

Lent 2021

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

17th
Ash Wednesday
Receiving Ashes can remind us to use opportunities to do good whenever we can.

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

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

20th
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 21st
Pray for all those who suffer in our world especially at the time of the pandemic.

22nd
Fairtrade fortnight begins today
Find out how you can help.

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

24th
Find ways of improving your recycling as this helps with climate change.

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

26th
Mark **Family Fast day** by eating a bit less and sending any money saved to **CAFOD** www.cafod.org.uk

27th
Plan to buy one **Fairtrade** item however small.

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

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

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

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

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

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

6th
Donate some **Fairtrade** item to a food bank collection point.

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

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

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

10th
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.

11th
On the sheet below, meditate on the quote from Avaaz 2020.

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

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

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

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

16th
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.

17th
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.'

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

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

20th
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.

21st
Pray for families divided by conflict of any kind

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

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

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

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

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

27th
Write a letter or phone a friend instead of using texts or emails.

28th
Pray especially for those persecuted for their faith

29th 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.

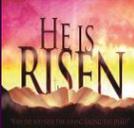
30th
This is Holy Week in 'The Year of The Word' You could sit down on your own or as a family and pick random quotes from the Bible over the next couple of days.

31st

April 1st
MAUNDY THURSDAY 

2nd
GOOD FRIDAY 

3rd
HOLY SATURDAY 

3rd
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.


www.fairtrade.org.uk




www.cafod.org.uk

Find out more about the Catholic Association for Racial Justice
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