

PROJECT COMPASSION



Photo: Caritas Australia.

UNITE
AGAINST
POVERTY
this Lent

Parish Booklet 2026

projectcompassion.org.au

1800 024 413

projectcompassion@caritas.org.au

 Caritas
AUSTRALIA

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Visit the Caritas Australia website for more information
www.caritas.org.au/project-compassion/parish



Want an easy way of collecting funds at your parish?
Create a fundraising page and get a unique QR code
to display at your parish so people can donate.

Scan the QR code to register your parish

**SIGN UP
NOW**



WELCOME

from Michael McGirr

Every day, I pray for the whole world. I think most of us do. We look around and see so much pain, violence, anger, bitterness and destruction. Many of our brothers and sisters are sore and hurting.

That is the daily news. *But what about the Good News?*

It's different, not because it denies harsh realities. Our faith creates a place for all those troubling things to grow into something more human. God is a constant source of hope and healing, offering grace to bring the human family together in love.

That is why Caritas Australia's Project Compassion calls us to *Unite Against Poverty*. Our vision is to help make the world whole.

Christianity is not a narrative of revenge. Lent is our journey towards Easter, the time when we celebrate the new life of the risen Lord. When Jesus rose from the dead, he never said he wanted to go back and confront Pilate. He never even mentioned the high priest or the soldiers. His message was peace and love. He healed broken relationships. He shared the promise of a new world. He asked his friends to 'go out to the four corners of the world.'

This year, through Project Compassion, Caritas Australia presents us with stories from Tanzania, Bangladesh and Fiji. There is also a special focus on our increasingly important work helping with humanitarian emergencies, such as in Gaza. All these stories feed a faith that does justice. When Mass ends with the command to 'Go', these are some of the places to which we are sent.

This Lent, we travel through some of the great stories of Scripture: the man born blind, the woman at the well and the raising of Lazarus. They are big stories of deep change in the lives of people who are stuck in their thoughts. How can we also confront indifference and make things better?

Our faith asks us to put retribution and anger in the dustbin of history. Its depths include the call to unite against poverty, so that we can be the peacemakers of whom Jesus spoke.

Thank you for sharing the journey to us.



Michael McGirr

Mission Facilitator, Caritas Australia



PROJECT COMPASSION

2026 FEATURE STORIES



Sisilia, Tanzania

Sisilia, a 13-year-old from remote northern Tanzania, faced immense challenges including poverty, unsafe water and poor sanitation. After her father passed away, she supported her mother by fetching water three times a day, often through unsafe and exhausting conditions that left little time for study. With support from the A+ Successor Project, clean water taps have been installed at her school and her village, easing her burden and improving health across the community. Through SWASH (School Water Sanitation and Hygiene) Club, Sisilia has become a leader, teaching her peers and parents about hygiene and sanitation. With the time saved from collecting water, Sisilia hopes to fulfil her dream of one day becoming a pilot.



Monoranjon, Bangladesh

Monoranjon, a 47-year-old farmer from Bangladesh's vulnerable southwest delta, faces the harsh impacts of climate change including extreme heat, cyclones, water scarcity, and rising salinity. These challenges have threatened his crops, income, and his children's future. But through Caritas Bangladesh's Community Managed Sustainable Livelihoods and Resilience Program, Monoranjon learned climate-resilient farming, aquaculture, and disaster planning. He now grows salt-tolerant vegetables, raises livestock, and shares knowledge with his community. He can now send his children to school and protect their future from poverty. But millions like Monoranjon still urgently need help to adapt, survive, and build resilience in the face of a changing climate.

\$25

can help provide a hygiene kit, with items such as buckets, soaps and towels, to keep families safe from diseases.

\$700

can help to establish and train a SWASH (School Water Sanitation and Hygiene) Club at a school in Tanzania.

\$64

can help restore water sources and promote tree planting to improve irrigation, drinking water, and biodiversity in vulnerable communities.

\$235

can support peer-to-peer training in agriculture, aquaculture, handicrafts, and small businesses—helping families strengthen their livelihoods and leadership skills.



Manaini, Fiji

In remote northern Fiji, life has always been a struggle for 44-year-old Manaini, a mother of six and grandmother of two. Holding back tears, she shared: *"The things I worry about the most is my kids' education. The requirements that need to be met are hard for me to try to achieve with my daily income."*

Meals were often plain and unbalanced, and store-bought food was too expensive. Leftover crops were fed to animals, and at night the village was in darkness, leaving children and the elderly unsafe. Almost a quarter of Fiji's population live in poverty, with higher rates in rural villages, where any extra income can mean the difference between children completing school, buying medicine, or covering daily essentials. Thanks to your generosity, Manaini joined training offered by Caritas Australia's local partner, FRIEND, where she learnt food processing skills to transform leftover crops into flour and increase her weekly income.



Ahmad, Gaza

The crisis in Gaza is changing every day, and for this reason we are unable to share a single printed story. Online, we can keep Ahmad's story and updates as current as possible. Please scan the QR code below or visit caritas.org.au/project-compassion/ahmad-story to read his powerful story and learn more about how families are being supported through Caritas Australia.

**SCAN
HERE**



\$75

can provide a solar floodlight to help keep families safe and children secure at night.

\$100

can support a household with a set of vegetable seedlings to grow healthy food.

\$533

can support the provision of critical medications, medical supplies, and equipment for the treatment of eight people in Gaza and the West Bank.

\$1,400

can support a month of a nurse's wage in Gaza, providing critical medical care.

YOUR PROJECT COMPASSION CHECKLIST



Archbishop Patrick O'Regan at the launch of Project Compassion in Adelaide.

BEFORE LENT

- Check your Project Compassion delivery**
– make sure you've received your posters, donation envelopes, boxes and everything else you ordered. Think you might need more? Please get in touch and we'll try our best to help! Email projectcompassion@caritas.org.au or call us on (02) 7254 5120.
- Plan how your parish community might fundraise for Project Compassion** – you might think about Hosting a Lent Event like a morning tea after Mass or a prayer circle. Or sign your parish up for The Long Walk for Water, walking in solidarity with communities who journey long distances each day for clean water.
- Prepare your parish liturgy** – look ahead at the Lenten Reflections and Prayers of the Faithful (in this booklet and online). Plan where they might fit into your Sunday Mass.
- Set up your online fundraising page** – unite your community digitally at projectcompassion.org.au.

AT THE START OF PROJECT COMPASSION

Project Compassion Sunday is the Sunday before Ash Wednesday. Kick off Project Compassion at your parish on Sunday 15th February.

- Introduce Project Compassion 2026** during Mass and share its importance and connection to our faith and community.
- Distribute donation boxes and envelopes at Mass**, offer these to parishioners individually, either as people leave the church, or after Communion, signifying the link between saying 'Amen' to the Body of Christ and 'being' the Body of Christ in the world today.
- Encourage your parish community to **sign up to fundraise for Project Compassion online**.
- Display posters** and donation boxes in the church and parish spaces.
- Show the Project Compassion Introduction Video** on the First Sunday of Lent (22 Feb) to bring this year's stories to life.



TOP TIP

- **Book a Parish Speaker** – have a Caritas Australia representative come to speak at your Mass during Lent about Project Compassion and the impact of your support – see page 17 for how to book.
- **Appoint a Caritas Parish Representative** to help coordinate Project Compassion in your parish. This representative can organise displays and share resources, lead the use of prayers, reflections and films, and help keep the spirit of Project Compassion alive throughout the season of Lent.
- **Create a Project Compassion Lenten display** in the church foyer with a Project Compassion poster, candle, and donation box - a visible reminder of prayer, fasting, and almsgiving throughout Lent.



EACH WEEK DURING LENT

- Insert the weekly parish bulletin notice** – keep Project Compassion front and centre for your community and encourage almsgiving and generosity.
- Pray together** – use the weekly Prayers of Intercession and Lenten reflections provided.
- Encourage weekly giving** – remind parishioners that every gift, no matter the size, makes a difference – and that donations over \$2 are tax deductible.
- Show the Project Compassion films** – each week, play the short video during or after Mass.
- Reflect** on how this week's story highlights themes like dignity, the common good, and care for creation.
- Host a Lent Event** to raise vital funds for Project Compassion.
- Encourage** your community to keep their steps up if they're taking part in The Long Walk for Water challenge!
- Share your online fundraising page** via social media and spread the word to your community. Don't forget to use the #projectcompassion hashtag and tag us @caritasaustralia

AFTER EASTER

- Bank** your Project Compassion funds before the 31 May 2026.
 - *See page 17 for more information on banking.*
 - *Forward any receipt sheets to help@caritas.org.au*
- Thank** your parish community at Mass and in the bulletin – acknowledge their Lenten sacrifice and generosity and play the Project Compassion Thank You video.
- Display** your "Thank You" poster in the church foyer.
- Announce** your parish's total raised – we have notices and certificates you can use!

PROJECT COMPASSION LENTEN PRAYER



God of all love,

We remember that on the night before he died
Your son, Jesus, prayed
that his friends 'may all be one.'

Yet we see so much division in the world.
War, conflict, violence and hatred
must all distress you.

Millions of people suffer
when they don't have peace and respect.
They lack the necessities of life: food, water,
health, education and security.

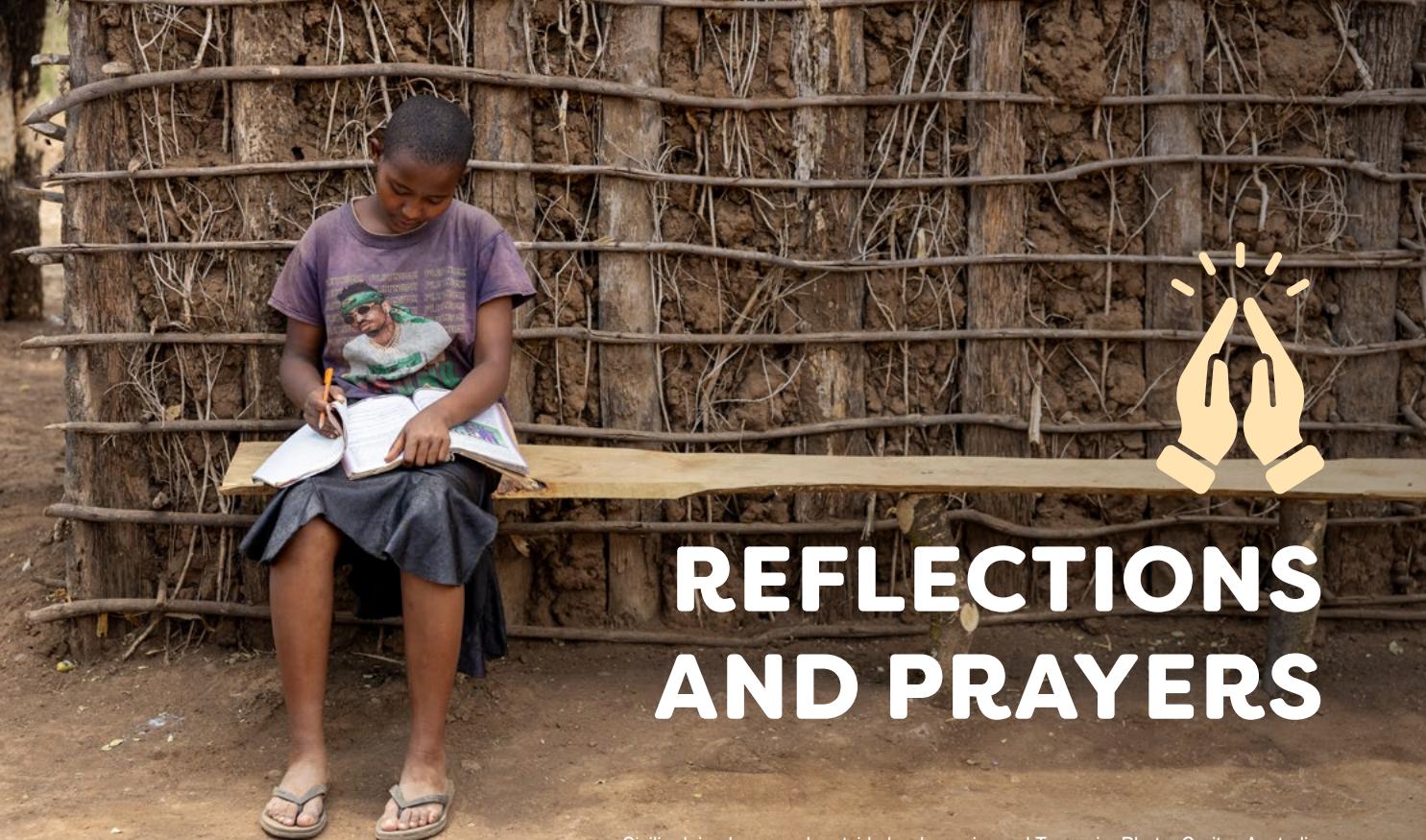
We pray that we may all
Unite Against Poverty this Lent.
May our support for **Project Compassion**
be a sign to ourselves and others,
of our hope for a better world.

This Lent, we pray that our dedication
to prayer, fasting and almsgiving
will help restore your vision of justice and peace.



Guided by the Holy Spirit,
we pray in Jesus' name,

Amen.



REFLECTIONS AND PRAYERS

Sisilia doing homework outside her home in rural Tanzania. Photo: Caritas Australia.

Project Compassion Sunday

Sunday 15 February

Many people were astonished, to say the least, last year when one of the richest people in the world proclaimed that 'the fundamental weakness in Western civilisation is empathy.' The gentleman was clearly not familiar with the New Testament. Compassion is the calling card of Christians. We announce our presence by acts of love. That is what Jesus did and taught.

If you look at the story of the Good Samaritan (Luke 10: 29-37), we get an idea of just how empathy and compassion are signs of strength, not weakness. The story says that the Samaritan came across somebody who'd been assaulted and robbed. The stranger 'looked at him with compassion.' He doesn't just look. In the next few lines, he takes ten separate actions: he goes over, he bandages the man, he pours oil on his wounds, he lifts him onto his donkey, he takes him to an inn, he looks after him, he pays the innkeeper, he asks the innkeeper to help, he promises to return, he commits to meeting the bill. Compassion is an action not just a feeling.

This week, we begin our annual journey of Lent and with it our annual commitment to Project Compassion, organised by Caritas Australia. For generations, Project Compassion has helped us express our Lenten commitment to prayer, personal sacrifice and almsgiving. Our focus this year is a call to '*Unite Against Poverty*.' It is a powerful call.

Every day, the news brings us distressing stories about how the divisions in the world bring disastrous consequences for the most vulnerable people. Our work for Project Compassion is a significant way to bring healing to God's family.

This week, the readings ask us to travel to deeper places in our lives. The Gospel warns us against shallow virtue which 'goes no deeper to that of the scribes and Pharisees.' St Paul speaks about mature wisdom, a view of the world that is at odds with those who have power. 'The masters of this age' seldom understand compassion and the way in which 'the Spirit reaches the depths of everything.' Those depths will take us to the margins and stir in us a longing to *Unite Against Poverty*.

PRAYER OF INTERCESSION

For those who exercise power over the lives of others, that they will show compassion towards people who live in poverty and undertake action to alleviate their situation. (*Pause for silent prayer*)

We pray to the Lord.





Sisilia and members from her SWASH club on their way to collect water at their school in rural Tanzania. Photo: Caritas Australia.

Ash Wednesday

Wednesday 18 February

Alexei Navalny, who died in February 2024 in prison, gave his life to the cause of justice in his native Russia. He made countless sacrifices and spent years in prison. Along the way, somewhat to his own surprise, he moved from atheism to a deep Christian faith in God. The birth of his first son was the beginning of change in his life. While in jail, he observed Lent in all the ways he could. This is astonishing. Surely jail was worse than Lent and it's hard that God expected him to add to his own sufferings. But that was not the point. Navalny chose Lent. The rest of his experience was simply piled onto him by a callous system. During Lent, we are called freely to choose life. Let's allow this Lent to take us deeper in God's freedom.

In jail, Navalny wrote:

Are you a disciple of the religion whose founder sacrificed himself for others, paying the price for their sins? Do you believe in the immortality of the soul and the rest of that cool stuff? If you can honestly answer yes, what is there left for you to worry about? Don't worry about the morrow, because the morrow is perfectly capable of taking care of itself. My job is to seek the kingdom of God and his righteousness and leave it to good old

Jesus and the rest of his family to deal with everything else. 'They won't let me down and will sort out all my headaches. As they say in prison here: they will take my punches for me.'

Project Compassion, organised by Caritas Australia, is a great way of embracing the journey of Lent and following the same path as Jesus. Our commitment can make a huge impact on people who are treated unjustly. The rituals of Ash Wednesday have a special meaning for all of us. They call us to recognise the humanity we share with others and to return with our hearts to the God of justice. It is a time for sacrifice, a time to *Unite Against Poverty*.

PRAYER OF INTERCESSION

We pray for all who are trying to rise from the ashes in their lives. May their needs be met as we turn to the Lord with all our hearts and respond through our donations to Project Compassion.
(Pause for silent prayer)

Lord hear us.





Manaini's daughter and granddaughter in their home in a small village in Fiji. Photo: Caritas Australia.

First Sunday of Lent

Sunday 22 February

Nelson Mandela said that education was the most powerful weapon we can use to change the world. There are plenty of people who would agree with him. One of them is Oprah Winfrey who said that education was the way to move mountains, build bridges and, yes, to change the world.

Today's readings certainly suggest the value of learning. The story from the Book of Genesis comes from pre-history. It has often been misunderstood to suggest that sin entered the world through one woman. This is not true. On the contrary, the readings tell us that the world is good. When humans try to overstretch their boundaries, trouble follows, and the experience of beauty and harmony is threatened. We need to choose our teachers. Are we going to listen to God or the serpent? In our modern world, the serpent takes many forms. There are countless threats to the harmony of the human race and the beauty of our natural environment.

Likewise, today's story of the temptations in the wilderness from Matthew's Gospel shows us that some lessons are difficult. Jesus teaches the devil. He tells the evil one that God is in charge. Jesus must decide which voices he will follow. He must learn that some ideas may not be as good as they sound. All the kingdoms of the world, Jesus learns, are no substitute for an honest and life-giving relationship with God.

Each week during Lent, Caritas Australia asks us to think about the world and learn more about our role in building God's kingdom. Today we start with an introduction to Project Compassion, which allows us to appreciate how much the Catholic community, has been able to achieve across the decades for the most marginalised people of the world. We are all still learning. Pope Leo XIV has reminded us that the vulnerable are great teachers.

In *Dilexi Te he* writes:

Christians must not abandon almsgiving... It is always better at least to do something rather than nothing. Whatever form it may take, almsgiving will touch and soften our hardened hearts... for our part, we need to give alms as a way of reaching out and touching the suffering flesh of the poor.

PRAYER OF INTERCESSION

For those experiencing poverty and marginalisation, that our support for Project Compassion during Lent will be a sign to them of the love of God for all people. (*Pause for silent prayer*)

We pray to the Lord.





Sisilia with her mother outside their home in rural Tanzania. Photo: Caritas Australia.

Second Sunday of Lent

Sunday 1 March

We all need a vision. Long ago, the Book of Proverbs told us that 'where there is no vision, the people perish.' When we look at the world around us, with so many wars, so much violence, such widespread hardship and numerous groups of people putting up walls against each other, we might wonder where the real leaders are to be found. On the world stage, Pope Leo XIV often seems like a lone voice for peace, justice and sanity. He points a direction based on his deep encounter with God.

Perhaps we find vision in the less well-known stories of ordinary people, some of whom we may know. This week, Project Compassion shares with us the story of young Sisilia who lives in a remote part of northern Tanzania. Her father died when she was young, and her family has faced enormous difficulty. 'Life is hard,' she says as an understatement. Your help has enabled her village to gain access to a reliable supply of safe water. What has this got to do with education? The time that Sisilia spent walking three times a day for water was having a major impact on her schooling. She now has a vision for life, one she shares with her community.

In today's readings, we hear about vision. In the book of Genesis, Abram leaves his country, his family and his father's house. He may not know quite what will happen, but he puts his faith in a call that will lead to

life and abundance. He does not have a map, but he does have a vision.

We hear in the Gospel that Jesus took his closest friends to the top of a high mountain. His face shone like the sun and became 'as white as the light.' A voice from heaven said, 'this is my beloved son; listen to him.' Peter said how wonderful it was to be there, and he wanted to build a tent so they could stay. But vision is always on the move and Jesus knew that he and his friends had a hard road ahead. The transfiguration may have only lasted a few minutes, but it was clear that Jesus' friends never forgot it. Every year, we hear this story near the start of Lent because we, too, need to be inspired.

During Lent, we are also called to transfigure the world, to make a difference by uniting against poverty.

PRAYER OF INTERCESSION

For all people who lack access to safe and reliable water, that they will be able to receive this basic necessity of life as a result of generous support for the Project Compassion campaign. *(Pause for silent prayer)*

We pray to the Lord.





Monoranjon with his son, Chandon, outside their home in southwest Bangladesh. Photo: Caritas Australia.

Third Sunday of Lent

Sunday 8 March

Every summer seems to get a little longer and a little hotter. We have all become conscious of issues surrounding water. Either there seems to be too much, as when we see summer floods or the rising sea levels in the Pacific. Other times, there seems to be too little water as when the rivers in our country run low or members of God's family around the world experience drought. Caritas Australia, through Project Compassion, has been responding to the dire needs of water justice in a range of vulnerable countries.

Today's readings may well cause us to reflect on the current state of God's creation. In the book of Exodus, we hear that people are complaining to Moses because they are dying of thirst. In the Gospel, Jesus meets a woman in a Samaritan town. She has come to draw water from the well in the hottest part of the day. In both cases, access to water is precarious. Yet God responds not only to a thirst for water but to a deeper thirst as well. Moses' people are thirsty for direction, leadership and hope. The woman in John's Gospel has a thirst for love and acceptance which, Jesus tells her, will come from within if she is able to accept him and his message of life. As the story unfolds, we learn of her loneliness and see her reconnecting with her community.

In reflecting on this story in Listening Together, Cardinal Radcliffe reminds us that Jesus' first

words are abrupt. 'Give me a drink.' He considers the times in John's Gospel when Jesus expresses thirst, including when he is on the cross. Radcliffe concludes that Jesus is thirsty on our behalf. He longs for our freedom.

Thirst is a great spiritual metaphor, one which Pope Leo XIV has used. But let's not forget the millions of people for whom physical water is a real challenge. This week, Project Compassion shares with us the story of Monoranjon, a farmer in Bangladesh whose family has been deeply impacted by environmental damage, specifically salination of soil and water. This beautiful story reminds us of the importance of meeting people, as Jesus did, at their place of greatest need.

Our thirst for freedom and justice enables us to *Unite Against Poverty*.

PRAYER OF INTERCESSION

For vulnerable communities who thirst for justice and security, that our support for Project Compassion will be a sign to them of the love of God for all people.
(Pause for silent prayer)

We pray to the Lord.





Manaini plants seedlings next to her home in a small village in Fiji, to grow more food for her family. Photo: Caritas Australia.

Fourth Sunday of Lent

Sunday 15 March

There are many occasions when we ask the question why and can't find the answer for which we are looking. Why did we miss out on a job? Why did someone we love get cancer? Why can't we find a place to live that we can afford? Why do some days seem so difficult?

It is good to sit with our confusion and even grief. It is good to share it with the Lord who loves us so tenderly. But sometimes we have to step aside from the question why did this happen? It may be better to start with where can I go from here? What small steps will enable me to face the future in a positive spirit?

Today's readings touch upon these issues. In the Gospel, Jesus encounters a person who was born blind. The bystanders want to know why this happened. They think it must be because either he or his parents did something wrong. They are looking backwards. Jesus prefers to look forwards. He says, 'he was born blind so that the works of God may be displayed in him.' In other words, his blindness presents opportunities for growth, not a pretext for blame. The letter to the Ephesians similarly reminds us that we are on a journey from darkness to light. The whole of Lent could be described in those words. The letter says, 'try to discover what the Lord wants of you.' It asks us in terms of possibilities! The same thing happens when Samuel anoints David. It doesn't

matter that David is a young shepherd. He has a big future, as anyone familiar with the Bible well knows.

This week, Caritas Australia, through Project Compassion, draws us into the story of Manaini, a 44-year-old mother and subsistence farmer in remote northern Fiji. She has transformed her family's life through food processing and organic farming, thanks to a Caritas-supported project. Once reliant on more store-bought food and prone to food waste, she now produces homemade flours, dried foods, and sells produce and baked goods from local crops. Her passion for learning has made her a key player in her community, working with others to embrace more sustainable, empowering ways of living. Thanks to the generosity of the Australian Catholic community, hundreds of thousands of people such as Manaini are finding an answer to the question, 'where can we go from here.'

PRAYER OF INTERCESSION

For all who lack the necessities of life, especially food security, that support for Project Compassion this Lent will enable Caritas to become a source of hope for them and for all those who hunger and thirst. (Pause for silent prayer)

We pray to the Lord.





Destroyed buildings in Gaza. Photo: Caritas Jerusalem.

Fifth Sunday of Lent

Sunday 22 March

It must be difficult for somebody who has never experienced love to understand the Gospels. They are so full of different emotions, many of them tender. Just think of the beautiful reconciliation between Jesus and Peter after the resurrection. Jesus allows Peter to say that he loves him on no less than three occasions. Thankfully, most of us can write down a long list of people we have loved and who have loved us. Many names would appear on both lists! We keep a special place in our hearts and prayers for the people we know who have died. Even after a long time, their memory will still bring a tear to our eyes. That sorrow comes from a place of deep gratitude. God changes the world one heart at a time.

When we encounter today's Gospel, the story of the raising of Lazarus, we are in a world of emotion. Martha and Mary are grieving for their brother. Jesus loves these two women. Thomas, the twin, is full of bravado and bluster, just as he was later when he wanted proof of the resurrection. Both Martha and Mary are disappointed, even angry, that Jesus has not come sooner. Jesus weeps at the grave of his friend. The mourners who have come to comfort the family must also have been sensitive to the situation. When Jesus says, 'I am the resurrection and the life', he is not explaining an idea. He is responding to the deepest longings of our hearts, as he always does. Today's Psalm reminds us, 'My soul is longing for the Lord more than the watcher for daybreak.'

Over the last few weeks, we have shared some of the stories presented to us by Caritas Australia to make us more aware of the inspirational work we can support through Project Compassion. They call us to *Unite Against Poverty*.

This week Project Compassion asks us to learn more about the work of Caritas Australia in humanitarian emergencies. There are so many situations around the world that require a timely response. Caritas is active in the aftermath of earthquakes, floods, storms, plagues, drought and failed harvests. Of course, there will be time to enquire about the causes and to ask if climate change may have been a factor or if poor building standards caused problems. But first, people and communities need to survive, and Caritas has a lot of experience in this area. Your generosity to Project Compassion makes a wonderful difference to people in need. Thank you for helping to bring light to dark places. Jesus says about Lazarus, 'unbind him, let him go free.' We too can set people free.

PRAYER OF INTERCESSION

For those coping with humanitarian emergencies in many countries around the world, that our donations to Project Compassion this Lent make a positive difference to people in need. (Pause for silent prayer)

We pray to the Lord.





Sisilia used to collect water from a dirty canal. Photo: Caritas Australia.

Palm Sunday

Sunday 29 March

It is only once in every three years that we publicly share together Matthew's full account of the arrest, trial and death of Jesus. Today is that day. Matthew's passion is rich in every sense of the word. It is the longest account of what Jesus endured, and it also has the most diverse cast of characters. Only Matthew devotes attention, not only to the tragic fate of Judas who was filled with remorse, but also to the thirty pieces of silver which were used to buy a cemetery for foreigners called the Field of Blood. Only Matthew tells us about the dream of Pilate's wife which leads her to send a message to her husband that he should have nothing to do with Jesus. Matthew's Gospel features several dreams. Joseph is told in a dream to take Mary as his wife, to flee with his family to Egypt and later to return from Egypt. Dreams are one of the many links between Matthew's Gospel and the Hebrew Scriptures.

This is by no means to say that Matthew's Gospel is merely an interesting piece of literature. It is only to suggest that, in Holy Week, Matthew's Passion is a wonderful encounter to enter slowly as we spend time with the Lord, allowing the mystery of the cross to deepen within us. One commitment we might make is to take a section each day this week and stay with it for ten minutes.

Monday Mt 26: 14-35

Tuesday Mt 26: 36-56

Wed Mt 26: 57-75

Thursday Mt 27: 1-26

Friday Mt 27: 27-56

Saturday: Mt 27: 57-66

The trial and death of Jesus reminds us of the tragedy of injustice that continues to this day in so many places around the world. Throughout Lent, Caritas Australia, through Project Compassion, has attempted to draw our attention to many important issues in our world. We have been invited to take up the cross and follow Jesus in our own time, as we *Unite Against Poverty*. We can pray, with Jesus, 'Let it be as you, not I, would have it.' God's desire is for peace, healing and unity in the face of all the challenges facing humanity. Let us help Jesus carry the cross in our time.

PRAYER OF INTERCESSION

For all who suffer injustice as Jesus did and for those who take up the cross to follow Jesus. May our work to end injustice bring peace, healing and unity in the face of all the challenges facing humanity. (Pause for silent prayer)

Lord hear us.



PROJECT COMPASSION FAQS



Q1 How do I book a Caritas Australia speaker to visit my parish during Project Compassion?

Simply scan the QR code below to register your interest today!



The Caritas Australia representative will speak at your Mass during Lent about the inspiring Project Compassion stories and the impact of your fundraising.

**Please note, while we will make every effort to accommodate all requests for parish speakers, we unfortunately cannot guarantee availability for every parish.*

Q2 How do I download my parish Project Compassion resources now that I don't have a USB?

As part of Caritas Australia's ongoing commitment to caring for our common home, in line with our Laudato Si' Action plan, we've made an important change in how we share Project Compassion resources with you.

To reduce waste and support sustainability, we're no longer distributing USBs. Instead, all Project Compassion resources are now quick and easy to download!

Simply visit the link below to download everything you need:

projectcompassion.org.au

**You will also receive this link via email*

Q3 How do I use the new Project Compassion donation envelopes at my parish?

One Envelope. Six Weeks of Giving.

For 2026, we've once again consolidated the six weekly Project Compassion envelopes into one single donation envelope. We still encourage weekly giving by taking multiple envelopes from the pews or church entrance.

How to use the envelopes:

- **Distribute weekly:** Place envelopes in the pews or at the entrance before each Mass. The same envelope can also be used during your Easter services.
- **Encourage donations:** Remind parishioners of the impact their contributions make.
- **Collect envelopes:** Consider holding an additional collection during Mass specifically for Project Compassion.
- **Submit donations:** After collecting envelopes each week, store them securely and send all donations to Caritas Australia by 31 May 2026.

If you run out of envelopes, let us know, and we'll do our best to send more if stock allows. Thank you for your ongoing support during this transition!

Q4 How do I bank the funds my parish has raised for Project Compassion?

Great question, you can bank your parish contributions via:

- **Direct Deposit/Electronic Funds Transfer:** Deposit any cash and cheques into Caritas Australia's bank account using your deposit book and Supporter ID. Please confirm you are using the correct Commonwealth Bank account details before depositing and then send through your remittance at help@caritas.org.au so we can thank you!
- **Cheques:** Send or deposit cheques payable to Caritas Australia as early as possible after Lent. Ensure cheques are only receipted by Caritas Australia.
- **Credit Card:** Send all credit card donation forms directly to Caritas Australia for processing. If you would prefer to make your parish donation via credit card please call our Supporter Services Team on 1800 024 413 who will take the donation over the phone.

Q5 I have another question or would like additional help, who can I reach out to?

If you have any questions, or you didn't receive enough parish resources, or you need help setting up your parish fundraising page, please reach out to the Project Compassion team on **(02) 7254 5120**.

To find your Diocesan Director details, please see the back page of this booklet to get in touch!

FUNDRAISING FOR PROJECT COMPASSION



Fundraising for Project Compassion is a tangible way for your parish community to live out Catholic Social Teaching and stand in solidarity with those who need our support most.

Here's how your parish can get involved and *Unite Against Poverty*:

HOST ❤️ A LENT EVENT

Host a Lent event

Foster connection and reflection while creating lasting change for vulnerable communities across the world. Bring your parish together for a fundraising event - from a morning tea or bake sale after Mass to a prayer circle, there are so many ways to gather together and put faith into action.

THE LONG WALK FOR WATER 💧

The Long Walk for Water

Sign up to take part in The Long Walk for Water and encourage your parish community to step up and join your team. Walk every day during Lent in solidarity with the millions across the world who lack access to safe, clean water, and turn each step you take into life-changing impact.

No matter how you choose to get involved, your generous support will enable Caritas Australia to continue walking alongside the most vulnerable communities here in Australia and overseas.

Thank you for standing with us as we *Unite Against Poverty*.

Scan here to find out more and sign up!



SPOTLIGHT ON PROJECT COMPASSION 2025

Looking for inspiration for your fundraiser? Take a look at these inspiring stories of parish involvement from Project Compassion 2025...



Walking with purpose

The Seraphs of St Pat's, a parish group from the Diocese of Sale, stepped up and took on The Long Walk for Water last year. The intrepid team raised both funds and awareness by walking in their local community each day during Lent, in solidarity with those around the world who have to walk long distances to collect water.



Hosts with the most

Last year, Holy Family Parish in the Archdiocese of Adelaide embraced Project Compassion with heart by hosting their very own Lent event. Their 'Caritas Market' included a sausage sizzle, puzzles, toys, cakes and even a musical performance – bringing the community together to create lasting change for people living in poverty.



The power of community

The growing Christ the Light Catholic Parish in the Archdiocese of Melbourne is trying to build a church, with Mass taking place in the gym of the school. But parishioners didn't let this stop them when it came to Project Compassion 2025! Through faith, outreach and commitment, the parish managed to double their contribution from the previous year, providing even greater impact for vulnerable communities across the globe.



Uniting over tea!

In 2025, St Paul's Catholic Church in the Diocese of Darwin called on their community to turn compassion into action – and the community answered. The parish held a morning tea after Mass, complete with a raffle to raise even more donations. Community spirit filled the church as parishioners came together to help create a brighter, more just future.

THANK YOU FOR YOUR SUPPORT



Your generosity through Project Compassion this year empowers some of the world's most vulnerable people to build better lives for themselves, their families, and their communities.

Thank you so much for being part of Project Compassion 2026!



Scan to get in contact with your Diocesan Director

Sisilia with the new water taps that have been constructed at Sisilia's school in rural Tanzania. Photo: Caritas Australia.



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Caritas Australia Head Office

Level 2, Building 3, 189 O'Riordan Street, Mascot, NSW, 2020

1800 024 413

projectcompassion.org.au

ABN: 90 970 605 069

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