

# WOMEN AT THE HEART OF CHANGE

# Solidarity Calendar

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This Lent, Development and Peace – Caritas Canada is focusing on *Women at the Heart of Change*. Women are central actors in creating positive change in their communities, yet they often face difficulties because they are not treated equally. In many parts of the world, women have less access to work and girls have a hard time continuing their education beyond primary school. Women and girls are also more likely to be victims of violence, hunger and displacement. Join us as we learn about the challenges women face around the world, and meet amazing women who are overcoming these challenges in incredible ways. Learn, Pray and Act in solidarity with women throughout Lent!

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→ LENT CALLS US TO THREE THINGS:  
**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 return our attention to positive priorities.

**Almsgiving:** We give alms because we are inspired by God's love of each of His creations. We respond with charity (helping others in their need) and justice (being transformed ourselves, in order to transform the world into the Kingdom of God).

USE THIS CALENDAR TO LEARN, PRAY AND ACT  
THROUGHOUT YOUR LENTEN JOURNEY!

Share  
Lent 2017



Development  
and Peace  
CARITAS CANADA



# 2017 Solidarity Calendar

Thank you for your generosity!

## Sunday

5 

Watch the video of Pope Francis' prayer intentions for May 2016 and learn what his Holiness has to say about the role of women in today's world.

## Monday

6

Be a positive leader! If you are a girl, speak up about something that is important to you or encourage a girl in your life to do so.

## Tuesday

7

Did you know that in Paraguay, farming is traditionally reserved for men? Development and Peace works with organizations like Decidamos, who support Indigenous women farmers.

## Wednesday

March 1<sup>st</sup>

**Ash Wednesday**  
Make a commitment to pay special attention to girls and women this Lent, and to focus on solidarity with our sisters around the world.

## Thursday

2  
UNICEF notes that girls aged 5 to 14 spend 550 million hours every day on household chores. That is 160 million more hours than boys the same age. How many hours a day do you spend on household chores?

## Friday


3 **World Day of Prayer**  
Pray for openness and understanding between the peoples of the world and between women and men, so that we can have peace.

## Saturday


4  
Discuss with your family how to make positive changes together during these 40 days of Lent!

12


Be inspired by women around the world who participate in community life. Visit someone after mass, bring a neighbour a pie or spend time with a friend.

13 

Watch a video about Indonesian women bloggers, including Risya, a courageous 22-year-old blind woman who empowers girls and women through her blog!

14 

Donate \$2 to support Development and Peace partners who help girls and women around the world to have their voices heard.

15 

Watch Development and Peace's video *A Day in the Life of 11-year-old Jonacel in the Philippines*. How is your life similar to or different from Jonacel's?

16

Look for places in your community where women lead projects for the common good. Thank them for their important work.

17

Pray for women who use their talents and strengths for their families and their communities.

18


Help prepare a special dinner for your mom tonight, or invite an important woman in your life to be your guest.

19

Pray for the many girls and women struggling to change laws and customs that keep them in a situation of inequality.

20

Check in! Have you kept your commitment? What have you learned about women's rights and the situation of women and girls around the world?

21 

Did you know that in sub-Saharan Africa, women and girls spend 40 billion hours a year collecting water for their families' needs? Imagine your day's schedule if you spent hours a day fetching water.

22 **World Water Day** 

Give 25¢ for every water tap you used today (at home, school or work).

23

In the Democratic Republic of the Congo, half of girls aged 15 to 24 are illiterate, and only 1 in 3 will attend secondary school. Pray for girls who struggle to attend school, and speak out for girls' education.

24

Tell a friend about Sandra's story (on the back page) and let her/him know about community radio in the Democratic Republic of the Congo and its impact on women.

25 


Donate \$2 to support community radio networks in the Democratic Republic of the Congo, which enable women to communicate, become educated and be involved.

26

Jesus, may you open our hearts to the wisdom and love of the women who bring light into our lives and our families.

27

Read Hanan's story at [devp.org/insp-women#hanan](http://devp.org/insp-women#hanan) and see how this strong Syrian woman is working to help her sisters in need through Aosus, an organization she co-founded.

28 

Give \$2 to support Syrian organizations like Aosus and the Darna Centres, which help women gain confidence and become self-sufficient.

29

Did you know that every two minutes, 8 Syrian children are forced to flee their homes? Today, pray especially for Syrian children.

30


Write a letter to a woman who has inspired you. Let her know what her example has meant to you.

31 

Hear what Samira, an 8-year-old Syrian girl, has to say about the conflict in her country and what she hopes for.

April 1<sup>st</sup>

Pray for the many women and girls in our world who aren't able to chase their dreams because of war.

2 **Solidarity Sunday** 

Bring your offerings to church today for the Solidarity Sunday collection, or donate at [devp.org/give](http://devp.org/give). THANK YOU!

3

Rigoberta Menchú, a Development and Peace friend, was awarded the Nobel Peace Prize in 1992. Go to the library or online to find out more about this woman.

4

Go online at [devp.org/insp-women](http://devp.org/insp-women) to learn about inspiring women who are part of Development and Peace's history.

5

Pray for girls and women afflicted by war, so that they never lose hope of seeing their country at peace.

6 **International Day of Sport for Development and Peace**

Invite some boys and girls to play with you today! Build peace through play!

7


Ask a friend or a family member about his or her female role model, and share yours!

8

Celebrate Easter in solidarity with women cocoa farmers by choosing fair trade chocolate options at your local grocery store.

9 **Palm Sunday World Day of Youth**

Pray for the many girls who have had to give up their education and take on adult responsibilities too early.

10 

Watch our video *A Day in the Life of 13-year-old Janine*. What did you notice about her way of getting water and her value of education?

11

Challenge! Say thank you to your mother or another important woman in your life at least 10 times today.

12

Let us pray that women and girls in all countries of the world may be honoured and respected.

13

Ask your mother, sister or grandmother what difficulties she's had to face as a woman, and how she overcame them.

14 **Passion of the Lord**


Dedicate your fasting today to girls and women whose voices are unheard and to those who work with them to have their stories heard.

15 **Holy Saturday**

At the dinner table, share 5 things you have learned this Lent. Start a conversation about how our world would be different if girls and boys were truly equal.

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**GET READY!**  
Decorate a recycled container to use as a donation jar throughout Lent! Bring your offerings into your parish for the Solidarity Sunday collection, or go online at [devp.org/give](http://devp.org/give) to donate the amount to Development and Peace.  
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Every time you see this pictogram, go watch our video online at [devp.org/lentcalendar](http://devp.org/lentcalendar)  
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**Use this Calendar to**  
v  
**Act** **Learn** **Pray**

**Sunday, April 16<sup>th</sup> Easter!**  
Happy Easter! Celebrate Easter Octave (the 8 days of Easter) with family and friends, especially Saturday, April 22<sup>nd</sup> – International Mother Earth Day.







**SANDRA MUKEYA**  
**Young radio journalist**

Sandra Mukeya, 18, lives in Likasi, a city in the south of the Democratic Republic of the Congo (DRC). Passionate about journalism, she has just finished high school and will soon begin her studies at the University of Lumbabashi in communications and information science.

*"I only have one wish: to become a great political journalist. I really like to express myself. My opinion is important and has value. Journalism has taught me what needs to be said and how to say it. You have to tell the truth but you need to elaborate. Radio has had a positive impact on society here. Before, there was no television and no radio, so it was impossible to be aware of what was going on in the community."*

For more than a decade, Development and Peace has been supporting community radio stations in six provinces of the DRC, a country affected by more than two decades of conflict. From the start, these radio networks have, among other things, encouraged widespread and peaceful participation in elections, improved education for girls, increased social cohesion and expanded agricultural production.

**QUIZ**

Try out our quiz! Look these topics up online and explore the issue of women in development. Then, talk about it with your family and friends.

- 1** According to the World Food Program, what percentage of countries have an equal number of girls and boys in secondary school?  
 a) 19%                      b) 39%  
 c) 59%                      d) 79%
  
- 2** According to UNESCO, if all women had a secondary education, child deaths would be reduced by how much?  
 a) 10%                      b) 25%  
 c) 40%                      d) 50%
  
- 3** According to the FAO, giving women the same access as men to agricultural resources could increase production on women's farms in developing countries by how much?  
 a) 5-10%    b) 10-20%  
 c) 20-30%    d) 30-40%
  
- 4** When did Canadian women gain the right to vote in federal elections?

This is a tough one! While some women were allowed to vote in federal elections as early as 1917, many women were excluded because of ethnicity. Indigenous women were not able to vote without losing their status and Indigenous rights until 1960. Inuit women, who received the right to vote in 1950, were not actually included in federal elections until ballot boxes were provided in 1962.

**Answers**

1) c 2) b 3) d 4) 1

**Lenten Family Prayer**

Lord, thank you for calling us on this Lenten journey. Help us to grow close to You, to give up those things which are unnecessary, to learn to listen to You, to help others and to simplify our lives. Walk with us as we prepare for Easter. Amen.



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