

MONDAY

TUESDAY

WEDNESDAY

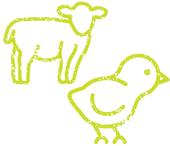
THURSDAY

FRIDAY

SATURDAY

SUNDAY

ACTIVITY ONE: LENTEN CALENDAR

<p>27 Nasteha (8) lives with her parents, three sisters and four brothers in a two-room hut near a town called Luuq in Somalia. How many people are in your family?</p>	<p>28 Take some time to care for the earth today. You could pick up litter, plant a tree or help with the recycling at home.</p>	<p>FEBRUARY 22 Ash Wednesday How are you going to live Lent this year? Place your Trócaire box somewhere you can see it.</p>	<p>23 Read about Nasteha and her family in your Trócaire pack.</p>	<p>24 Give up a treat today and drop a coin in your Trócaire box instead.</p> 	<p>25 Plant some seeds that will grow over the season of Lent. Sunflowers are fun to grow at this time of year.</p> 	<p>26 First Sunday of Lent Light a candle for the people of Somalia.</p>
<p>6 The earth is one part of God's wonderful universe. Go outside and look up at the stars. How far away do you think the closest star is?</p>	<p>7 Lent is about giving of yourself. Share an act of kindness with someone near you.</p>	<p>MARCH 1 We get a lot of rain in Ireland. In Somalia, it has not rained for three years. What do you think our country would be like without any rain? How would it be different?</p>	<p>2 Drop a coin in your Trócaire box for those who don't have enough food today.</p>	<p>3 World Wildlife Day In Somalia there is wildlife such as lions, giraffes, cheetahs, bush pigs and baboons. What wildlife lives near you?</p> 	<p>4 Share a smile with or pay a compliment to someone you meet.</p> 	<p>5 Second Sunday of Lent Light a candle for places in the world where there is war.</p>
<p>13 Trócaire is fifty years old this year. Read the story of Trócaire here.</p>	<p>7 Lent is about giving of yourself. Share an act of kindness with someone near you.</p>	<p>8 International Women's Day Drop a coin in your Trócaire box to help us empower girls and women to find their voice.</p>	<p>9 In Lent we choose to change our ways for the better. What could you change today?</p>	<p>10 Speak only kindness to the people around you today.</p> 	<p>11 Think about where our food comes from. Pray for the people who grow and sell our food.</p> 	<p>12 Third Sunday of Lent Light a candle for countries that are affected by climate change and drought.</p>
<p>20 Feast of St Joseph Pray for fathers and grandfathers today.</p> 	<p>14 Most of the food waste in the world happens in our homes. Say Grace Before Meals today.</p>	<p>15 Nasteha and her siblings will go to school today. They learn maths, reading and writing. What subjects do you like to learn?</p>	<p>16 Drop a coin in your Trócaire box to help build wells and bore-holes so that families like Nasteha's can have access to safe, clean water.</p>	<p>17 St Patrick's Day Did you know that St Patrick is also the patron saint of Nigeria, which is a country in Africa?</p>	<p>18 Global Recycling Day Every time you recycle you are helping the earth. Well done!</p> 	<p>19 Fourth Sunday of Lent Mother's Day Pray for mothers everywhere. Join the Trócaire community for Mass on RTÉ One.</p>
<p>27 It is good to say thank you. What would you like to thank God for?</p> <p><i>Thank You!</i></p>	<p>21 International Day of Forests Learn more about a forest near you. How do trees and forests help the planet?</p> 	<p>22 World Water Day Do you use water wisely? Turn off taps when you're not using them.</p> 	<p>23 Pray for people who are sick.</p> 	<p>24 Feast of St Óscar Romero St Óscar Romero said, 'Aspire not to have more but to be more.' What do you think this means?</p> 	<p>25 Earth Hour, 20:30-21:30 Turn off unnecessary lights and appliances for an hour.</p>	<p>26 Fifth Sunday of Lent Light a candle for people who live with injustice and violence.</p> 
<p>3 Healing Drop a coin in the box for nurses, doctors and carers who work in vulnerable parts of our world.</p>	<p>28 Easter is about new life. Where do you see signs of new life in the world?</p>	<p>29 Drop a coin in the box to help Trócaire and its partners provide healthcare in poor countries.</p>	<p>30 Close your eyes for a moment. What do you hear? Listen more deeply. What is God saying to you today?</p>	<p>31 Take a break from devices today. Spend time with others or outside exploring the nature around us.</p>	<p>APRIL 1 Clean out your wardrobe and donate or recycle any clothes you don't need.</p>	<p>2 Palm Sunday Light a candle for peace in Palestine, the country where Jesus lived.</p>
<p>4 Giving Jesus gave of himself to show how much he loves us. What gifts and talents do you have that you can share with the world?</p>	<p>5 Spy Wednesday: Praying Say a prayer today for people who live in countries with injustice and unfairness.</p>	<p>6 Holy Thursday: Serving Jesus washed the feet of his friends to show us that we should care for one another. Think about how Trócaire and its partners serve people all over the world.</p>	<p>7 Good Friday: Loving 'For God loved the world so much that he gave his only son, that anyone who believes will not die but have eternal life' (John 3:16)</p>	<p>8 Holy Saturday: Waiting Today is a day of waiting.</p> 	<p>9 Easter Sunday: Celebrating Jesus is risen! Alleluia! Remember to return your Trócaire box to your parish or school.</p>	