

CARITASNEWS

#152 | AUTUMN 2018



> **YEAR OF YOUTH**
A Just Future Starts with you

> **STORIES OF JUSTICE**
...from Asia, Africa and Australia

> **CARITAS KITCHEN**
Good food for a good cause

PROJECT COMPASSION
FOR A JUST FUTURE

 **Caritas**
AUSTRALIA

End poverty
Promote justice
Uphold dignity

FROM THE CEO

In 2018 Project Compassion takes as its focus, "A Just Future." Scripture tells us that when we foster justice, one of the signs of the Kingdom of God, we plant a "mustard seed, which is the smallest of all seeds on earth yet when planted, grows and becomes the largest of all plants..."

In this national Year of Youth, Caritas Australia shows how the pursuit of justice can transform societies through the empowerment of the young, who are the leaders of tomorrow and a source of hope for their communities.

Twelve year old Bayan, for example, one of the survivors of the Syria conflict, is accessing an education in Jordan through programs supported by Caritas and our partners Caritas Jordan and Catholic Relief Services.

Across South-East Asia, help is being given to young people to transform their communities. Widows like Janaki can overcome social stigma in rural Nepal to learn new trades like sewing; similarly, in Cambodia, deaf youth like Rattanak can acquire the gift of communication and fulfilling employment, through Caritas' partner the Maryknoll Deaf Development program. These are just some examples of the ways that Caritas is this year creating a 'Just Future' for young people all over the world.

Climate justice is another principle emphasis of Caritas Australia's work this year, for it is the young, and especially the poor, who feel the worst impacts of climate change. Late last year Caritas Australia hosted Erietera Aram, a father of three from the sinking island nation of Kiribati, as the ambassador for Caritas Australia's State of the Environment report for Oceania. The report urges our leaders to take stronger action on this pressing issue.

Thank you for your continuing support of Project Compassion this year.

With sincere thanks,

Paul O'Callaghan, CEO



THANK YOU

Your support of our Christmas Appeal, Global Gifts, as well as your support throughout 2017, has made a difference to the lives of the most vulnerable. With your help we are working to end poverty, promote justice and uphold dignity for people all over the world.

For great resources and fundraising ideas go to caritas.org.au/projectcompassion



Footy star Michael Maguire with Caritas Staff member Sr Ivy Khoury in Zimbabwe. Mr Maguire will speak at this year's Project Compassion leadership event on Tuesday March 13.

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Cover: Through your support, Janaki from Nepal is overcoming challenges and leading her community forward with strength and courage. Photos: Richard Wainwright.





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HUMAN DIGNITY: THE BASIS OF JUSTICE

For Project Compassion 2018, which takes as its theme, 'A Just Future,' we are concentrating on the stories of six young people, whose examples of courage and perseverance remind us, in the words of Pope Francis, that the world looks to the young for reassurance "that the Father's Mercy has an ever-youthful face..."

Each year, Project Compassion runs during Lent, the six weeks leading up to Easter. Starting on Wednesday February 14th, Ash Wednesday, Australians everywhere help us raise money and offer hope to millions of families who fight for justice, peace and survival every single day.

By working towards 'A Just Future,' Caritas Australia recognises that social justice starts at the grass roots and can only flourish when all members of society are allowed to participate fully in the process of development.

Your support of Project Compassion helps demonstrate to young people all over the world that they have innate and God given value, and helps them become change makers for their societies.

"...what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." (Micah 6:8)

A just future starts with empowerment; a just future starts with you.



\$11 Million was raised for Project Compassion in 2017

JUSTICE NEWS

- The Pope has called for a worldwide day of prayer and fasting for peace on February 23. He has asked for a particular focus on Congolese and South Sudanese peoples; both nations are suffering conflict and unrest.
- Caritas Australia notes the findings of the Closing the Gap Report and calls on the Government to do more to ensure the Close the Gap strategy is directed by and accountable to First Australians and resourced appropriately. See pg 7 for more.
- The Catholic Archdiocese of Sydney has announced its anti-slavery taskforce, which seeks to 'slavery proof' the supply chain of the Archdiocese, as much as possible. Caritas Australia supports this important campaign and the Catholic Social Teaching Principle of Human Dignity which underpins it and our own programs.



Janaki and members of her youth club perform street theatre to educate their community about child marriage issues.
Photo: Richard Wainwright.



A JUST FUTURE STARTS WITH EMPOWERMENT

"Cultivate with love the seeds of goodness, beauty and truth that God sows in every new generation."

— Pope Francis

Nepalese society is subject to traditional norms which govern, to a great extent, women's lives. Child marriage is still common, and for Janaki, who married at 12 and was widowed two years later with a limited education, the future looked bleak.

"I was so helpless and worried that I couldn't be with him in all those painful moments. I used to cry every day and night. If we were able to manage money for his treatment at the right time, he would be alive now," Janaki says.

Her husband's parents saw her as a cause of ill fortune, even blaming Janaki for his death. Ostracised and alone, Janaki felt abandoned by her family and by wider society.

EMPOWERMENT FOR LONG-TERM CHANGE

That's where a youth club formed by Caritas Australia's partners came in. Caritas Nepal and the 'Ekata Foundation Surkhet,' part of a Children and Youth Empowerment Program (CYEP), helped Janaki to change her life.

CYEP empowers 14,160 children and young people annually by equipping them with jobs skills and income-generating projects.



Janaki teaching her trainees to sew. Janaki started her business through a loan from the Children and Youth Empowerment Program and now has 11 sewing machines to use for her classes.
Photos: Richard Wainwright

A training course offered by the program equipped Janaki with a new set of skills, and she took to the craft of sewing with great talent.

Two years on, Janaki's life is a world away from her childhood. She has 11 sewing machines and is running her own business, as well as teaching others. Janaki is considered a role model in the community.

"Before, I was shy and was not able to speak confidently," Janaki says. "My confidence level has raised and through the motivation and guidance from Caritas, we are doing several awareness programs on community cleanliness, child marriage and the importance of self-dependence."

Your support is not only helping individuals like Janaki to rise out of poverty, but changing the structures which perpetuate it in places like Nepal.



Janaki teaches other vulnerable women and youth in her community how to sew so they too can be empowered and earn a living.

> DONATE

Your donation can help communities like Janaki's in Nepal.

Call 1800 024 413 or visit

www.caritas.org.au/projectcompassion



A JUST FUTURE STARTS WITH COMMUNITY

It's estimated there are around 51,000 deaf people in Cambodia. They often face the isolation of being unable to communicate because they haven't been taught how to sign; this offers very limited economic opportunities to escape poverty.

But through initiatives like the Caritas Australia supported Deaf Development Program (DDP) in Phnom Penh, young people like Rattanak are learning sign language and a trade, and changing their lives.

"Because of DDP, I've had the opportunity to develop and to learn and increase my knowledge, now I'm much more confident in everything that I do," Rattanak says.

"His future is bright, there is no going back. His life can only improve for the better."

— Sokly, Deaf Development Program's Co-Director

CREATING EMPLOYMENT PATHWAYS

Run by Caritas Australia partner, Maryknoll Cambodia, the deaf development program provides sign language and training and also aims to raise awareness about deafness in the hearing community. Because of his time there, Rattanak has started on a path that has seen him become a successful barber with his own shop.

"The other deaf people who became my friends would call me and get me to start to sign. They taught me the alphabet and slowly I was able to develop my skills so that I could meet and communicate with other deaf people," Rattanak says.



Rattanak standing in his barber shop. After finishing his training with the Deaf Development Program he is now able to sign in Khmer and has a thriving business styling hair. Photos: Richard Wainwright.



More than four percent of Cambodians have a disability—including around 51,000 people who are deaf.

SELF-SUFFICIENCY AND SUCCESS

"As a barber, I can see him having more and more clients and his business getting bigger and more successful," Deaf Development Program Co-Director, Sokly says.

Rattanak believes that with the help of Australian supporters, the Deaf Development Program will also continue to go from strength to strength – providing a just future for others like him.



Rattanak learnt valuable technical skills from the Deaf Development Program and runs a successful barber shop.

> LEARN

Learn more about the work of Caritas Australia's Cambodian partner, the Deaf Development program, at www.caritas.org.au/maryknoll



A JUST FUTURE STARTS WITH A SAFE PLACE TO LEARN

As the Syrian crisis stretches into its eighth year, many young refugees who escaped the conflict are facing the prospect of living in a new country, as well as psychological trauma and disrupted schooling; but with Caritas Australia's support, they are not facing these challenges alone.

Bayan, who grew up in Damascus, Syria's capital, and lived with her parents and six siblings, is one of the 12 million Syrians whose lives have been turned upside down by the war.

"I only recall missile attacks. We used to think we were already dead, with each bomb that was dropped," Bayan says.

After escaping to Jordan however, Bayan started attending a Caritas school, which offers her tuition every Saturday.

"School has the power to lift us up, so we can reach our goals and learn quickly."

— Bayan

HOPE FOR A JUST FUTURE

As their time in Jordan extended, Caritas Australia and our partners, Caritas Jordan and Catholic Relief Services, stepped in to provide vital academic and psychosocial support through the Caritas Education Program.

"There are 8000 refugee students who study in our 25 schools," says Abeer, Caritas Jordan Education and Protection Coordinator.

Bayan, a gifted and hardworking student, has big dreams for the future.

"I would like to become the best ophthalmologist, as sight is the most important thing in our lives. If it wasn't for sight, we would not be able to read, write or learn."

Grateful for her new learning opportunities, Bayan, who wants to one day give others the gift of sight, can now also envision a brighter future for herself.

"School has the power to lift us up, so we can reach our goals and learn quickly."



Bayan in front of her home as she waits for the program's school bus to take her to the Caritas Education Program, which is at a school 30 minutes away. Photos: Richard Wainwright.



Bayan and her family preparing for a Sunday lunch in the park.

> ACT

By hosting a Caritas Kitchen event this Lent, you are standing in solidarity with the millions affected by eight years of conflict in Syria and raising money for Caritas work. Find our move at caritas.org.au/kitchen



A JUST FUTURE STARTS WITH A STRONG CULTURE

In the Northern Territory, Caritas Australia partner, Djilpin Arts, is tapping into the creativity, resilience and innovation found in Aboriginal communities.

Evangeline is a young Aboriginal woman who, by weaving traditional Aboriginal bush crafts, is also strengthening the fabric of her culture.

Featured in Project Compassion 2016, Evangeline, a Ramingining woman, lives in Beswick (Wugularr), 100 kilometres east of Katherine in the Northern Territory.

"This opportunity has helped me turn my life into something more positive. It makes me more confident and more independent."

– Evangeline

Her community of around 450 people faces a range of challenges, including few employment opportunities, crowded housing, a lack of access to services, alcohol and health problems and financial hardship.

"I got caught up in drinking for a while," Evangeline says, "but by the time I was 22, I really started to think about doing something positive with my life."

A JOURNEY OF POSITIVE CHANGE

It all started with a multi-media project, which brought Elders and young people together by providing technology and training to share traditional skills and knowledge – through art, storytelling, dance and song.

"Now we have a new gallery up. And we have our new kitchens, we look after these and we now maintain this to make sure it's running okay and in good condition," Evangeline says.

"We're also trying to open up another tour for tourists to go around the waterfall, we're just planning that now."

Evangeline says that Caritas Australia's support for Djilpin Arts, through Project Compassion, is vital for all Wugularr's young people.

Although their families do their best to pass on knowledge, Elders are dying and she is keen to spearhead the preservation of culture and lore for future generations.

"It's good for them to learn and to keep their culture strong," Evangeline says.



Evangeline with her artworks, produced at Caritas Australia partner, Djilpin Arts Aboriginal Corporation.



Traditional handicrafts produced at Caritas partner, Djilpin Arts Aboriginal Corporation.

"Let unifying love be your measure; abiding love your challenge; self-giving love your mission!"

– Pope Benedict XVI

> ACT

Support Caritas partner, Djilpin Arts, by visiting their beautiful centre in the Northern Territory and purchasing their award winning artworks. Visit www.djilpinarts.org.au to find out more.



A JUST FUTURE STARTS WITH EDUCATION



Ditosa in 2013, aged 12, received support from the Matuba Children's Centre to attend school. Photo: Erin Johnson.

Ditosa lives in Matuba in southern Mozambique; it's a country where children have commonly lost one or both parents to an AIDS-related illness. An estimated 11 percent of adults in the country live with HIV.

When we first met Ditosa in Project Compassion 2013, she was living with her grandmother, half-sister and aunt, who is HIV positive, in a dilapidated, one-room mud hut. It was difficult for her grandmother to afford Ditosa's many basic school essentials.

Now, five years later, Ditosa has finished her education and nurtures the dream of going to university.

"Without the support of the people from Australia and Caritas I would not have been given this opportunity to continue my schooling," Ditosa says.

In 2014, Caritas Australia and Caritas Regional Chokwe (CRC), were able to build Ditosa a new two-room house.

"I am also so happy to have a house; This is all because of the generosity of the people of Australia and Mama Cacilda (Director of CRC)."

"I am so grateful...and know that without the support of the people from Australia and Caritas, I would not have been given this opportunity to continue my schooling."

– Ditosa

EMPLOYMENT AND EDUCATION FOR A JUST FUTURE

In recent years the Matuba Children's Centre has expanded its activities to include a pig project, teaching children to sew uniforms and build carpentry benches which can then be sold for profit.

"Now we are thriving, with enough food from the seeds that were given to us and the rains this year have been good. But we don't want to be forgotten," says Elvira, the Centre's Director.

"We are fighting to keep Matuba operating for the sake of the children who are so poor."

Ditosa still cherishes the dream of being able to go to university.

"I love to learn and want to be a police woman," Ditosa says.

"Education is important in my life but I know that university is expensive, so if I can't go to the police academy I want to learn commercial science so that I can work in a bank."



Ditosa with Mama Cacilda, Director of Caritas Regional Chokwe. Photo: Sr Ivy Khoury.

> DONATE

By supporting Project Compassion you can help ensure ongoing livelihoods support programs in Mozambique and South East Africa. Visit www.caritas.org.au/projectcompassion



A JUST FUTURE STARTS WITH OPPORTUNITY

"Be demanding of the world around you; be demanding first of all with yourselves. Be children of God; take pride in it!"

– Pope St John Paul II

Psyche Mae was once living on a squatter settlement near central Manila and forced to pick through rubbish to survive. Now she is a qualified social worker for the Philippines Government, helping other informal settlers move out of poverty; as of Easter 2018, Psyche Mae has also completed a Masters degree.

Caritas Australia is working with Filipino youth to improve education opportunities and move out of poverty. About 22 million Filipinos live below the poverty line, and hundreds of thousands of people are vulnerable to abuse and exploitation.



Psyche Mae in 2016 speaking at Caritas Australia's Women for the World event.
Photo: Nicole Clements

With few skills or paid work, Psyche Mae's family, like thousands of others desperate to make ends meet, were living in undignified and harsh conditions.

Then, a meeting with Sister Ann from Caritas Australia's partner, the Faithful Companions of Jesus (FCJ) changed Psyche Mae's future. Through a low interest loan scheme offered by FCJ, Psyche's mother has become a full-time seamstress and her father works in a House Repair program, also run by FCJ.

"Her earnings (Psyche's mother) helped her to have more financial freedom and assist with our daily needs, instead of merely depending on the income of my father."

The change in family income means that Psyche was able to finish her education and find employment as a full-time social worker, addressing the root causes of poverty for other Filipinos. Psyche Mae's recently completed Master's degree in social work will help her continue in this mission to help the poor, especially women and children.

"I decided to work with women and children because I'm wearing their shoes, I feel what they feel," Psyche Mae says.

Psych Mae is helping others as she has been helped.



Psyche Mae in 2008 with her mother, who learnt bag making skills with the Urban Renewal Program. Photo: Sean Sprague

WHAT YOUR DOLLARS COULD DO



\$120

can buy a Jamunapari hybrid goat so a young person can learn goat raising to make an income in **Nepal**.



NEPAL



\$ 1,500

can provide one month's housing for 30 young deaf people from regional areas to attend the Deaf Development Program in **Cambodia**.



CAMBODIA



\$5

can buy one chicken which the Matuba Children's Centre can raise and sell to provide food, medical supplies and school uniforms for children in **Mozambique**.



MOZAMBIQUE



\$350

can provide one year's remedial tutoring for a young refugee who has missed school due to the conflict in Syria, allowing them to catch up on their education in **Jordan**.



JORDAN



\$2,500

can support 25 young people to attain a diploma in Enterprise Development Training to provide them with income-generating skills in **Nepal**.



NEPAL

CARITAS KITCHEN

Register to host a Caritas Kitchen and receive your Host Pack

Share your online fundraising page and invite people along

CARITAS KITCHEN! Serve good food for a good cause

Bring hope to those in need



Plan your event. It can be whatever you want it to be!

Send your donations to Caritas Australia

Register here now to host a Caritas Kitchen and receive your Host Pack!
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FUNDRAISING FOR A JUST FUTURE

CARITAS KITCHEN

Hosting a Caritas Kitchen is a powerful way of sharing a good meal for a good cause, just like Caritas supporter Lisa Liputra who kicked off 2018 by raising funds for Caritas through her workplace, Suncorp Brisbane.



Host your own Caritas Kitchen today via caritas.org.au/kitchen



Brisbane Catholic School students at the launch of Project Compassion.
Photo Margarita Gregory KISS photography



Catholic High School students from across Sydney at De La Salle College Ashfield, for the launch of Project Compassion 2018.
Photo: Nicole Clements

SHARE A GOOD MEAL FOR A GOOD CAUSE

Inihaw na Bangus or grilled, stuffed fish, is one of the most popular dishes in the Philippines. It's tangy, light and delicious, looks wonderful and is very easy and quick to make. Serve with toyomansi and steamed rice.

INIHAW NA BANGUS RECIPE (GRILLED MILKFISH)



Grilled milkfish makes for an easy, simple Summer dish

> TIP

Toyomansi is a soy sauce containing calamansi fruit and is available in asian grocery stores.

INGREDIENTS

- 1 large milkfish (bangus), cleaned. You can also use any white fish.
- 1 large tomato, diced
- 1 large red onion, diced
- 1 lemon (or 3 pieces calamansi)
- 1 tablespoon minced ginger
- 2 teaspoons salt
- ½ teaspoon ground black pepper

INSTRUCTIONS

1. Wash the fish. Pat it dry using a paper towel.
2. Open the incision and then rub the salt on the inside of the fish. The fish should have an incision in the belly area
3. Meanwhile, combine tomato, onion, and ginger in a large bowl. Squeeze some lemon juice in and add the ground black pepper. Gently stir.
4. Stuff the mixture inside the fish.
5. Grill or BBQ the fish, on a banana leaf or tin foil, under medium heat for about 10 to 12 minutes per side.
6. Serve with toyomansi and steamed rice.

Share and enjoy!

This Lent, what you can give can make all the difference

Bayan is a young Syrian girl in Jordan who struggled to overcome the trauma of living in a conflict zone, facing the prospect of missing out on school.

With Caritas Australia's support, Bayan is excelling in her studies, with ambitions to become an ophthalmologist.

You can support Project Compassion

Make a single donation and stand in solidarity with children like Bayan around the globe this Lent.

- ☐ **\$70** can provide educational materials for a young Syrian refugee so they can attend school in Jordan.
- ☐ **\$90** can provide transport for 20 young refugees to get to school in Jordan.
- ☐ **\$170** can provide a young Syrian refugee with a "Let's Learn Together" Folder, assisting them to receive an education in Jordan.
- ☐ Other amount: _____

Become a Regular Donor today

Monthly giving helps us plan and deliver long-term solutions for children like Bayan.

- ☐ **\$15** a month could provide a refugee center with blankets for warmth, especially in Winter.
- ☐ **\$25** a month could provide 5 children affected by the Syria crisis with ongoing psychosocial support.
- ☐ **\$50** a month could provide a young Syrian refugee with meals, so they can attend school, in Jordan.
- ☐ Other amount: _____

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PROJECT COMPASSION
FOR A JUST FUTURE

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Uphold dignity

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