

Lent 2021

Lent is our time to reflect, fast, and give penance for 40 days (not including Sundays) in preparation for the resurrection of Christ on Easter Sunday. Lent represents the 40 days Jesus spent fasting in the wilderness and begins on Ash Wednesday. This year Lent begins on Wednesday 17th February and we should use this time to put into practice our care and compassion for the wellbeing of people around us – both near and far. Traditionally this is a time for Catholics to unite with other Christians in promoting the Common Good collectively through charitable works – which is another way of putting our faith into action. In this edition, you will find a few ideas of what you could do this Lent:

The Big Walk for Water

“I was thirsty and you gave me something to drink.” Matthew 25:35

On Saturday 20 February, 2pm, join CAFOD's virtual fundraising walk in solidarity with people who need to walk to collect clean water, and in community with hundreds of people in England and Wales. The last year has demonstrated the importance of clean water. Sadly, not all our global neighbours have access to



this vital resource. Water is scarce and perilous journeys are made to collect water – for instance Abdul and Mohammed's cousin Abdella make a five-hour round trip twice a day so that everyone has enough to wash with and to drink.

- £10 can buy sturdy water containers so families can store water safely can bring safe drinking water to a hard-to-reach school.
- £40 can give a community water supply.
- £750 can give a community water supply.

Watch this video to find out more about Abdul, Mohammed and Abdella: [The Big Walk for Water](#)

We can all do something to show our care about others around the world. Shadia is fundraising for CAFOD this year and will be doing the Big Walk for Water this Lent:

<https://www.justgiving.com/fundraising/shadia-anderson>

You may even wish to do a sponsored walk throughout Lent too. But even if you are only able to walk on your own, you'll be walking with many others virtually on Saturday 20 February! Share pictures of your walk: #walkforwater and @CAFOD

For more information visit [About | Walk for Water | CAFOD](#)

Lenten Calendar

Let's put into practice our own ways of caring about the people around us by carry out some of these Lenten challenges [Lent 2021 one page calendar \(cafod.org.uk\)](https://www.cafod.org.uk/2021/01/20/2021-one-page-calendar/).

Campaign against the climate crisis

Homes, food and people's ability to earn a living are being destroyed by the climate crisis and the pollution of our land, oceans and forests. We need to restore God's precious gift of creation, enable people to adapt to a warming world and stop the climate crisis from getting worse.

This video animation shows how the Catholic principles of stewardship and common care for our common home have been enshrined in Pope Francis' letter: *Laudato Si'*:

<https://youtu.be/KOgF2KgeI6k>

Here are some more activities that you could do with your family at home:

[Climate Action Game: For the family | CAFOD](#)

Unite for the climate

Find out more about the Global Sustainable Development Goals and how CAFOD's campaigns support the mission of providing a more sustainable future for all by 2030. Share with others on what we can do to meet these goals and discuss some of the challenges in meeting them. Are there some goals which are easier to achieve and what can we do to solve the ones that might be a little bit harder?

Find out more about how CAFOD has committed to achieving these goals and discuss how we can work together in addressing these priorities: [Campaign against the climate crisis | CAFOD](#)

