell them to raise money. Find out more about fair trade with our resources.	<b>23</b> Find out more about Abdul's community in our Lent resources at <a href="http://cafod.org.uk/primary/lent">cafod.org.uk/primary/lent</a>	<b>24</b> Pray for our global family.  Lord, may my support bring hope to people in difficulty around the world. Amen	<b>25</b> Our national assembly premieres today! Join us and schools across England and Wales at 9.30am or watch later.	<b>26</b> <b>LENT FAST DAY</b> Today is a great day to hold your Lent fundraiser. Schools across England and Wales are helping Abdul's community.	<b>27</b> Find out about refugees from CAFOD's website and pray for them.
<b>28</b> <b>2<sup>nd</sup> Sunday of Lent</b> Tell someone at home how communities in Afar, Ethiopia have to walk for water.	<b>1 MARCH</b> Compliment someone else on one of their gifts.  Work out how you can use one of your own gifts to help others.	<b>2</b> Say a prayer for the Earth. Find prayers at <a href="http://cafod.org.uk/kidzzone">cafod.org.uk/kidzzone</a>	<b>3</b> Lunchtime activity—see how many plates you can cover with coins for CAFOD.	<b>4</b> 'I have come so that they may have life, and life to the full.' John 10:10 Think about what these words mean and how we can live by them.	<b>5</b> Give up a treat today and pray for those who are hungry.	<b>6</b> Follow CAFOD schools on twitter and post a photo of your fundraising activities.
<b>7</b> <b>3<sup>rd</sup> Sunday of Lent</b> Say a prayer for peace. Find prayers at <a href="http://cafod.org.uk/kidzzone">cafod.org.uk/kidzzone</a>	<b>8</b> <b>International women's Day</b> Give a small gift to your mum or another of the women in your life	<b>9</b> Reflect on one of the Stations of the cross today. <a href="http://cafod.org.uk/primary">cafod.org.uk/primary</a>	<b>10</b> Give up some carbon emissions to care for the Earth, our common home – walk somewhere instead of getting a lift.	<b>11</b> Say a prayer for our other this Lent. Find our prayers at <a href="http://cafod.org.uk/Education/Primary-teaching-resources/Children-s-prayers">cafod.org.uk/Education/Primary-teaching-resources/Children-s-prayers</a>	<b>12</b> See how many people you can smile at today!	<b>13</b> Pray for our global family. Lord, may my support bring hope to people who are in difficulty around the world. Amen
<b>14</b> <b>4<sup>th</sup> Sunday of Lent</b> <b>Mother's Day</b> Do something nice for your mum or another special woman.	<b>15</b> Share our Lent film on social media tagging @CAFOD or ask your school web editor to link to it.	<b>16</b> If your local shop doesn't stock Fairtrade Easter eggs, ask why not. If it does, buy one!	<b>17</b> Pray for fullness of life for all.	<b>18</b> Make up your own Grace before meals and use it.	<b>19</b> <b>St Joseph's Day</b> Pray for workers who are not paid a fair wage and help at home without being asked.	<b>20</b> <b>International Day of Happiness</b> Tell someone a joke today and make them smile!
<b>21</b> <b>5<sup>th</sup> Sunday of Lent</b> Make a simple packed lunch for tomorrow – no treats. Add the money you save to your Lent collection.	<b>22</b> <b>World Water Day</b> Compliment someone today and make them feel good!	<b>23</b> Contact local press about your Lenten activities. (There's a press release template on our website that you could use.)	<b>24</b> <b>St Oscar Romero's Day</b> Reflect on Romero's words: Aspire not to have more but to be more.	<b>25</b> <b>The Annunciation</b> Pray a Hail Mary for mothers everywhere.	<b>26</b> Catholics in England and Wales are asked to give up meat on Fridays - have a fishy Friday today	<b>27</b> Pray for those who risk their lives to speak out for their rights.
<b>28</b> <b>Palm Sunday</b> Say sorry and pray for anyone you have hurt.	<b>29</b> List ten things God has given you. Thank God for them.	<b>30</b> Write thank you cards to people who have helped you this Lent.	<b>31</b> Give up comparing yourself with others. God loves you as you are.	<b>1 APRIL</b> <b>Maunder Thursday</b> Jesus washed his friends' feet. How can you serve others today?	<b>2</b> <b>Good Friday</b> Give up some food today and pray for all who hunger.	<b>3</b> <b>Holy Saturday</b> Have a quiet and reflective day, no phone or laptop.

Charity no 1160384 and a company limited by guarantee no 09387398

**4 Easter Sunday**  
Happy Easter! Alleluia!

**WALK FOR WATER**

**...SO THAT OTHERS DON'T HAVE TO.**

