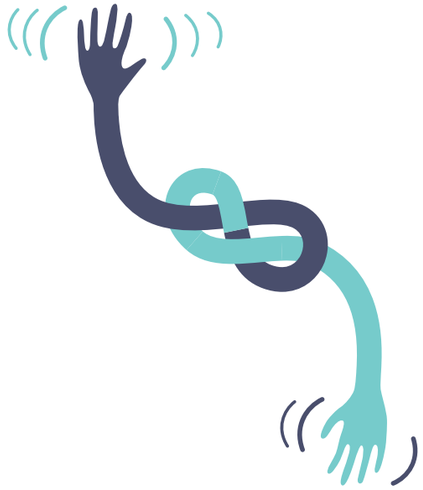
On your marks, ready... play!



Gather some of your friends to try out the human knot game. Laughter guaranteed!

Numbers of players:
10 or more

Materials:
None

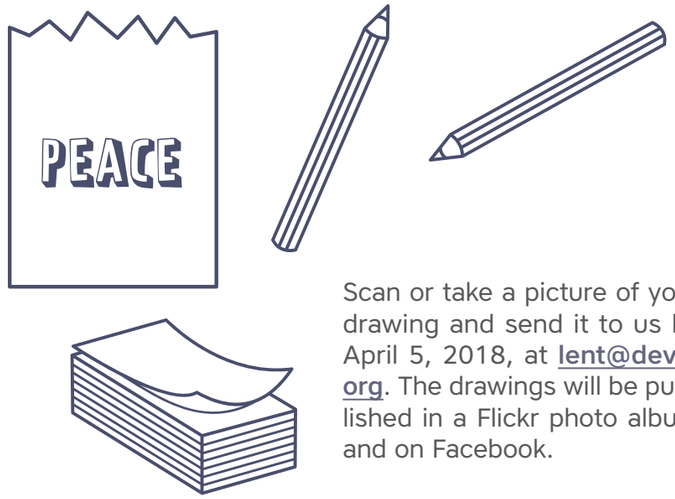
Objective:
Untie a knot made by the participants' bodies.

How to Play:
Players form a circle, shoulder to shoulder. Everyone closes their eyes and stretches their arms forward. Each person grabs a hand of another participant with each of his or her own hands. Now that the knot is tied, players open their eyes and must try to untangle the knot together, without ever letting go of each other's hands.

Outcome:
Once the knot is untangled, discuss with participants. Did dialogue help you solve this problem peacefully?

Draw Peace

Your turn to express yourself! In your opinion, what is peace? On an 8 ½ x11" sheet, draw what peace means to you.



Scan or take a picture of your drawing and send it to us by April 5, 2018, at lent@devp.org. The drawings will be published in a Flickr photo album and on Facebook.

Lenten Family Prayer

Lord God, Father of all,

We, your children, are all members of the same human family, your family.

We implore you to help us to accept your peace,

To be at peace with ourselves and to live in peace with others.

Help us to seek wisdom and justice in all we do.

Help us to be more understanding and compassionate when dealing with others,

To be ready to forgive when wronged,

To be willing to love when hurt and

To strive for harmony and peace when threatened.

Eternal Father, in your mercy, hear our prayer

And grant us your everlasting peace.

Amen.

– Diana Sutherland, CAFOD supporter

Share Lent 2018 Development and Peace CARITAS CANADA

1425, René-Lévesque Blvd. West, 3rd floor
Montreal, Quebec H3G 1T7

1 888 234-8533 | devp.org

RECYCLÉ
Papier fait à partir de matériaux recyclés
FSC® C103435

DPC-18-E-05 | Print: AGL Graphiques | Cover picture: Tine Frank, Trócaire



Together for PEACE

Solidarity Calendar

This Lenten season, Development and Peace – Caritas Canada is bringing people *Together for Peace*.

Peace means respecting differences, making friends, helping those in need, really listening to others when they speak to us, forgiving, and telling those we love that they are important to us. Peace is all this and so much more! It is our responsibility to see what we can change in our lives in order to build a better, fairer world – a world of peace.

Young people have a particularly important role in building peace and a culture of dialogue:

"They are not the future of our peoples; they are the present [...]. We cannot look to the future without offering them the real possibility to be catalysts of change and transformation. We cannot envision [the world] without letting them be participants and protagonists in this dream."

— Pope Francis, Address at the conferral of the Charlemagne Prize, May 6, 2016.

This Lenten season let us be peacebuilders... together!

Lent calls us to three actions:
PRAYING, FASTING, AND ALMSGIVING.

Praying: We pray to grow close to God, the source of our strength and the inspiration for how we live in the world.

Fasting: We fast from things that distract us from God, and we turn our attention to the priorities in our lives.

Almsgiving: We give alms because we are inspired by God's love of every part of His creation. We respond with charity – helping others in their need – and justice – being transformed ourselves, in order to bring about the Kingdom of God.

Use this calendar to learn, pray and act throughout your Lenten journey!

Share Lent 2018 Development and Peace CARITAS CANADA

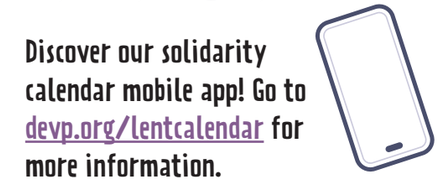
2018 Solidarity Calendar

Thank you for your generosity!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 St. Francis of Assisi is thought of as the father of interfaith dialogue. On this first Sunday of Lent, pray for peace with the following prayer: "Lord, make me an instrument of your peace."	**19** **Peace** is much more than the absence of war! It means including others and hearing everyone's voice. It means working for fairness, supporting and loving everyone, because we are all created in the image of God.	**20** During your family meal, talk about what peace means to you. Take care to listen to and respect the opinions of all those around the table! In what ways are you peacebuilders on a daily basis? Give 25¢ for each example.	**February 14th** **Ash Wednesday** This Lenten season, be a peace-builder in your community, through your actions, prayers, and commitments. Together, peace is possible!	**15** Think about how you treat others. Do you listen? How do you react when you see difference? On a sheet of paper, write down two ways that you can build peace during Lent.	**16** Watch Pope Francis share his prayer intentions for April 2017. Listen to what the Holy Father has to say on the role of young people in building a better future.	**17** Here's a challenge for you! Smile at people you cross paths with today. Give 25¢ for each smile that you receive in return. Congratulations! Your smiles spread joy in your community!
25 Lord, help us live our lives to the fullest in the service of our sisters and brothers.	**26** Did you know that the word **dialogue** comes from the Greek word *dialogos* and means "through words?" When engaging in a dialogue with someone, the goal is to listen, understand and communicate with the other.	**27** Try to approach someone with whom you had a fight in order to start a dialogue. What solutions will you find together to address your differences? Donate $1 to our partners who dialogue for peace.	**28** According to UNICEF, every two minutes there are eight Syrian children who are forced to flee their homes. Today, pray especially for Syrian children, whose dreams are threatened because of war.	**March 1st** **Discuss with friends!** Do you have friends who have different religious beliefs from your own? Did you ever discuss this together? Take a few minutes to learn more about each other's beliefs.	**2** Watch Pope Francis share his prayer intentions for January 2016. Listen to what the Holy Father has to say about interreligious dialogue.	**3** Donate $2 to support Development and Peace partners, such as Adyan in Lebanon, who work to promote dialogue between people of different religions.
4 Lord, enlighten us with your love. Make us open and respectful people who reach out to others regardless of their gender, background, or beliefs.	**5** **Inclusion** and **participation** mean that everyone should be allowed to be a part of decisions that affect them. These two ideas are the key to building real peace!	**6** Are there any girls or boys at school that you don't play with? Or you used to, but now don't? Reach out to them and make new friends! Build peace through play! Donate $1 to promote the inclusion of one and all.	**7** Did you know that Indigenous peoples face discrimination and injustice throughout the world? Pray that Indigenous peoples are included and respected in the decisions that concern them.	**8** **International Women's Day** Think about what makes you unique. Remember that all these traits are precious and make you the special person that you are. Diversity is a treasure. Be proud of your differences!	**9** The contribution of women is essential to building peace. Yet they are largely left out of peace processes. Watch this video to learn why we need women in peace processes!	**10** A number of Indigenous communities in Cambodia are struggling to make their voices heard. Donate $1 for peoples that are finding peaceful ways to defend their rights and work for equality.
11 Lord, give us the wisdom to forgive those who have caused us pain.	**12** **Reconciliation** is a process through which people try to heal, especially through dialogue, the hurt caused by conflict, violence or war.	**13** Have you ever hurt or insulted someone? Take a moment to reflect on this situation and put yourself in the other person's shoes. Write them a note or go see them to apologize and listen to them.	**14** In 2016, Colombia signed a peace agreement ending 50 years of civil war. Colombians must join hands to build peace. Today, pray for them.	**15** A number of Development and Peace partners, including IBC in Peru, train young people to become leaders in their community. What actions can you take to promote peace and reconciliation?	**16** One of the conditions for peace is that everyone must have equal access to the Earth's resources (water, air, land, etc.). Do we properly take care of our *common home*? Do we need to reconcile with our Earth and show greater care for our planet?	**17** In 2016, our partner COCOMACIA supported the first public act of forgiveness in Colombia. One of the groups that was involved in the war acknowledged its responsibility and asked for forgiveness. Donate $2 to support such initiatives.
18 **Solidarity Sunday** Bring your offerings to church today for the Solidarity Sunday collection, or donate at devp.org/give. **THANK YOU!**	**19** Promoting **social justice** means defending equal rights for all in order to foster the development of the poorest amongst us. Social justice is an important part of peace!	**20** What actions do you take on a daily basis for the environment (i.e. composting, recycling, using public transit, and/or carpooling)? Today, reduce your ecological footprint and have a *zero waste* day!	**21** We are all connected. Pollution from industrialized countries like Canada impacts countries in the Global South. Pray for those who are negatively impacted by our pollution.	**22** **World Water Day** Did you know that in Nigeria, oil exploitation leads to serious conflicts and sometimes forces entire communities to leave their homeland? Today, learn about the history of the Ogoni people.	**23** Ecological justice is a foundation for peace! Climate change can become a source of conflict. Let CJ the Bee explain to you how the planet Earth is threatened by fossil fuels!	**24** Do you have too many toys? For your next birthday, ask for money instead of toys so that you can donate some towards helping our sisters and brothers in the Global South.
25 **Palm Sunday** Lord, accompany us along our pathways of dialogue, solidarity, and reconciliation.	**26** **Solidarity** is recognizing that each person is valuable and that we are all connected. We have a responsibility to help each other out and to build fairness and equality in our society. Together, in solidarity, we can build peace!	**27** Find out about organizations that welcome refugees in your community. Volunteer with them for a few hours or write to them to tell them how important their work is.	**28** In 2016, UNICEF calculated that 535 million children live in countries affected by conflict or disaster. In solidarity with all these children, pray for an end to this violence and that they may experience the joys of childhood.	**29** **Holy Thursday** It's time to take stock! Were you able to foster peace during Lent? What did you learn about world peace and dialogue?	**30** **Good Friday** With two friends, take a moment to watch this Development and Peace video on solidarity. Discuss it with one another!	**31** **Holy Saturday** Development and Peace's work in the Global South is based on partnership. We work hand in hand with local organizations. Support them all year round by asking your parents if they would like to become monthly donors!

PREPARE YOURSELVES!

Discover our solidarity calendar mobile app! Go to devp.org/lentcalendar for more information.





Decorate a recycled container to use as a donation jar throughout Lent! Bring your offerings to Mass on the Fifth Sunday of Lent for the Solidarity Sunday collection, or go online at devp.org/give to donate the amount to Development and Peace.

When you see this pictogram, it means there is a video for you to watch! Videos can be accessed at devp.org/lentcalendar. Certain videos are subtitled. Ask an adult for help, if needed!

For teachers using the calendar in class, prepare your students on Friday so they can take action during the weekend.

Pray · Learn · Act · Think

Sunday, April 1st

Easter!

Happy Easter! Celebrate with your family and friends and do not forget to let them know how much they matter to you.