



PROJECT COMPASSION

**UNITE
AGAINST
POVERTY**
this Lent



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IMPORTANT – STUDENT WELLBEING

At Caritas Australia, we believe that all people should be treated with respect and dignity. Everyone has the right to feel safe, especially children and vulnerable adults. Please consider your audience when selecting which stories and activities to share with your class.

Our Safeguarding animation recognises that learning about challenges to the health, wellbeing and safety of others and our earth can be hard. It encourages young people to talk to their teacher or trusted adult if they're feeling worried or upset about anything they have learnt through our resources or activities. The animation also acknowledges Caritas Australia's commitment for children and vulnerable adults to feel valued and heard by encouraging them to share their great ideas with us.



[Watch Caritas Australia's Safeguarding Animation](#)



We are a valued partner of the Australian Government, receiving flexible funding under the Australian NGO Cooperation Program (ANCP) each year to implement development and poverty alleviation programs overseas.

Please note: This resource contains links to external web sites. Caritas Australia takes no responsibility for the content of such sites, nor do links to such sites imply endorsement of the views expressed therein. External links are provided for informational purposes only. Access the full policy here: [Caritas Australia's Copyright Policy](#)



Additional Secondary School Resources

All our resources are online! Access the films and written stories, teaching materials and our fundraising and awareness raising ideas at caritas.org.au/project-compassion. Below is a list and short description of all the resources you can download, as well as suggestions for use.

	Resource	Description/Suggested Use
For Students	Pilgrim Journal	A fillable PDF students can complete and submit back to their teacher. Use weekly to reflect on the Project Compassion stories. Dedicate 20–30 mins of weekly Religious Education classes.
	Virtual Pilgrimage	An interactive Thinglink image designed as a central location for students to access information about each of the stories, as well as to help them complete activities throughout the pilgrim journal.
	AD Stories	Audio described versions of each story.
For Teachers	School's Guide	A guide for the REC, APRE or Social Justice Leader. Includes tips to plan Project Compassion for the whole school.
	Teacher Handbook	Briefly explores the curriculum and learning opportunities for Project Compassion 2025. Send to subject learning area teachers. Use as PD reading if seeking to integrate global education from a Catholic perspective across curriculum areas.
Media	Weekly Films	Watch in homeroom, assembly or as stimulus for learning tasks in the classroom. There are four films: Introduction to Project Compassion , Toefuata'iga's Story (Samoa), Lam's Story (Vietnam) and Irene's story (DRC).

	Resource	Description/Suggested Use
All Purpose	Introducing Project Compassion (PPT)	Overview of all 3 stories and the work of Caritas Australia. Share in homeroom or assembly.
	Fundraising Booklet	Ideas to inspire fundraising and awareness raising activities that are linked to the Project Compassion stories.
Prayer and Reflection	Ash Wednesday Liturgy	Liturgy of the Word, including distribution of the ashes.
	Prayer (PPT)	Reflection using the Project Compassion prayer and images. Use as a daily or weekly prayer for students or staff, or at an assembly.
	Weekly Reflections	Weekly reflections linking the Project Compassion stories to the Sunday Scripture readings. Use for weekly staff prayer/reflections during Lent or in RE lessons with students.
	Way of the Cross (PPT)	A reflection following the traditional Way of the Cross, to use during Holy Week. Comes with Leaders' Notes.
Telling Others	Newsletter Notices	A brief insert for your weekly school newsletter, explaining the week's Project Compassion story. Include in print/online school communications. Use on school social media and website.
	Social Media Toolkit	Content and assets to share your support of Project Compassion through your social media channels.

PROJECT COMPASSION AND THE YEAR OF JUBILEE

Let's all Unite Against Poverty! There is no time like 2025!

This year is an exciting time in the life of the Catholic Church. A Jubilee year only comes around once every quarter of a century, and it brings with it a special invitation for each one of us. That invitation is close to the heart of Caritas Australia's Project Compassion. The theme of Jubilee 2025 is Pilgrims of Hope. It is hope which calls us to come together and *Unite Against Poverty*.

The word 'Jubilee' comes from the Hebrew word for a ram's horn, which was blown to announce the start of a Jubilee year in the Bible. The idea of a jubilee goes right back to biblical times and is closely linked to our call to a faith that does justice. It stems from the idea of a Sabbath. Once a week, from the beginning of our relationship with God, we stopped work to rest. Every seven years, at least part of the land was allowed to rest and recover, something that modern science happens to appreciate as part of caring for Earth. During a Jubilee year, debts were cancelled, people could rest, and because crops weren't planted, even the land was able to rest. It was seen as a fresh start.

It was also a time of freedom: prisoners and slaves were freed, and land was given to those who didn't have any. It was known as the year of the Lord's favour.

In Chapter 4 of Luke's Gospel, when Jesus returns to his hometown, he announces the 'year of the Lord's favor.' This is the meaning of jubilee: 'he has sent me to bring good news to the poor and freedom for those in captivity'.

During Lent, we are called to be good news for the poor. Project Compassion is a wonderful way to do this. This year, we share 3 challenging yet inspiring stories. We meet Toefuata'iga in Samoa, Lam

from rural Vietnam, and Irene from the Democratic Republic of the Congo. We encourage students to discover the power of giving and the impact that their contribution, however big or small, can have in the lives of others.

Let us come together once again in this Year of Jubilee as pilgrims of hope and *Unite Against Poverty!*

Introducing Project Compassion

Introduce Caritas Australia's Project Compassion appeal using the following resources:

- [Introduction to Caritas Australia – Secondary](#)
- [Introduction to Project Compassion PPT](#)
- [Introduction to Project Compassion – Video](#)

Catholic Social Teaching (CST) Guide

Catholic Social Teaching (CST) principles cover all spheres of life – the economic, political, ecological, personal and spiritual. The principles are inspired by scripture and the writings of the Pope and other Catholic leaders about social issues.

Caritas Australia's work is shaped by the tradition of Catholic Social Teaching.

HUMAN DIGNITY

We believe every human being is created in the image and likeness of God and therefore has inherent dignity that should always be safeguarded.



SUBSIDIARITY AND PARTICIPATION

We believe all people have the right to participate in decisions that affect their lives. Subsidiarity requires that decisions are made by people closest and most affected by the issues and concerns of the community.



SOLIDARITY

We believe we are part of one human family and have a responsibility to help each person achieve their full potential.



THE COMMON GOOD

We believe the good of each human person is intimately related to the good of the whole community. We are all responsible for each other.



PREFERENTIAL OPTION FOR THE POOR

We believe in prioritising the women, men and children most vulnerable to extreme poverty and injustice.



CARE FOR OUR COMMON HOME

We believe that care for our common home is vital for the common good of all people. We believe a true ecological approach is a social approach. We are to be protectors of creation and of one another.



For more on Catholic Social Teaching, including classroom activities, short films and other resources, visit our [CST Toolkit](#).

Photo credits: Arlette Bashizi/Caritas Australia (Top right, bottom left, bottom right). Caritas Australia (remaining photos).

Project Compassion Film



PROJECT COMPASSION LENTEN PRAYER

God of our journey
we are all pilgrims of hope
brought together by your love
and your wish that we may all be one.

We pray that in this Year of Jubilee
when we are called to greater justice
and care for our common home
that we may *Unite Against Poverty*.

May we work in unity for the freedom
of the oppressed and the renewal of creation.

May our compassionate minds
and generous hearts help bring about a
world where all can live in peace.

May our Lenten pilgrimage of
fasting, almsgiving and prayer
bring us closer to your loving heart.

We ask this in the name of Jesus.

Amen



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CST: Film Study Guide

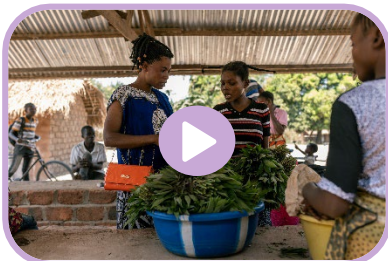
Toefuata'iga - Samoa



Lam - Vietnam



Irene - DRC



OVERARCHING QUESTION

How are the principles of Catholic Social Teaching evident in the work of Caritas Australia?

- Human Dignity
- Preferential Option for the Poor
- Care for Our Common Home
- Solidarity
- The Common Good
- Subsidiarity and Participation

GUIDED REFLECTION QUESTIONS:

- **Human Dignity** – How is the Caritas Australia supported program working to upholding the dignity of the people in the community?
- **Common Good** – How are individual and social rights and responsibilities being fulfilled? How is the program benefiting the whole community?
- **Preferential Option for the Poor** – How is Caritas Australia demonstrating their commitment to working with the most vulnerable and marginalised?
- **Solidarity** – How are the Caritas Australia supported programs an example of solidarity? How is supporting Caritas Australia one way we can act in solidarity?
- **Subsidiarity and Participation** – How are the Caritas Australia supported programs enabling people to participate in their own development and in their community? How are the participants empowered to make decisions that affect them and their community?
- **Care for Our Common Home** – How are the programs encouraging environmental sustainability and equity, and respect for the environment?

Where we work

For over 60 years, Caritas Australia has worked hand in hand with the most marginalised and remote communities in Australia and overseas to confront the challenges of poverty.



Toefuata'iga's story

Samoa



Toefuata'iga (13) a Samoan primary school student, smiles at the camera on a road outside her school. Photo: Caritas Australia.



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Toefuata'iga's Story

Samoa

Toefuata'iga (Toy-foo-ah-tah-ing-ah) is 13 years old and attends a school in the Upolu region of Samoa that didn't have a reliable source of clean water. Despite being surrounded by water, many Samoans struggle with consistent access to clean drinking water, often relying on rainwater or neighbours with piped water connection.

Climate change exacerbates this issue, leading to longer, drier periods and frequent shutdowns of the Samoan Water Authority pipeline due to natural disasters and maintenance. The pipeline's unpredictability and potential contamination after heavy rains further complicate access to safe water.

"The climate is changing dramatically in Samoa. When it rains, it goes nonstop, like four days, five days of rain heavily, and then it stops. Then, there is no rain for nearly three, going up to four weeks," explained Principal Ada. These extreme weather patterns lead to water shortages.

The students' education was frequently interrupted by school closures, especially during the dry months of Term 3 and Term 4. Principal Ada explained that the school closed about five to six times per term due to water shortages. This situation also led to health issues among students. Without clean water, many students suffered from dehydration or became unwell with waterborne diseases like typhoid.

Principal Ada (right) and a group of students including Toefuata'iga (centre), smile to camera in a Samoan primary school class. Photo: Caritas Australia.

“Parents would have to ring us up to tell us that their kids are sick or send letters excusing them for not being at school. It was normally things like headaches caused by heat or dehydration, or stomach aches... Like if it’s typhoid or whatever, disease that’s caused from lack of water,” said Ada. The high absence rate slowed down the curriculum, with teachers needing to revisit missed lessons, especially for students who were absent for extended periods.

At times, when the school ran out of clean water teachers had to fetch water themselves in buckets from neighbouring homes with access to piped water. This took time away from teaching and planning lessons.

With little or no water, students were sent home early, missing out on learning and playing with friends. “School would finish early because when there wasn’t any water, we wouldn’t have classes,” Toefuata’iga shared. “I felt sad when there was no school. There’s not enough time to read a book or play games with my friends.”

Access to clean drinking water is a problem for many children around the world. 288 million children attend schools with no drinking water at all. In Oceania, nearly half of all schools don’t have access to basic drinking water services.¹

Principal Ada recognised the urgent need for a water tank to provide safe drinking water, given the unreliability of the piped water network. With support from Caritas Australia’s local partner, Caritas Samoa, a 10,000 L water tank was installed at Toefuata’iga’s school as part of a Water, Sanitation and Hygiene (WASH) initiative to Strengthen Education and Health (WISEH) program. The tank fills up on water via a pipeline, at times when access to clean water is possible via the Samoan Water Authority. This resources the school with days of water supply for the school community.

“Since we’ve had the water tank, there’s been a big help for us because when our taps aren’t working, there’s a water tank we can use for the whole day,” Toefuata’iga shared.

The water tank provides a reliable water supply, allowing students to stay in school all day, continue their lessons, and play with friends. Attendance rates have increased, and enrolment is steadily growing.

Access to clean water has a ripple effect, enabling children to access their right to education and break the cycle of poverty. Caritas Australia and Caritas Samoa continue to support vulnerable communities through programs like WISEH, ensuring access to clean water, sanitation, and hygiene. Together we can *Unite Against Poverty* and help students like Toefuata’iga pursue their education and build a brighter future.

¹ [World Health Organisation, State of the World’s Drinking Water, 2022](#)



Top – Bottom: Students stand with water buckets in front of a water tank at a Samoan primary school; A Samoan primary school teacher loads large buckets of water filled from a neighbouring property into a car to take back to school, so students and teachers have water to drink and wash their hands; Samoan primary school students dance during their lunch break. The grass underneath them has died as a result of prolonged weeks of drought. Photo: Caritas Australia.

MERCY

Toefuata'iga (SAMOA)

Pope Francis Quote

'... access to safe drinkable water is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights. Our world has a grave social debt towards the poor who lack access to drinking water, because they are denied the right to a life consistent with their inalienable dignity.'

Pope Francis, *Laudato Si'*n30

Identify the key terms and/or phrases that stand out to you from Pope Francis's quote.

Reflect on the significance of these terms/phrases based upon your learnings. Record these reflections here.

CST: Care for our Common Home

How can our actions towards caring for our common home here in Australia impact communities like those in the Upolu region of Samoa where Toefuata'iga is from?

HOPE

Toefuata'iga (SAMOA)

'We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision... This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity.'

[Letter from Pope Francis](#)



How can uniting as one bring hope to Pacific communities?



Where have you witnessed signs of hope in the last 24 hours?



Caritas
AUSTRALIA

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ACT IN SOLIDARITY

Toefuata'iga (SAMOA)

FASTING



There were times when Toefuata'iga and her school community did not have access to clean and safe water while attending school.

Commit to conserving water as a form of fasting. (For example: take shorter showers, turn off taps when cleaning your teeth)

Complete this sentence

I commit to ...



ALMSGIVING



'let us commit ourselves to remedying the remote causes of injustice, settling unjust and unpayable debts, and feeding the hungry.' (Pope Francis, Jubilee Bull, n16)

38% of the Samoan population do not have access to safe and clean drinking water.

Source: [United Nations UN Water](#)

Participate in the Big Water Walk and encourage family and friends to donate to your fundraising page. Use our [Student Action Planner](#) to organise a fundraising event. Don't forget to set a fundraising target!

\$250 can provide a handwashing sink to a household in Samoa so that cleanliness and hygiene is accessible to a family.



PRAYER



Pray for those who continue to fall ill and miss out on receiving an education because they do not have access to safe and clean water. Include a message of hope in your prayer.

Write your prayer here.



Lam's story

Vietnam



Lam visiting Da Nang city where he studied an IT technician training course as part of the I-SHINE program.
Photo: Caritas Australia.





Lam's Story

Vietnam

Lam was born and raised in rural Vietnam with his farming parents and three siblings. As a 27-year-old man of short stature, he experienced significant physical and social barriers due to his disability. Many aspects of his wellbeing became impacted due to his mobility issues, and he became increasingly isolated from society.

After finishing high school, he saw his classmates go off to university to pursue careers as doctors, teachers, and other professions. However, Lam didn't have the same opportunities because of his disability. With no job prospects, he stayed at home helping his parents with household chores like cooking, harvesting vegetables and feeding chickens. Even though he loved his family, Lam felt more and more disconnected from his friends and from society. His dream of becoming a graphic designer seemed impossible.

"I'm really self-conscious about my height. It feels like getting around and doing a lot of basic tasks are a major undertaking for me," Lam said.

Lam's life began to change when he found out about the I-SHINE program run by Caritas Australia's local partner, Catholic Relief Services (CRS). The program helps young people with disabilities in Vietnam access education and training to improve their lives. Through the program, Lam was given the chance to study IT in a six-month training course in Da Nang, a city about 50 km away from his hometown.

Prior to support from the I-SHINE program, Lam felt increasingly isolated. Here, Lam reflects in his family home in Quang Nam, Vietnam. Photo: Caritas Australia.

At first, the idea of leaving his village and travelling to a big city felt scary to Lam, especially with his mobility challenges. But despite his fears, he was determined to pursue his dream. “When I got the chance to be part of this program, I was over the moon,” Lam said. “Ever since I was a little kid, I’ve loved drawing and had this intense passion for computers...I always dreamed of becoming a digital artist.”

During the six months of training, Lam worked hard and made new friends who shared similar experiences. For the first time in years, he felt connected to others again. He also joined a local disability club, where he shared his story and bonded with people facing similar challenges.

With the skills he learned, Lam was able to start his own freelance graphic design business from home. Today, he is a successful graphic designer, working with clients both in Vietnam and overseas. He earns a steady income and no longer depends on his parents as much. “Right now, I’m most proud of being less dependent on my parents. They can finally relax knowing I’ve found a fulfilling career that I’m truly passionate about,” Lam said.

Lam’s story is an inspiration to other young people with disabilities in Vietnam. There are around 6 million people¹ living with disabilities in the country, many of whom, like Lam, live in rural areas with limited access to education and job opportunities. Lam hopes that more programs like I-SHINE will continue to grow and help others achieve their dreams.

“It’s a struggle to feel like we fit into society, and our limited mobility makes it hard to access jobs or education... that’s why we desperately need the help of these amazing charitable organisations,” Lam said. “I’m really hoping this initiative keeps growing and spreading its impact, uplifting even more people in similar situations, both here at home and around the globe.”

When we *Unite Against Poverty this Lent*, we can help people living with a disability access opportunities to shine.

¹ [General Statistics Office in Vietnam.](#)

Along with your generous support, this program is also supported by the Australian Government, through the Australian NGO Cooperation Program (ANCP).

Top – Bottom: Lam harvests vegetables, a household responsibility he managed before receiving support from the I-SHINE program and starting his career as a successful graphic designer; Lam visits the training centre in Da Nang city, where, with support from the I-SHINE program and CRS team, he completed a six-month IT technician course that helped launch his career as a freelance graphic designer; Lam and other I-SHINE program youth with a disability, supported by Catholic Relief Services staff, create and sell handmade flowers in Vietnam. Photo: Caritas Australia.



MERCY

Lam (VIETNAM)



Scripture Connection

Read [Matthew 25: 35-45](#)

What message is Jesus trying to teach us?

How does this Scripture reading and/or message connect with Lam's story?

Where do we see hope in this story? How can we display a similar message of hope in today's society?



Pope Francis Quote

'What is needed, then, is the development of a culture of integral inclusion. The bonds of belonging become even stronger when persons with disabilities are not simply passive receivers, but take an active part in the life of society as agents of change. Subsidiarity and Participation are the two pillars of effective inclusion.'

Pope Francis

How does I-SHINE enable people living with a disability to 'take an active part' in the community?

What is Pope Francis's hope for the future?

How can this message extend to those who live in poverty and/or experience marginalisation?

What can we do to bring this message of hope to everyone?

HOPE

Lam (VIETNAM)

'We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision... This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity.'

[Letter from Pope Francis](#)



How can uniting together to create an inclusive world be a source of hope to those living with a disability?



Where have you witnessed signs of hope in the last 24 hours?



ACT IN SOLIDARITY

Lam (VIETNAM)

FASTING



By achieving his dream, Lam was able to learn new skills and become independent.

Commit to fasting from social media time to learn a new skill.

What new skill would you like to learn?

What actions do you need to take to learn this new skill?



ALMSGIVING



'let us commit ourselves to remedying the remote causes of injustice, settling unjust and unpayable debts, and feeding the hungry.' (Pope Francis, Jubilee Bull, n16)

Consider making products using your newfound skill to sell as a fundraiser for Project Compassion.

\$25 can provide disability screenings and early intervention advice and procedures to 5 children



PRAYER



Pray for a world where all people are included and given an opportunity to thrive.

Include a message of hope in your prayer.

Write your prayer here.





Irene's story

**Democratic Republic
of the Congo**

Irene poses for a photograph at her home in Kongolo, Democratic Republic of the Congo. Irene is a single mother, who participated in sewing training as part of a Caritas-supported youth empowerment program. Photo: Arlette Bashizi/Caritas Australia.



Irene's Story

Democratic Republic of the Congo

Irene is a young single mother living in Kongolo, a rural area in the Democratic Republic of the Congo (DRC). She takes care of her two children, aged 3 and 7, while also supporting her mother and extended family. Her life has been full of challenges, especially since she became a mother at a young age.

The DRC is one of the poorest countries in the world, with millions of people affected by conflict and political instability. About 70% of the population live in poverty, on less than \$3.30 AUD¹ a day, making it incredibly hard for families to make ends meet.

Irene's childhood was marked by hardships – after her father died in a war, Irene along with her mother and siblings were displaced. Her mother worked very hard to provide for her family.

"We lived a very difficult life. Every morning, [my mother] would go to the fields to grow yams. That's all we ate, and sometimes she worked for others in exchange for cassava, which she used to make fofou with sombé, sometimes without oil, and borrowed salt from neighbours. That's how we got by."

Irene's life took another difficult turn, when as a teenager, she became pregnant for the first time. Her husband fled soon after she had her first child. Overwhelmed by trying to support herself and child with limited education and therefore job opportunities, Irene returned to her mother's household. A while later, her husband returned, and she began living with him briefly before he later fled again after learning she was pregnant a second time.

Despite these challenges, Irene's life improved when she joined the Youth Capacity Strengthening Program (YCSP), run by Caritas Australia's partner, Caritas Kongolo. This program aims to empower young individuals, especially young mothers, to become self-sufficient and contribute to their communities.

Irene took a sewing class through the program, where she learnt how to make clothes to sell. She also participated in agricultural training and received emotional support to help her heal from her past trauma.

After completing the six-month sewing course, Irene was given a sewing machine to continue her work. With her newfound skills, she was able to start earning money to provide for her family, including sending her son, nieces and nephews to school. Irene proudly said, "I make sure to provide for all their needs. There are 15 of us at home, and I take care of everyone."

On top of this, Irene's new farming skills has helped her grow food for her family to eat. She explains, "Before, I didn't know how to farm, but with this training, I learnt. We grew peanuts and corn and harvested them. After the harvest, they gave us chickens to start poultry farming, then returned with more work tools. We have a group field, but I also have my own field that produces the food we eat today at home."

The YCSP has made a huge difference in Irene's life and Irene is generously sharing her new skills with others. She loves teaching other women how to sew. "Our lives are so different now. Before, women depended on men's income, but now, with our sewing skills, we can take care of ourselves... When I teach others to sew, I feel comfortable and useful to my community," Irene shared.

Life has been tough for Irene, but she worked hard, learnt new skills, and became really good at sewing. Irene has been able to break out of a cycle of poverty. She can now send her son to school and support her extended family too.

Together, we can *Unite Against Poverty this Lent* by donating to Project Compassion, offering pathways out of poverty for people in the Democratic Republic of the Congo and beyond.

"I want to say a big thank you to Caritas Australia and Caritas Kongolo. Thank you so much for uplifting me. I never thought I, Irene, could become someone. I never knew this life was possible," Irene said.



Top – Bottom: Irene teaches other women how to sew after participating in the Caritas-supported youth empowerment program in Kongolo, Democratic Republic of the Congo; Irene harvests vegetables in her field in Kongolo, Democratic Republic of the Congo. In addition to training in sewing, Irene has also benefited from Caritas-supported training in agriculture, enabling her to improve the quality and quantity of her harvests; Irene accompanies her eldest son, niece and nephew to school. Photo: Arlette Bashizi/Caritas Australia.

MERCY

Irene (DRC)



Scripture Connection

Read [Matthew 25: 35-45](#)

What message is Jesus trying to teach us?

How does this Scripture reading and/or message connect with Irene's story?

Where do we see hope in this story? How can we display a similar message of hope in today's society?



CST: Human Dignity

1. a belief that every person is made in the image of God and is intrinsically valuable and worthy of respect, simply because they are human
2. a quality of being human, independent of ethnicity, creed, gender, sexuality, age or ability,
3. a reality challenged by poverty, hunger, oppression and injustice

How is supporting people like Irene demonstrating a respect for Human Dignity?



HOPE

Irene (DRC)

'We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision... This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity.'

[Letter from Pope Francis](#)



How can coming together to support women living in poverty fan the flame of hope?



Where have you witness signs of hope in the last 24 hours?



ACT IN SOLIDARITY

Irene (DRC)

FASTING



Irene was committed to breaking the cycle of poverty for her children, her mother, and her orphaned nephew and niece.

Encourage your family to fast from take-away meals and commit to donating this money to Project Compassion.

Estimate how much money your family would spend in take-away meals a week. Calculate the total for Lent (6 weeks).

Review the [Your Donation Counts poster](#). How could your family's donation impact someone else's life?



ALMSGIVING



'let us commit ourselves to remedying the remote causes of injustice, settling unjust and unpayable debts, and feeding the hungry.' (Pope Francis, Jubilee Bull, n16)

73.5% of the DRC population live on less than US\$2.15 a day in 2024.

Source: [World Bank Group](#)

Encourage your family to fast from take-away meals. Donate the money normally spent to Project Compassion.

\$76 can provide a family with the resources they need to start their own chicken farming business to start a small poultry operation.



PRAYER



Pray that people living below the poverty line will be able to break the cycle of poverty. Include a message of hope in your prayer.

Write your prayer here.

