

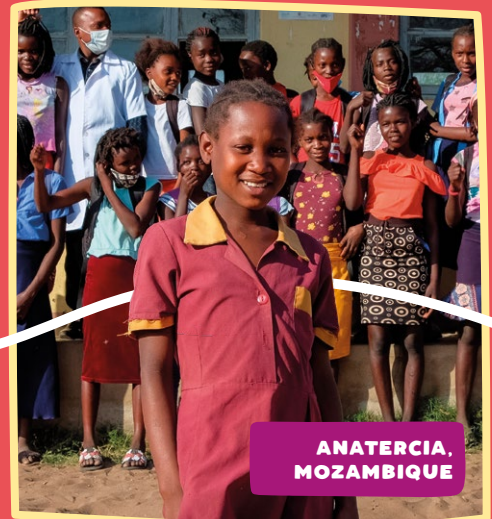
PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



JANICE,
AUSTRALIA



ROSALIE,
DEMOCRATIC REPUBLIC OF CONGO



ANATERCIA,
MOZAMBIQUE

FUNDRAISING IDEAS 2022



BIRU,
INDIA



SHANIELLA,
SOLOMON ISLANDS

This booklet provides inspiration to assist you in supporting vulnerable communities to go further together during this Lenten season.



Caritas
AUSTRALIA

End poverty
Promote justice
Uphold dignity

WELCOME TO PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



As we envision the future and look forward to all the wonder that 2022 is yet to bring, we should also take this opportunity to reflect on the past. My involvement with Caritas Australia dates back to when I was in primary school, carrying around my Project Compassion box. It was then I discovered the power of giving and the impact that my contribution, however big or small, would have in the lives of others. When you lend a hand to someone in need, they will go on to help others and make better opportunities for future generations. Compassion is contagious and creates a ripple effect of kindness and prosperity.

Last year, the world was challenged with the ongoing effects of COVID-19, as well as political upheaval, issues of climate justice, poverty and famine. The media became an inescapable reminder of the state of the world, and as a result, many of us left 2021 feeling drained and fatigued.

However, the fact that we are still standing here today, is living proof that our optimism and faith in the future can go a long way. 'For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen' (2 Corinthians 4:17-18).

The theme of Project Compassion 2022 is 'For All Future Generations' and reminds us that the good that we do today will extend and impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues.

This year's theme comes from the biblical story of Noah's Ark. More specifically, when the flood waters subsided, a rainbow appeared in the sky and the dove returned with an olive branch indicating a new beginning. God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations' (Genesis 9:12).

Project Compassion 2022 shares the stories of resilient and inspiring individuals whose lives and futures

have been impacted by the ongoing support of our partners and by your generosity. This includes the story of young Anatercia from Mozambique who, despite facing poverty and food insecurity, can now access school supplies and attend her classes.



Biru from India, who has overcome the barriers of disability and developed the confidence to run his own cycle repairing centre and gain sustainable income. Rosalie from the Democratic Republic of Congo has been able to establish her business selling natural medicine products and second-hand shoes after being demobilised from the army. Janice from the Northern Territory has gained employment as a tour guide through our partner Djilpin Arts. And Shaniella from Solomon Islands who, thanks to the work and support of Caritas Australia Solomon Islands, has received support in her hospitality studies during the COVID-19 pandemic.

Your generosity is the pebble that allows Caritas Australia to create the ripples that will improve the livelihoods of vulnerable communities, supporting them to flourish and create opportunities for future generations to live to their full potential and thrive.

For it is through the strength of our compassion that we follow the steps of Jesus Christ and help others build resilience during trying times.

With gratitude,

Kirsty Robertson

Kirsty Robertson
CEO, Caritas Australia



ANATERCIA'S STORY

Anatercia is a 12-year-old girl living in a small village in southern Mozambique. After her father passed away and her mother became incapacitated due to chronic health issues, life became a daily struggle.

She moved in with her elderly grandparents, and began to take on more and more adult responsibilities. She did most of the household chores and had to travel for hours every day to collect clean water. Water scarcity also meant that harvests were poor and there was never enough to eat.

With your support, Caritas Australia's local partner, Caritas Regional Chokwe, was able to help Anatercia's family to irrigate their farm to improve their food security, while also improving water access for households in the village. Her grandmother participated in sustainable farming training, while Anatercia received essential school supplies and access to psychosocial supports through a local health committee.

Now, Anatercia can easily access clean drinking water, community members are able to grow healthy crops all year round, and there is enough nutritious food to eat. Anatercia feels better supported by her community, has more time to study and do her homework, and hopes to fulfil her dream of becoming a nurse.

**"THE FUTURE
STARTS
TODAY, NOT
TOMORROW."**

ST POPE JOHN PAUL II

PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



Project Compassion demonstrates how Caritas Australia empowers the communities we support to become channels of love and positive change for future generations to come.

Caritas Australia believes that fundraising should be FUN! It's also an opportunity to raise awareness about important issues, and a chance for the community to take part in social justice action. Everyone who contributes is empowered and able to stand in solidarity with the communities we serve, and those who benefit from our actions. A better future for all generations starts with your support.

**HERE ARE SUGGESTIONS
TO TAKE YOUR FUNDRAISING
TO THE NEXT LEVEL - FROM
CHARITY TO JUSTICE.**



STEP 1 ACT CHARITABLY

Fundraise using your Project Compassion donation box. Funds raised go to long-term integral human development and emergency relief programs.

STEP 2 RAISE AWARENESS

Show one of the Project Compassion films, display the printed materials around your community, school or parish and include notices in your local bulletin or newsletter.

STEP 3 ACT IN SOLIDARITY

Take inspiration from the ideas in this booklet, and plan your fundraising activities in support of Project Compassion 2022.

Register online at lent.caritas.org.au

STEP 4 ACT FOR SOCIAL JUSTICE

Take social justice actions to help build a movement that creates lasting change, and address underlying issues. You could do this by supporting climate justice. Many of our partners are experiencing the harsh impacts of climate change.

HOW TO CREATE YOUR FUNDRAISING PAGE



- 1** GO TO lent.caritas.org.au.
- 2** SELECT “Fundraise”.
- 3** READ and then CLICK “Register a team” if you’re a class, school or team holding an event or “Register as an individual” if you’re holding the event yourself.
- 4** ENTER your or your team’s details.
- 5** CHOOSE your message or personalise it. Set your event date and your target then hit “Create Profile”.



**DON'T FORGET
TO SHARE YOUR
EVENT ON
SOCIAL MEDIA
BY CLICKING
THE BUTTON ON
YOUR CHOSEN
PLATFORM.**

SHANIELLA'S STORY

Shaniella from the Solomon Islands was determined to forge a path out of poverty, moving away to vocational school. With your support, Shaniella was able to overcome further challenges of natural disasters, and gain the skills she needs to create a brighter future for herself.

IN THE SOLOMON ISLANDS...

\$25

can provide a
duck for a Rural
Training School.

\$38

can provide two drinking
troughs to help support
animal rearing.

\$921

can provide two-day Disaster
Response Training for an entire
Rural Training Centre.

\$3,265

can provide materials to
establish a community
piggery house.



CARITAS KITCHEN



FOOD TASTES BETTER WHEN SHARED

What could be a better way to get your community together than the kitchen? It is the heart of every home and a great way to bring people together for a common cause. You can make a difference in the world just by having your neighbours, family or friends over for lunch or dinner! Or have a morning tea or lunch at work!

Choose a date and location and register your event through the Project Compassion website lent.caritas.org.au

Your guests can RSVP, donate and discuss the event on your personal fundraising page.

You can find resources on our website that will help make your event a fun and successful one. As well as providing a great almsgiving opportunity this Lent and raising awareness about poverty, you can experience global flavours through sharing real food, made with love. You can also contact us, if you need any advice and help with your event!



PANCAKES!

Get your friends, family, school community or workplace together to get involved in a fundraising event for Shrove Tuesday! Together you will be raising awareness and funds for the thousands of children, women and men around the world who have to go through extraordinary lengths each day to access basic necessities like food, water, education or healthcare.

PANCAKE TUESDAY

Pancakes are an integral part of Shrove Tuesday and all around the world the tradition of pancake flips and races are bringing communities together for the Lenten season.

Project Compassion is never complete without pancakes and the most fun way to kick off your fundraising!



PANCAKE BREAKFAST

This is the easiest way to get everyone involved because who doesn't like pancakes for breakfast? Charge per pancake or all you can eat for a fixed amount! Plenty of sugar, lemon, chocolate sauce or maple syrup needed. Promote the day well in advance. Why not sell vouchers for pancakes ahead of time – that way you know how many you are going to need.

SPONSORED PANCAKE FLIP

Transform your traditional pancake day with a sponsored pancake flip. Challenge contestants to flip one pancake as many times as they can in one minute, or time how long it takes them to complete 100 flips.

PANCAKE RACE

Contestants are to run a length of a race with markers to show racers when they must toss their pancakes. Flags or traffic cones are good for this (try 3 tosses in 100m).

GET DECORATING

Hold a decorating competition and ask for donations to decorate their pancakes with cut up fruit, chocolate chips, whipped cream or maple syrup – the possibilities are endless!



FISH FRIDAYS

The Catholic tradition is to forgo meat on Fridays during Lent. Fish Friday is a perfect opportunity to bring people together to celebrate food at your school or parish. Having a meal together unites us all in the act of sharing, and a time to reflect and be grateful for our common home.

Go even further by raising money and awareness for Project Compassion – **hold a fish & chip stall, you could also sell hearty fish burgers, fish cakes or fish fingers!**



BIRU'S STORY

Biru is a member of the Ho community, an ethnic minority group in India. After contracting polio as a child, he lost mobility in one of his legs, which affected his independence, education and employment prospects.

Biru taught himself how to repair bicycles by watching other people, but he never dreamed of using those skills to start his own business. With your generous support, Biru was able to access an entrepreneurship and livelihoods training program, run by Caritas Australia's partner, Caritas India. He gained the support and skills he needed to establish his own bicycle repair business. Participating in the program also helped Biru to apply for government disability and housing schemes.

Now, Biru is financially independent and can forge a path out of poverty for his four young daughters. He is a respected and essential member of his community, working as a bicycle and motorcycle mechanic to keep his neighbours, friends and families safe on the road. His resilience and determination to overcome the odds has inspired others in his community who are living with a disability to become independent and self-reliant.

"Now members of my community have started listening to my opinion. I am getting appreciation and recognition," Biru says.



IN INDIA...

\$85

can help a community to form a farmer support group.

\$200

can provide fruit plants for two nursery gardens.

\$500

can provide training in livestock raising for five families affected by COVID-19.

\$1,200

can provide awareness sessions for 100 community members to access government entitlements

INDIAN FISH TIKKA



INGREDIENTS

- 500 grams of fish fillets of choice cut into bite size cubes (firm fish like Salmon or Snapper work well)
- 1 tbsp lemon juice
- Pinch of salt
- 2 tbsp of butter melted
- 4-5 wooden skewers
- Lemon wedges and mint chutney to serve

MARINADE

- 3 cloves of garlic chopped
- ½ tsp ginger grated
- 1 tbsp coriander chopped
- 1 tbsp Greek yoghurt
- ½ tsp paprika
- 1 tsp cumin
- ¼ tsp white pepper
- 1 tsp chickpea flour
- 1 tbsp sesame or vegetable oil
- Salt to taste

Optional addition to add vegetables like onions, red and green capsicum to create colourful skewers.

METHOD

1. Prepare a roasting tray and soak the skewers in water to prevent them from burning when cooking.
2. Place the fish into a mixing bowl mix with the lemon juice and salt ensuring all the fish is covered. Set aside.
3. Using a blender add the garlic, ginger and a splash of water until the mixture is the consistency of a thick smooth paste.
4. Using a separate bowl mix the marinade ingredients with the garlic and ginger paste. In a separate bowl add paste along with the rest of the marinade ingredients. Toss the fish in, coat with marinade and leave for 20 minutes. Preheat oven at 240C.
5. Skewer the fish and vegetables if using onto the wooden skewers then place onto prepared tray. Grill for 10 minutes and turn oven down to 180C, baste the skewers with prepared melted butter and cook for another 10 minutes or until done.
6. Serve over roti with a squeeze of lemon juice & mint chutney.

CARITAS KS - PUT YOUR COMPASSION INTO ACTION



How will you support **Project Compassion for a better future** at your Caritas Ks event? Get sponsored to walk, cycle or run in solidarity with our most vulnerable communities.

Create your own fundraising page where you can feature your event, personalise your photo, give your family and friends updates on your achievements, communicate with supporters, and track your donations!



Create your fundraising page at lent.caritas.org.au

Register your Caritas Ks fundraiser online by visiting lent.caritas.org.au or calling 1800 024 413.

COUNT YOUR STEPS DURING LENT WITH A Pedometer or Walking App. Aim for 10,000 steps each day, and ask your friends and family to sponsor your steps.

- Raise money in solidarity by holding a walkathon around a local park or at your school.
- Forgo the bus or car for a week during Lent and get sponsored to cycle or walk to school or work.
- Hold a marathon, or get sponsored to enter an existing marathon and support our most vulnerable communities.



THE WATER CHALLENGE



1 in 9 people worldwide do not have access to safe and clean drinking water – that’s 780 million people.

Most of the world’s population spends up to 3 hours a day to get the water they need to survive. They don’t have taps in their houses, or even in their villages – some have to walk up to 10km each day just to find clean water.

Every day they are challenged to find clean water.

Today, we’re challenging you to help. We’re challenging you to **save 5 litres of water every day for 7 days** in the lead up to World Water day on 22 March. Create a fundraising page for your Water Challenge to raise awareness and gain support from your friends and family. Join your classmates and take your bucket of water on a 3 kilometre walk of solidarity with so many other communities around the world.

By showing solidarity with communities in the developing world, you’ll learn an important lesson about water.

But even more importantly, you’ll be helping raise money to help improve access to clean water for children around the world.

HOW IT WORKS

Firstly, save water!

You can save up to 5 litres of water every day by making some simple changes to your routine:

- Take shorter showers
- Put a bucket in your shower to catch water for the garden
- Don’t leave the tap running when you clean your teeth
- Use the half-flush on your toilet

Keep this up for the 7 days before World Water Day on 22 March, and you’ll see how simple it is to make a difference to your water usage.

\$410

can provide a skilled laborer in the rehabilitation of boreholes to provide access to safe drinking water in **Mozambique**.

GIVE IT UP FOR LENT



PRAYER, FASTING AND ALMSGIVING

The primary pillars of Lent are prayer, fasting and almsgiving. Giving something up is a simple way to combine these three pillars into one charitable activity. Giving up junk food, chocolate, social media or watching TV is really a type of fasting.

Take on the challenge to create lasting change like Patrice, who gave up driving her car to work everyday for 40 days and instead opted to take public transport. Create a fundraising page and get your friends and family to donate just as Patrice did to help provide a better future for all.



ROSALIE'S STORY

From her life as a child soldier in the Democratic Republic of Congo, Rosalie is now a business owner, a community leader and a role model for other ex-combatants seeking to readjust to civilian life.

IN THE DEMOCRATIC REPUBLIC OF CONGO...

\$30

can provide specialized medical centre visits for program participants to help deal with trauma.

\$100

can help establish vegetable gardens for four families.

\$250

can help a family to acquire a small kiosk to start a sewing business.

\$850

can help a family to build a strong structured house to have a safe place to live.



WHAT WILL YOU BE GIVING UP THIS LENT?



To set up your fundraising page, visit lent.caritas.org.au

Go online and register what you are giving up for Lent! Ask your friends and family to sponsor you and tell them why you're giving something up this Lent.



THE ART OF FUNDRAISING!

Get creative with arts and crafts, and hold an exhibition, a fundraising stall or auction – a wonderful way to create interest in Caritas Australia's work, and raise funds to support vulnerable people worldwide.

CREATE ART

Get together with some friends and put on an arts and crafts day. Whether you create one big artwork as a team or smaller individual works, try to tell stories or express ideas through your art. Auction the finished works and donate the money raised to Project Compassion.

EXPLORE ART

Learn about First Nations Australian art, and the connections between the Dreaming stories and bible stories. Illustrate what you have learnt through art and have an auction or exhibition themed *For All Future Generations*.

Project Compassion has inspired so many communities to come together to raise much needed funds for the most vulnerable communities around the world. Check out these previous fundraisers and get inspired!



JANICE'S STORY

A Wagilak woman, Janice is a traditional dancer who tells stories through movements handed down over generations. With your support, Janice and the Djilpin Arts Aboriginal Corporation support the community to generate income and employment, while keeping culture alive.

IN THE NORTHERN TERRITORY...

\$10

can support the running of the Djilpin Arts shed.

\$50

can provide computer skills for two artworkers at the Djilpin Arts Centre.

\$100

can enable two weavers to travel remotely to harvest weaving materials.

\$500

can support the delivery of a cultural performance.



GET INVOLVED!

There are so many ways you and your community can get involved and inspire others. Just be as creative as you can – take a look at these fun ideas!

RAFFLES FOR THE WIN

11-year-old Brooklyn from Perth was inspired by his family's past to build a better future.

Thinking outside the box during Covid-19 lockdowns, with the help of his parents young Brooklyn thought a movie night inspired raffle prize would be the best way to fundraise for Project Compassion.

"My mum's family were refugees from Cambodia and I am inspired by the work Caritas Australia does in helping kids there have enough food and education," Brooklyn says.

He kicked his goal of \$300 'out of the park', raffling away a bag of treats to the highest bidder at his school and donating \$830 to Caritas Australia's work with poor communities globally.



CYCLING FOR COMPASSION

St Paul's in Nightcliff staff, students, parents and friends joined together for their annual Caritas K's bike ride in support of Project Compassion.

It was a wonderful event and great to see so many people on the bike ride including their local MP Natasha Fyles. They rode to "not only raise funds but in solidarity of all the people who do this daily to fetch water or obtain food", said Rochelle the school's Religious Education Coordinator.

Such a brilliant idea to raise awareness and to get the whole community involved. Well done St Paul's Nightcliff.



HATCHING A BETTER FUTURE

The students of St John Bosco Collinsville were inspired by a Project Compassion story in the Solomon Islands where chickens were being raised to provide eggs for school students.

Together with their School Principal Nicole, they hatched a plan to raise more chickens nicknaming it CHICKITAS, "each time a chicken was purchased we would put one up in the office so that we could see how many chickens we had bought during Project Compassion, with 100 of them by the end."

Thank you to St John Bosco Collinsville for raising \$500 and the inspiration!



THANK YOU FOR YOUR SUPPORT OF

PROJECT COMPASSION

FOR ALL FUTURE GENERATIONS



WE'D LOVE TO HEAR ABOUT YOUR GREAT FUNDRAISING EVENTS AND IDEAS!

By sharing your photos and stories about your events, we can learn from and inspire each other and make the most of our fundraising events. Get in touch at:

 projectcompassion@caritas.org.au
 lent.caritas.org.au



POST ON YOUR SCHOOL, PARISH OR COMMUNITY'S SOCIAL MEDIA PAGE

Share your Project Compassion activities with your networks, and ask them to support your events. This is just like putting a notice in your bulletin/newsletter, only easier!

You can use the images provided, or you can also post links to any of the great resources on our website.

Don't forget to use the **#ProjectCompassion** hashtag, and tag Caritas Australia as well!

FOLLOW US!



We'll be posting inspiring Project Compassion videos, stories, updates and fundraising ideas throughout Lent on our Facebook, Twitter, YouTube and Instagram pages.

Follow us to keep up to date, share the posts with your family, friends, school or parish to spread the word about Project Compassion!

SHARE YOUR SUPPORT

Get on social media and share your Project Compassion activities, updates, stories and photos. Don't forget to use the hashtag **#ProjectCompassion**. You can also tag your family and friends, including us!

 **#projectcompassion**

 lent.caritas.org.au

 **1800 024 413**

 **#projectcompassion**