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?

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

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!
Lord, help us live our lives to the fullest in the service of our sisters and brothers.

Did you know that the word dialogue comes from the Greek word dialogos and means “through words”? When engaging in a dialogue with someone, the goal is to listen, understand and communicate with the other.

Inclusion and participation mean that everyone should be allowed to be a part of decisions that affect them. These two ideas are the key to building real peace!

Did you know that Indigenous peoples face discrimination and injustices in the world? Pray that Indigenous peoples are included and respected in the decisions that concern them.

In 2016, UNICEF, every two minutes there are eight Syrian children who are forced to flee their homes. Today, pray especially for Syrian children, whose dreams are threatened because of war.

A number of Development and Peace partners, including IBC Reconciliation, have a campaign called quot;How can we build peace during Lent?quot; Take a few minutes to learn more about each other’s beliefs.

Pray that Indigenous peoples are included and respected in the decisions that concern them.

Think about what makes you unique. Remember that all these traits or characteristics make you the special person that you are.

Did you know that in Nigeria, women in peace processes! Yet they are largely left out of peace processes. Watch this video to learn why we need women in peace processes!

One of the conditions for peace is that everyone must have equal access to the Earth’s resources (water, air, land, etc.). Do we properly take care of our common home? Do we need to reconcile with our Earth and show greater care for our planet?

A number of Indigenous communities in Cambodia are struggling to maintain their languages and cultural heritage. Support them all year round by giving a monthly donation to local organizations.

When you see this pictogram, it means there is a video for you to watch! Videos can be accessed at depv.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 for those who have caused us pain. Make us open and respectful to people who reach out to us regardless of their gender, background, or beliefs.

Lord, enlighten us with your love. Make us open and respectful to people who reach out to us regardless of their gender, background, or beliefs.

Lord, give us the wisdom to forgive those who have caused us pain.

Reconciliation is a process through which people try to heal, especially through dialogue, the hurt caused by conflict, violence or war.

Have you ever hurt or insulted someone? Take a moment to reflect on this situation and put yourself in the other person’s shoes. Write them a note or go see them to apologize and listen to them.

In 2016, Colombia signed a peace agreement ending 50 years of civil war. Colombians must join hands to build peace. Today, pray for them.

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