

WOMEN AT THE HEART OF CHANGE



Solidarity Calendar

ShareLife Campaign

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!

→ 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).

 **ShareLife**



**Development
and Peace**
CARITAS CANADA


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



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.

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.

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

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

2 **Solidarity Sunday**   Bring your offerings from your Lenten jar to church today. THANK YOU!

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.

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.

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!

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?


27 Read Hanan's story at 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.

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.



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?

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.

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

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.

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


4 Go online at devp.org/insp-women to learn about inspiring women who are part of Development and Peace's history.



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

Wednesday

March 1st
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.

8 **International Women's Day**
Send a picture of an inspiring woman in your life to us at devp.org/insp-women. Tell us who she is and why she inspires you.

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?

22 **World Water Day**   Give 25¢ for every water tap you used today (at home, school or work).

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

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

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

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?

9 Pray for women around the world who cultivate land to feed their families and their communities.

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

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

6 **International Day of Sport for Development and Peace**
Invite some boys and girls to play with you today! Build peace through play!

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


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.

10 Liz Benítez, a 13-year-old Paraguayan girl, had to abandon school after her family was evicted from their land. Learn about her dreams at devp.org/testimonials/liz.

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

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.



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

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



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.

Saturday

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

11   Donate \$2 to ShareLife to support organizations in Paraguay like Decidamos and AMUCAP. They help women support each other and work for equality.

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

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

April 1st
Pray for the many women and girls in our world who aren't able to chase their dreams because of war.

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

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. 



GET READY!
Decorate a recycled container to collect your Lenten offerings suggested in this calendar.



Every time you see this pictogram, go watch our video online at devp.org/lentcalendar

Use this Calendar to

Act **Learn** **Pray**

Sunday, April 16th
Easter!

Happy Easter! Celebrate Easter Octave (the 8 days of Easter) with family and friends, especially Saturday, April 22nd – 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) d 3) c 4) 1962

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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