Caritas AUSTRALIA | PROJECT COMPASSION

PROJECT COMPASSION
LENTEN PRAYER

Loving God, Father of all,
We hold in our hearts
The hurt and hungry of the world.
Many people do not have enough
food, water, healthcare, education and shelter.
The dignity you give them is not respected.
We pray this Lent,
During which we embrace prayer, fasting and almsgiving,
That the sacrifice of your Son
Will inspire us to reach out to others.
May we *Unite Against Poverty*,
Especially through Project Compassion.
We know that Jesus is the bread of life.
May we, in our turn, be bread for others.
May your Holy Spirit turn hearts of stone,
Into hearts of flesh
For the life of the world and the peace of all creation.
Amen.



Patricia with her friend in their village in Malaita province, Solomon Islands. Photo: Caritas Australia.

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UNITE AGAINST POVERTY
this Lent

Your Project Compassion donation helps Caritas Australia work alongside vulnerable communities around the world, supporting long-term development and providing urgent relief when emergencies strike.



Ethiopia

Yeshareg, a mother of two from Ethiopia, once faced hunger, low income and food insecurity. With support from Caritas Australia, she joined a women's savings and potato-farming group, learning new techniques that helped her grow potatoes and other vegetables. What started as a small garden soon became a reliable source of food and income, and today, Yeshareg can provide three meals a day for her family and feels hopeful about the future.



Cambodia

Reaksmey, 23, from Cambodia, grew up deaf and isolated from society because of his hearing disability. With support from Caritas Australia, he began attending the Epic Arts Centre, where he learnt sign language for the first time and found ways to express himself and connect with others through dance and art. Now working at the Epic Arts Café, Reaksmey is more independent and hopeful about his future, building a more connected, valued and fulfilling life.



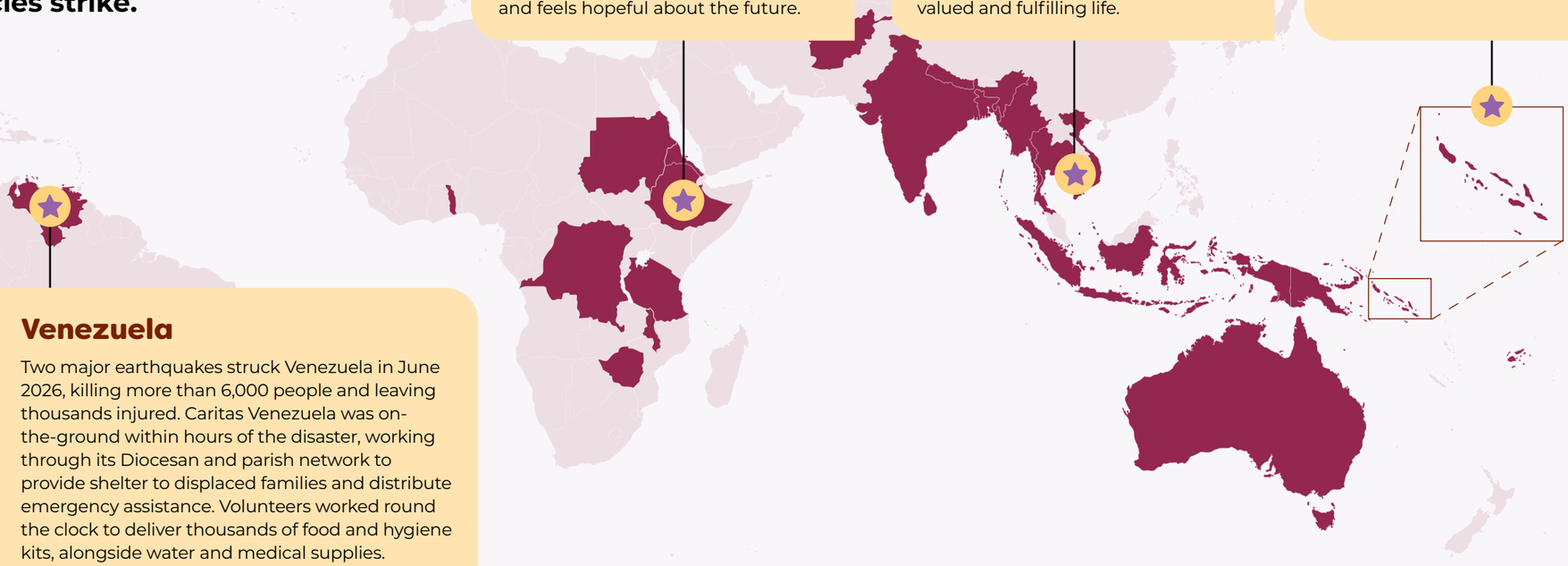
Solomon Islands

14-year-old Patricia lives on the island of Malaita in Solomon Islands. She used to spend up to two hours a day walking to collect water, often leaving her too tired for homework and schooling. With clean water taps now installed outside her family's house, Patricia's life has become easier. With renewed hope and more time to focus on her future, Patricia plans to return to school next year, and to one day become a teacher like her father.



Venezuela

Two major earthquakes struck Venezuela in June 2026, killing more than 6,000 people and leaving thousands injured. Caritas Venezuela was on-the-ground within hours of the disaster, working through its Diocesan and parish network to provide shelter to displaced families and distribute emergency assistance. Volunteers worked round the clock to deliver thousands of food and hygiene kits, alongside water and medical supplies. Continued support will be vital as communities move from immediate relief to longer-term recovery.



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