

LENT 2023: FAMILY LENTEN RESOURCE



Trocaire

TOGETHER FOR A JUST WORLD

INFORMATION FOR LEADERS, PARENTS OR TEACHERS

This resource is recommended for use in the following ways:

- In a family Mass setting
- In a children's liturgy group in parishes
- At home around the kitchen table
- In a catholic primary school, during religious education time with your class

This Lent Trócaire is highlighting the impact of conflict, drought and climate change on families in Somalia. This is a difficult topic and some of the information may not be suitable to share with younger children. Emphasis should be placed on the positive impact that our actions can have and how by working together we can create a fairer world.

Activities

There are four activities in this resource. Activity one is a printable calendar that has suggestions for each day of Lent. Parishes are invited to print

copies and distribute them on the Sunday before Ash Wednesday. The ideas are suitable for all age groups.

Activities two, three and four can be used on any Sunday during the lenten season. The activities are related to this year's lenten family, marking fifty years of Trócaire and designing your own Trócaire box.

Global Issues

Resources, like this one, that focus on global issues can resonate with individuals through their lived experience. We advise that you read through this resource in full and modify anything that you feel may impact an individual or a group you work with. Be particularly aware of families in your parish from Somalia and other countries on the Horn of Africa, where drought and unbearable hunger are affecting much of the population.



Girls skipping rope outside the primary school at the IDP camp in Luuq, Somalia.
Photo credit: Joy Obuya, Trócaire.

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>14 Most of the food waste in the world happens in our homes. Say Grace Before Meals today.</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>21 International Day of Forests Learn more about a forest near you. How do trees and forests help the planet?</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 World Water Day Do you use water wisely? Turn off taps when you're not using them.</p> 	<p>20 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>23 Pray for people who are sick.</p>	<p>24 Earth Hour, 20:30-21:30 Turn off unnecessary lights and appliances for an hour.</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>	

ACTIVITY TWO: NASTEHA AND HER FAMILY



Nasteha (8), Gedo Region, Somalia.
Photo credit: Joy Obuya, Trócaire.

Nasteha is eight years old and is from a country called Somalia. She lives with her mum Ambiyó, her dad Mahat and her seven siblings.



Desert around the camp where Nasteha and her family live.
Photo credit: Joy Obuya, Trócaire.

It has not rained in Somalia for three years. Without rain, plants and crops cannot grow and animals cannot find enough grass to eat.



Nasteha with her family
Photo credit: Joy Obuya, Trócaire.

Nasteha's family are farmers and used to have two hundred goats. All of the goats died. The family was very sad. Nasteha's parents made the decision to leave their home and move closer to a town to get help. They all walked for three days to get to a town called Luuq.



The family's hut.
Photo credit: Joy Obuya, Trócaire.

Nasteha lives in a hut with her family. The hut is in a camp where people go when they have to leave their homes. Their hut is very simple but it gives the family protection from the sun and the wind.



Nasteha and her older sister Willow at school.
Photo credit: Joy Obuya, Trócaire.

Nasteha and two of her siblings go to a school run by Trócaire. It is the first time they have been able to go to school. They learn maths, reading, writing and geography.



Issac (12) and Fathan (10) playing near the family's hut.
Photo credit: Joy Obuya, Trócaire.

The children do not have many toys. Nasteha's brothers love playing soccer.

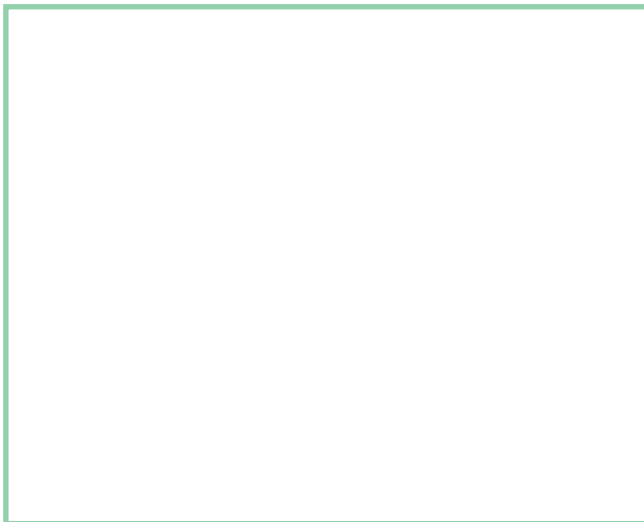
Nasteha and her family do not have very much and life in the camp is very simple. The family hopes that someday their dad will find a new job and that they will move to a better house. In the meantime, they know that they love each other very much and try to show their love by being kind and helpful.

We have read about Nasteha and her family and their life in Somalia.
In the boxes below, write or draw about you!

This is me!



My family



This is where I live





My school

My favourite games

ACTIVITY THREE: HAPPY 50TH BIRTHDAY TRÓCAIRE

Trócaire is the Irish word for compassion. This means showing love and kindness to others.

Trócaire turns the compassion of the Irish people into life-changing support for people around the world who need it.

We are an Irish organisation that was set up by the Irish Catholic Church in 1973.

At that time, there were some difficult events happening around the world, including some bad flooding in a country called Bangladesh. Letters were read out in churches all over the island of Ireland one Sunday, asking people to show kindness and compassion and to donate money to help people struggling in Bangladesh.

For the last fifty years, the very generous people of Ireland have continued to donate money to Trócaire. We use this money to help people to live healthier, happier and safer lives all around the world.

We work closely with local organisations within the countries where we work.

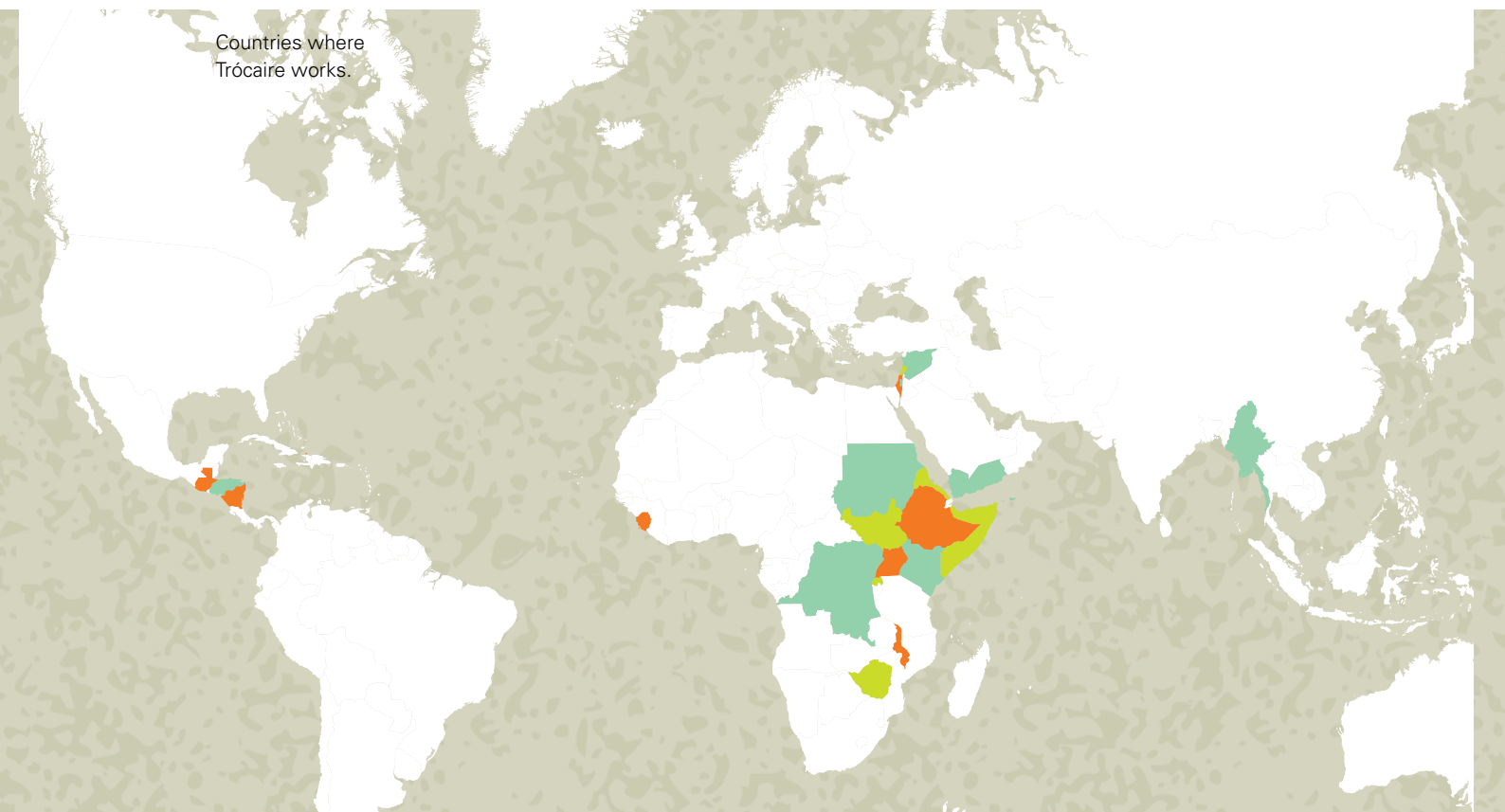


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We share ideas, skills and the money that has been donated so that local people can help themselves and their communities.

We work in over twenty countries in Africa, Asia, the Middle East and Central America. Trócaire tries to make sure that the world is a fair and just place. We want to make sure that everyone has access to food and water.

Countries where Trócaire works.





Trócaire and the people we work with were able to help families like this one in Ethiopia by giving them farming supplies.
Photo credit: Samson Haileyesus, CST Ethiopia.

Did you know that there is enough food for everyone in the world, but that it is not shared equally? So many people around the world are hungry.

We try to make sure that people have lands to grow crops that they can eat and also sell to make money. We also work with communities to make sure that they have safe and clean water to drink and to use for washing and to water their crops.

We help people after a humanitarian crisis. This is when a group of people are affected by a war or a natural disaster, such as a flood, an earthquake or a hurricane.

We provide food, medicine and shelter straight after the disaster. We also help communities to be better prepared for future disasters.

Chat Together

- 1) Read the story of Trócaire on page 8 together.
- 2) Have you shared kindness with other people? What was that like?
- 3) What ideas do you have to build a fairer world?
- 4) Ask an older adult you know about their memories of the Trócaire box.

Work Together

- 1) On a globe or a world map find three of the countries where Trócaire works.
- 2) Look up five facts about a country where Trócaire works. (For example, what animals live there? What's the weather like?) Do you think life is very different there than in Ireland?

Floods in Pakistan, 2022.
Photo credit: Caritas.



ACTIVITY FOUR: CREATE YOUR OWN TRÓCAIRE BOX

This is a Trócaire box. It is one of the ways we collect money during Lent each year.

People put a Trócaire box in their home and put a little bit of money in each day or week. At the end of Lent, they bring it to their local church.

Last year the very generous people from the island of Ireland donated €8 million. During Lent, churches, schools and young people play a huge part in this and they're always very generous. We want to thank you very much for your support each year.

Many amazing people have appeared on the Trócaire box. They have shared their stories with us. The money you give does not go to these

people alone; it helps many, many people all around the world.

This Lent we're asking the children of Ireland to create and build their very own Trócaire box with our **My Trócaire Box** activity. This project has been available in many primary schools and is now open to young people through their parish. If you are interested, you can download the My Trócaire Box template [here](#).

Please send your finished designs to schools@trocaire.org by the last day of April to enter the competition.

Tips for Getting Started

Pick a theme for your Trócaire box. Here are some examples: climate change; fifty years of Trócaire; how to build a better world by working together. With an adult, read through the Lenten Calendar and the Story of Trócaire included in this resource for ideas.

Getting designing and colouring – and enjoy!



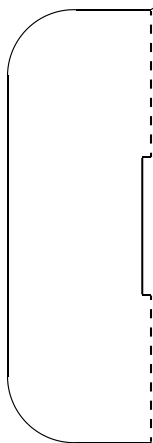
Trócaire boxes through the years.



CREATE YOUR OWN TRÓCAIRE BOX



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NAME: _____



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FOR 50 YEARS

www.trocaire.org



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TRÓCAIRE IS THE OVERSEAS DEVELOPMENT AGENCY OF THE CATHOLIC CHURCH IN IRELAND

More resources, photos and videos are available at:
trocaire.org/our-work/working-in-ireland/parishes

Cover photo: Amibiyo and Mahat with seven of their eight children near the family's hut in Luuq, Somalia.
Photo credit: Joy Obuya, Trócaire.

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