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?

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**Draw Peace**

Your turn to express yourself! In your opinion, what is peace? On an 8 ½ x 11” 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.

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**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

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**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 conferal of the Charlemagne Prize, May 6, 2016.

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

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**Togetherness for Peace**

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!
2018 Solidarity Calendar
Thank you for your generosity!

Sunday
18 St. Francis of Assisi is thought of as the father of interfaith dialogue. On this Sunday of Lent, pray for peace with the following prayer: “Lord, make me an instrument of your peace.”

Monday
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.

Tuesday
20 During your daily meal, talk about what peace means to you. Take care to listen and to respect the opinions of all those around the table! In what ways are you peacebuilders on a daily basis? Give 25¢ for each example.

Wednesday
February 14th
This Lenten season, be a peacebuilder in your community, through your actions, prayers, and commitments. Together, peace is possible!

Thursday
15 Think about how you treat others. Do you listen? How do you react when you see differences in other people? Write down two ways that you can build peace during Lent.

Friday
16 Watch Pope Francis share his prayer intentions for April 2017. Listen to what the Holy Father has to say about the role of young people in building a better Lant.

Saturday
17 Here’s a challenge for you! Smile at people you cross paths with today. Give 25¢ for each smile that you think they would like to become monetary donations.

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

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.

Recycled a decorate 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.