

# Lent 2021

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

17<sup>th</sup>  
**Ash Wednesday**  
Receiving Ashes can remind us to use opportunities to do good whenever we can.

18<sup>th</sup>  
Wear an extra layer instead of turning up the heating and save energy.

19<sup>th</sup>  
Collect used batteries and drop off at supermarket battery disposal to be used again.

20<sup>th</sup>  
Find out about women children and men of all ages deprived of freedom and forced to live in conditions akin to slavery. Pray for a change that will bring freedom to all.

February 2<sup>1st</sup>  
Pray for all those who suffer in our world especially at the time of the pandemic.

22<sup>nd</sup>  
**Fairtrade** fortnight begins today  
Find out how you can help.

23<sup>rd</sup>  
Save water and energy: don't leave the tap running while you brush your teeth.

24<sup>th</sup>  
Find ways of improving your recycling as this helps with climate change.

25<sup>th</sup>  
On the page below, read Pope Francis quote on racism. How far do you agree with this?

26<sup>th</sup>  
Mark **Family Fast day** by eating a bit less and sending any money saved to **CAFOD** [www.cafod.org.uk](http://www.cafod.org.uk)

27<sup>th</sup>  
Plan to buy one **Fairtrade** item however small.

28<sup>th</sup>  
**On this the feast of the Transfiguration, how can we reflect God's light in our lives.**

March 1<sup>st</sup>  
Pray for all those affected physically, mentally and financially by the Lockdown.

2<sup>nd</sup>  
Look up the Ealing Foodbank website for their shopping list and donate needed item(s) from the list.

3<sup>rd</sup>  
Light a candle and pray for those who are hungry in the UK and across the world.

4<sup>th</sup>  
Help climate change. Get into the habit of turning off stand-by appliances when you go to bed.

5<sup>th</sup>  
Pray that the Covid vaccines will be distributed justly to all people across the world.

6<sup>th</sup>  
Donate some **Fairtrade** item to a food bank collection point.

7<sup>th</sup>  
Think of those who suffer from health problems. Is there a way you can help improve their lives?

8<sup>th</sup>  
Find out how many species have become extinct in the 21<sup>st</sup> century due to human behaviour and how does this affect our planet?

9<sup>th</sup>  
Find out how climate change affects the poorest people in the world. Pray that we all share the responsibility to protect them from harm.

10<sup>th</sup>  
Remember those who can't afford heating or light and turn off lights you don't need just now: Save power and help to slow down climate change.

11<sup>th</sup>  
On the sheet below, meditate on the quote from Avaaz 2020.

12<sup>th</sup>  
Send a text or phone someone who may be going through a difficult time.

13<sup>th</sup>  
Discuss ways your family can cut down on carbon emissions to help build a more sustainable world for all.

14<sup>th</sup>  
Pray for all those who have no home due to exile or poverty both in the UK and across the world.

15<sup>th</sup>  
How does climate change affect the poorest in our world? Find out how our efforts to save energy make a difference.

16<sup>th</sup>  
Find out how many gallons of water are wasted every year in the UK alone. Don't use your washing machine until you have a full load.

17<sup>th</sup>  
**St Patricks Day**  
'The greatest source of anguish in Patrick's life was the failure of the people to live in peace as neighbours and fellow Christians.'

18<sup>th</sup>  
Think of pollution and those with asthma or breathing difficulties. Don't leave the car engine running while waiting.

19<sup>th</sup>  
**St Joseph's Day**  
Pray for all families, who have been separated by war illness or death.

20<sup>th</sup>  
Find out how many homeless people live in London and which charities help them. How do they do this, and could the parish do more to help.

21<sup>st</sup>  
Pray for families divided by conflict of any kind

22<sup>nd</sup>  
Pray for our world leaders that they may support the most vulnerable at the time of this pandemic.

23<sup>rd</sup>  
Buy an Easter egg or bag of mini eggs and donate to the food bank for families to celebrate Easter.

24<sup>th</sup>  
Light a candle and meditate on the suffering of nations divided by war.

25<sup>th</sup> **The Annunciation**  
Mary trusted God. How are we asked to trust God at this time?

26<sup>th</sup>  
Plant some tomatoes in your garden or in a container, which you can share later in the year.

27<sup>th</sup>  
Write a letter or phone a friend Instead of using texts or emails.

28<sup>th</sup>  
Pray especially for those persecuted for their faith

29<sup>th</sup> The aim of prayer, in fact, is to attain that point where we do the will of God, not that God should do our will.

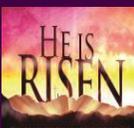
30<sup>th</sup>  
This is Holy Week in 'The Year of The Word' You could sit down on your own or as a family and pick random quotes from the Bible over the next couple of days.

31<sup>st</sup>

April 1<sup>st</sup>  
**MAUNDY THURSDAY** 

2<sup>nd</sup>  
**GOOD FRIDAY** 

3<sup>rd</sup>  
**HOLY SATURDAY** 

4<sup>th</sup>  
**EASTER SUNDAY** 

**Foodbank website is under Ealing Foodbank.** Donation points in most supermarkets which are regularly collected. If taking items yourself the only day for delivery is Wednesday's 10 -4pm at St Mellitus Church Hall, Church Road, W7 3BB.

**For more information on Fairtrade contact [www.fairtrade.org.uk](http://www.fairtrade.org.uk)** 

**For more information on Cafod contact [www.cafod.org.uk](http://www.cafod.org.uk)**

**For more information on Racial Justice [www.carj.org.uk](http://www.carj.org.uk)**

Find out more about the Catholic Association for Racial Justice [www.carj.org.uk](http://www.carj.org.uk)

## A prayer to the Creator

Lord, Father of our human family,  
you created all human beings equal in  
dignity:

pour forth into our hearts a fraternal  
spirit  
and inspire in us a dream of renewed  
encounter,  
dialogue, justice and peace.  
Move us to create healthier societies  
and a more dignified world,  
a world without hunger, poverty,  
violence and war.

May our hearts be open  
to all the peoples and nations of the  
earth.  
May we recognize the goodness and  
beauty  
that you have sown in each of us,  
and thus forge bonds of unity, common  
projects,  
and shared dreams. Amen

Pope Francis 2020

'And he made from one man every  
nation of mankind to live on all the face  
of the earth, having determined allotted  
periods and the boundaries of their  
dwelling

Acts 17:26



St Francis did not wage a war of words aimed at  
imposing doctrines; he simply spread the love of  
God. He understood that "God is love and those  
who abide in love abide in God"

John 4:16

Instances of racism continue to shame us,  
for they show that our supposed social  
progress is not as real or definitive as we  
think.

Pope Francis Fratelli Tutti



*After this I looked, and behold, a great  
multitude that no one could number, from  
every nation, from all tribes and peoples  
and languages, standing before the  
throne and before the Lamb, clothed in  
white robes, with palm branches in their  
hands,*

Humanity still has the ability to work  
together in building our common home. A  
true ecological approach always becomes  
a social approach; it must integrate  
questions of justice in debates on the  
environment, so as to hear both the cry  
of the earth and the cry of the poor.

Pope Francis Laudato Si



'God endow the king with your  
own fair judgement; The son of  
the king with your own saving  
justice; That he may rule your  
people with justice, and your  
poor with fair judgement.  
Mountains and hills bring peace  
to the people; with justice he  
will judge the poor of the  
people; he will save the  
children of the needy and crush  
their oppressors.'

Psalms 72

Fake news, half-truths, smears,  
and disinformation motivated by  
emotion and agenda bring out  
the worst in all of us.  
People are fundamentally decent,  
but we are quick to embrace  
simple demonization that justify  
the worst we do to each other.  
Let's strive to see the human not  
the villain, and understand the  
often complex truth.

Avaaz 2020

**Do not judge by appearances,  
but judge with right  
judgment.**

**John 7:24**

Did you know that the laity,  
"has a right, and indeed  
sometimes the duty, to make  
known their opinion on matters  
which concern the good of the  
church"

Lumen Gentium para 37?

'Please, I would like to ask  
all those who have  
positions of responsibility in  
economic,  
political and social life,  
and all men and women  
of goodwill:  
let us be "protectors" of  
creation, protectors of  
God's plan  
inscribed in nature,  
protectors of one another  
and of the environment.'

Pope Francis, inauguration Mass  
19/3/13



We should also recognize that  
"even though the  
international community has  
adopted numerous  
agreements aimed at ending  
slavery in all its forms, and  
has launched various  
strategies to combat this  
phenomenon, millions of  
people today – children,  
women and men of all ages –  
are deprived of freedom and  
forced to live in conditions  
akin to slavery... Today, as in  
the past, slavery is rooted in a  
notion of the human person  
that allows him or her to be  
treated as an object?"

Pope Francis Fratelli Tutti