

DEFEND THE DEFENDERS

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Pray, fast and give with CAFOD this Lent to help others. The Lent resources mentioned in this calendar are at: cafod.org.uk/secondary			26 FEBRUARY Ash Wednesday Use our Lent liturgy and wear your ashes with courage!	27 Share our video of Yesica and Hector defending the Amazon.	28 Watch our Defend the defenders video and plan a football-themed fundraiser.	29 Tell others about how people are defending the Amazon rainforest.
1 MARCH 1st Sunday of Lent Take some time off posting updates and spend it with God instead.	2 Find out how human rights lawyers defend the Amazon in our Lent assembly at cafod.org.uk/secondary	3 Make biscuits or cakes with Fairtrade ingredients. Sell them to raise money. Find out more with our Fairtrade resources.	4 Pray for our global family. Lord, may my support bring hope to people who are in difficulty around the world. Amen	5 Planning a fundraising event? Short of ideas? Check out our A-Z of football fundraising.	6 LENT FAST DAY Use the assembly on our website to tell people about the Amazon and to advertise your fundraisers.	7 Find out about refugees from CAFOD's website and pray for them.
8 2nd Sunday of Lent Tell someone at home how communities in the Amazon are defending their rights.	9 Compliment someone else on one of their gifts. Work out how you can use one of your own gifts to help others.	10 Look up today's Year of the Word challenge on our Lent 20 Secondary calendar at cafod.org.uk/secondary	11 Lunchtime activity—see how many plates you can cover with coins for CAFOD.	12 '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.	13 Give up a treat today and pray for those who are hungry.	14 Follow CAFOD on social media and post a photo of your football fundraising activities.
15 3rd Sunday of Lent Find a product at home that contains palm oil. Look up an alternative to buy in future.	16 Generations unite: pray with us for people who work to defend the climate. Find out more at cafod.org.uk/climate	17 Reflect on one of the Stations of the cross today. cafod.org.uk/secondary	18 Give up some carbon emissions to care for the Earth, our common home – walk somewhere instead of getting a lift.	19 St Joseph's Day Pray for workers who are not paid a fair wage and help at home without being asked.	20 International Day of Happiness See how many people you can smile at today!	21 Plant some seeds or, if possible, a tree, and pray that we will all take better care of Creation.
22 4th Sunday of Lent Mother's Day Do something nice for your mum or another special woman.	23 Share our Lent film on social media tagging @CAFOD or ask your school web editor to link to it.	24 St Oscar Romero's Day Reflect on Romero's words: Aspire not to have more but to be more.	25 The Annunciation Pray a Hail Mary for mothers everywhere.	26 Make up your own Grace before meals and use it.	27 Catholics in England and Wales are asked to give up meat on Fridays - have a fishy Friday today.	28 If your local shop doesn't stock Fairtrade Easter eggs, ask why not. If it does, buy one!
29 5th Sunday of Lent Make a simple packed lunch for tomorrow – no treats. Add the money you save to your Lent collection.	30 Compliment someone today and make them feel good!	31 Contact local press about your Lenten activities. (There's a press release template on our website that you could use.)	1 APRIL Tell someone a joke today and make them smile!	2 Decide with your class on a date to bring in all your football fundraising money.	3 Only a few days until Easter. Pray for fullness of life for all.	4 Pray for those who risk their lives to speak out for their rights.
5 Palm Sunday Say sorry and pray for anyone you have hurt.	6 List ten things God has given you. Thank God for them.	7 Write thank you cards to people who have helped you this Lent.	8 Give up comparing yourself with others. God loves you as you are.	9 Maundy Thursday Jesus washed his friends' feet. How can you serve others today?	10 Good Friday Give up some food today and pray for all who hunger.	11 Holy Saturday Have a quiet and reflective day, no TV or computer.

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12 Easter Sunday
Happy Easter! Alleluia!

