

Keep it simple for Lent...

2012

Count down the days of Lent by making simple changes to the way we choose to live. Practice peaceful ways of living and help to protect God's creation for future generations. Lent is an opportunity to become a better person by generously offering help to those in need.

 **Caritas**
AOTEAROA NEW ZEALAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>27 Save power by turning off appliances such as toasters when you are not using them.</p>	<p>28 Watch a Caritas Aotearoa video today. www.caritas.org.nz Or Caritas Internationalis www.caritas.org</p>	<p>29 Feb <i>ash wednesday</i> Say sorry today for all the times you have not cared for those who need your love and help. Have a look at this Lent calendar for all the things you can do over the next 40 days.</p>	<p>23 Make a Caritas Koha box or a container from recycled materials for your family so they can help you support people in need this Lent. Write a Lenten pledge committing yourself to helping others.</p>	<p>24 Make your own lunch today or if you choose to buy lunch give the equivalent cost to the Koha box. Help someone today.</p>	<p>25 Start watering outdoor plants in the evening so evaporation is less. Turn off lights when you leave a room. If you forget, put 10c in the Koha box.</p>	<p>26 Reduce, Reuse, and Recycle as much as possible. Remember in prayer the people who have worked for low pay and in poor conditions to make goods which we do not need.</p>
<p>5 Think about tika (justice) and pray for those who are being treated unjustly today especially those who still suffer in the Holy Land.</p>	<p>6 Check if your household has re-usable bags for your next grocery shop.</p>	<p>7 Pray for all people around the world who do not have enough food or drinkable water. Fill the kettle with just enough water to make a hot drink.</p>	<p>8 Do a random act of kindness today and surprise someone with your aroha.</p>	<p>9 For short journeys either walk, scooter or cycle. If travelling further, take the bus or train. If you go by car put 50c in your Caritas Koha box.</p>	<p>10 Sort out clothes you don't need and give to a St Vincent de Paul shop or to friends who need help.</p>	<p>11 Give technology a rest today and get active in the outdoors.</p>
<p>12 Be a peacemaker. Spread the message of peace by writing as peace poem, prayer or play.</p>	<p>13 Pray a special grace before eating a meal today.</p>	<p>14 Sit with someone new for lunch today.</p>	<p>15 Drink water as your only drink for a day. Put 10c in the Koha box for every other drink you have.</p>	<p>16 Have a school mufiti tell-a-joke day and bring a gold coin for Caritas to help people in need.</p>	<p>17 <i>st patrick's day</i> Wear and plant something green today. Fill a shamrock shape with coins for the Caritas Koha box.</p>	<p>18 Pray for people who are suffering from storms, floods and other severe weather events in the world today.</p>
<p>19 Recycle an old pair of jeans by decorating them or cutting them up for shorts or a skirt.</p>	<p>20 Have a school garage sale or a stall selling books and toys you don't need at home. Give the money to Caritas for people in need.</p>	<p>21 Celebrate our differences by greeting others in another language today.</p>	<p>22 When making your lunch, use small, reusable containers, rather than plastic wrap or bags.</p>	<p>23 Make a list of all the things you can do for free in your area during the weekends. Check out the information in your library.</p>	<p>24 Go for a walk or bike ride with a friend today. Take the time to listen to each other.</p>	<p>25 Give 40c for every new item of clothing bought since Lent began.</p>
<p>26 Give 20c for each year of schooling you have had, to support other children who need education.</p>	<p>27 Drink only free water today, not bottled water from a shop. Give 10c for every other kind of drink you had today.</p>	<p>28 Find out how Caritas Jerusalem is helping improve the health of Palestinians.</p>	<p>29 Make your own cards and wrapping paper for Easter and other occasions by recycling old ones.</p>	<p>30 mar <i>live simply day</i> Hold a Rice Day or Bread and Water day at lunchtime. Remember in prayer those who have very little to eat.</p>	<p>31 Write a list of all the good things in your life. Say a thankful prayer.</p>	<p>1 apr Clean up a local park or beach with family and friends. Celebrate friendships.</p>
<p>2 Give 10c for every lolly, chocolate or bag of chips you ate last week. Make some ice cream and put it in the freezer for Easter Sunday.</p>	<p>3 Tonight find all the loose change in your house and top up your Koha box. Count the money and get it ready to bring to school tomorrow.</p>	<p>4 Add your money collected from home to the school collection for Caritas. Count up the combined total. Locate the best way to send the donation – go to www.caritas.org.nz/donate</p>	<p>5 apr <i>holly thursday</i> Have a class shared meal today. Celebrate sharing kai with friends. Pray for those who need food or are alone.</p>	<p>6 apr <i>good friday</i> Say a special prayer for people suffering in our world today, especially those who need food and clean water.</p>	<p>7 Go for a walk or bike ride with a friend or family member today. Read the Easter story.</p>	<p>8 apr <i>easter sundays</i> Celebrate how with God we can create a better life for all! Give thanks for life and living in Aotearoa New Zealand.</p>