



FOR ALL FUTURE
GENERATIONS

PROJECT COMPASSION

CATECHIST HANDBOOK



Aboriginal and Torres Strait Islander people are advised that images and external links contained in this resource may contain images, voices or names of people who have since passed away.

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IMPORTANT Please consider your audience when selecting which stories and activities you wish to share with your class. Students may have personally experienced the social justice issues that are explored throughout the resources.

GOVERNMENT NOTICE

All fundraisers, participants and volunteers agree to abide by and comply with all relevant legislation, regulations and best practice guidelines (as appropriate) in each State and/or Territory of Australia.

Individuals and other legal entities who fundraise for Caritas Australia (Fundraisers) are responsible for (but not limited to):

- Complying with relevant fundraising laws and regulations in each jurisdiction where they fundraise (and complying with the fundraising laws in every Australian State and Territory if donations are accepted on the internet).
- Ensuring that all monies raised via fundraising activities will be donated to the stated purpose of the appeal.
- Ensuring that all donations are forwarded to Caritas Australia by **31 May 2023**.

For full fundraising responsibilities, please refer to our website:

www.caritas.org.au.



Australian Government

WELCOME TO PROJECT COMPASSION 2023!

Caritas Australia is the international aid and development organisation of the Catholic Church in Australia and is part of one of the largest aid and development networks in the world – Caritas Internationalis – working in over 200 countries and territories.

Each year, Project Compassion runs during the six weeks of the Church season of Lent. We invite people across Australia to help us raise funds AND stand in solidarity with the millions of people across the world with whom we work. We ask you to join us in building a more just and fairer world: a world in balance, at peace and free of poverty.

Project Compassion is an opportunity for students to learn about life in different countries through the personal stories of people who have participated in Caritas Australia-supported programs. The notions of our interconnectedness as one human family are embedded throughout the content and suggested learning tasks.

RESOURCES 2023

This series of catechist-led tasks invite students to encounter a participant in a Caritas Australia project by engaging with their story through the text, films and photographs. Students can witness the challenges and positive changes of people who experience extreme poverty and injustice.

In addition to stories for each week, discussion questions, prayers and worksheets based on the **SEE–JUDGE–ACT** rhythm are included, to support their ease of use in catechism class settings.

Catholic Social Teachings (CST) are a special focus for discussion and **Lent Link** activities (p. 5) are also offered to further support student engagement and learning.

We endeavour to support the **integration of a Catholic worldview** throughout our resources.

For more **Project Compassion 2023 Parish resources**, go to <https://www.caritas.org.au/project-compassion/parish>

**In the depths of every heart,
love creates bonds and expands existence,
for it draws people out of themselves and
towards others.**

Pope Francis, *Fratelli Tutti* n88

ABOUT THE THEME

The theme of Project Compassion 2023 is **‘For All Future Generations’**. It is an expression of hope 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, the theme asks us to think about the great yes that Mary spoke when the angel told her she was to become the mother of Jesus. She freely accepted God’s invitation to take up a unique place in the history of the human family.

The prayer Mary shared with her cousin Elizabeth says, “all generations will call me blessed”.

Her *yes* is for *all future generations*. May ours be too!

**And Mary said,
“Surely, from now on
all generations will call me blessed.”**

Luke 1:48

Project Compassion 2023 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.

We encourage students to discover the power of giving and the impact that their contribution, however big or small, can have in the lives of others. When we 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.

INTRODUCING THE THEME TO YOUR CLASS

For All Future Generations

Explain to students that when we take care of each other and the earth *now*, the future is hopeful for everyone: for us *and* for all future generations.

Students consider how they would like the future to look. They might think about the future in 10 years, 20 years, or 50 years.

What can they do *now* to make that future possible?

Students complete the [colouring sheets](#) highlighting the theme and display their work around the church or take them home to share with their family.

ABOUT LENT

Discuss: What do you know about Lent? What significance does it have for you?

Every year throughout Lent we commit to strengthening our faith through prayer, fasting and almsgiving. These are the three pillars or traditions of Lent.

Pope Francis says:

Let us not grow tired of doing good in active charity towards our neighbours. Lent is a favourable time to seek out – and not to avoid – those in need; to reach out – and not to ignore – those who need a sympathetic ear and a good word; to visit – and not to abandon – those who are lonely. Let us put into practice our call to do good to all, and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized.

(Lenten Message 2022)

During Lent, we take time to think about how the Holy Spirit can help us be more like Jesus. We take time to think about how we can care more about others.

Through Project Compassion, we can learn how with our support Caritas Australia is working with local partners around the world to help end poverty, uphold dignity and promote justice. Over the coming weeks we will hear stories of hope in Nepal, Australia, Zimbabwe and Vietnam.

Let's focus on how we can be people of hope in our family, our school community and with our global family – for all future generations.

PRAYER

During Lent, Christians pray for themselves and others. We are encouraged to pray for the people and communities we learn about through the stories shared during Project Compassion.

FASTING

Fasting is about giving something up for a time. Many people give up something they love to eat. This can help us understand a little more about what it's like for somebody who is different from us. We can also give up something we like to do, like spending time watching television.

ALMSGIVING

Almsgiving means donating money or items to people who have less than you. It is a way to show that we care for others and that we are thankful for all God has given us. Caring for others is part of many faiths. Let's be brave enough to give generously this Lent.

What can we go without during each week of Lent? Maybe it's a snack or treat that we have each week. We can place the money saved in our Project Compassion boxes. Our support of Project Compassion is a way of saying we care about creating a fairer world.

Pray: Each week, write a prayer for the community you learn about.

Fast: What will you give up for Lent this year?

Give: What will you give? How will you give it?

PRAYER



**God of all generations,
We thank you for those who have gone before us,
especially those who have cared for your earth and
who inspire us to help respect your creation
and contribute to its healing.**

**We thank you for those with whom we share our lives today,
especially those who work for justice and peace.
May we welcome the opportunity that Lent brings
to walk more closely with you,
especially through fasting, almsgiving and prayer.**

**We thank you for the challenge of the future.
May the cross of Jesus remind us that only love finds the way forward.
As we work with big hearts, may we join with Mary in her hope
that from now on all generations will experience
the great things you will do through us.
We ask this in Jesus' name.**

Amen.



Explore the different stories, programs and issues for each week of Project Compassion with our Caritas Q&As.

WHAT ARE CARITAS Q&As?

During Project Compassion, Caritas Australia is offering the chance to interact online with our staff and partners in Australia and overseas!

Caritas Q&As are 30-minute sessions hosted by Caritas Australia on Zoom. The sessions are a unique opportunity for students to connect with the people positively affected through Caritas-supported programs and to learn more about the impact of their generous donations.

Caritas Q&As are open to students in **Years 4–12** and are available across all time zones.

HOW WILL IT WORK?

Caritas Q&As run across Lent during school term and will focus on a different Project Compassion story and program each week.

Help prepare your students for a Caritas Q&A by:

- Showing them the relevant Project Compassion video
- Working through our Project Compassion school resources or relevant social justice resources
- Guiding them to create a question to ask Caritas staff/partners.

HOW DO I REGISTER?

Go to caritas.org.au/project-compassion/caritas-q-and-a/ to register your class in the session that suits you.

After Project Compassion, at the beginning of Term 2, Caritas Australia will host more sessions where schools can share how their awareness raising and fundraising activities went through Term 1. This is a great opportunity to share your success, learn from other schools and continue to connect through social justice.



**Register your class
for Caritas Q&As**



CATHOLIC SOCIAL TEACHING (CST) GUIDE

Catholic Social Teaching (CST) principles cover all spheres of life – the economic, political, ecological, personal and spiritual. The principles are inspired by scripture and the writings of the Pope and other Catholic leaders about social issues.

Caritas Australia's work is shaped by the tradition of Catholic Social Teaching.

HUMAN DIGNITY

We believe every human being is created in the image and likeness of God and therefore has inherent dignity that should always be safeguarded.



SUBSIDIARITY AND PARTICIPATION

We believe all people have the right to participate in decisions that affect their lives. Subsidiarity requires that decisions are made by people closest and most affected by the issues and concerns of the community.



SOLIDARITY

We believe we are part of one human family and have a responsibility to help each person achieve their full potential.



THE COMMON GOOD

We believe the good of each human person is intimately related to the good of the whole community. We are all responsible for each other.



PREFERENTIAL OPTION FOR THE POOR

We believe in prioritising the women, men and children most vulnerable to extreme poverty and injustice.



CARE FOR OUR COMMON HOME

We believe that care for our common home is vital for the common good of all people. We believe a true ecological approach is a social approach. We are to be protectors of creation and of one another.



For more on Catholic Social Teaching, including classroom activities, short films and other resources, visit our [CST Toolkit](#).

(Photo credits left to right, top to bottom: Richard Wainwright, Phan Tan Lam, Richard Wainwright, Richard Wainwright, Phan Tan Lam, Richard Wainwright)



Laxmi is 16 years old and lives with her mother and siblings in Jajarkot, a remote district in Nepal where almost half of the population live below the poverty line. Her family's house is situated next to a giant suspension bridge – the second biggest in Nepal – which stretches over the mighty Bheri River.

Despite her family not having very much money, Laxmi's parents were determined that their daughter receive an education.

"Even though I didn't go to school, I wish my children to live a happy life and earn well," Mankala, Laxmi's mother, said.

Laxmi loved going to school. She joined a child's club at her school that was run with the support of Caritas Australia's partner, Caritas Nepal. The club supports students to participate in extracurricular activities to develop their speaking, writing and leadership skills through activities such as debating competitions and essay writings. The children also organise awareness-raising activities such as public rallies, street dramas and putting up posters to highlight different issues such as child rights.

Sadly, tragedy struck when Laxmi's father, who worked hard to pay for his children's education, passed away. Laxmi stopped attending her classes for a while but, with the encouragement of her mother and fellow students in the child's club, Laxmi returned to school.

"If I don't get to study, then I'll experience hardship. I'll have to struggle like mother. I know we can only get good employment after we study," Laxmi said.

Laxmi (16) organising group games with child's club members at her old school in western Nepal.

Photo: Richard Wainwright/Caritas Australia



After Laxmi returned to school, she became more actively involved in her child's club and developed greater confidence. Keen to take on a leadership role, Laxmi was elected as the chairperson of her club!

"Before I was involved in child club, I was very shy and didn't talk much," Laxmi said. "Now, I talk to everyone, laugh with them. Teachers tell me, 'You used to be so quiet. Why are you so noisy now?'"

Laxmi's grades have excelled since joining the child's club – she is the top of her class in many subjects and has received a number of prizes in recognition of her academic achievements. But her proudest achievement is something that will have a lasting impact for future generations: water taps!

Clean water has long been an issue at Laxmi's school. Laxmi and her child's club members discussed the need to build multiple water taps at the school so all students can access clean drinking water. They lobbied the school administration, the ward office and the municipality office until they eventually agreed to construct a series of water taps on the school grounds. This experience made Laxmi realise that her voice matters, that her actions can make a difference.

Laxmi has graduated from high school and is now studying a Diploma in Civil Engineering at a technical school. Her dream is to work as an engineer and create a better life for her mother who is working from dawn to dusk every day to support her children.

Laxmi continues to be involved in the child's club, serving as an advisor. She attends the meetings regularly, mentoring the next generation of young leaders at her old school.

"Even though I don't study in this school now, I want them to learn from the things I did. Teach them what they can do," Laxmi said.

Every time Laxmi walks past her old school, she sees students using the drinking taps and feels immense pride at her accomplishments.

"This is my village. These things happened in my village, in my school," Laxmi said.

"Even if I go elsewhere for studies or employment, when I come back later in the future and visit the school, I'll see the taps. I'll reminisce about these memories and feel really happy."

Since 2018, Caritas Nepal has supported more than 5,000 children through the child's clubs.





Primary (F-2)

Read [Laxmi's Story \(Photo Storybook\)](#) and watch [Laxmi's 'A Day in the Life' film](#).

SEE

- What activities did Laxmi participate in at the child's club?
- How did her involvement in the child's club help Laxmi?
- What is Laxmi's greatest achievement?
- How is Laxmi helping future generations?
- How did Caritas Australia help?
- What does Laxmi dream of?

JUDGE

The theme of Project Compassion 2023 is 'For All Future Generations'. It is an expression of hope and reminds us that the good that we do today will extend and impact the lives of generations to come.

Catholic Social Teaching: Human Dignity

- a. What is Human Dignity? (Discuss, in terms of the definition below.)

Human Dignity, noun

- a belief that every person is made in the image of God and is intrinsically valuable and worthy of respect, simply because they are human
- a quality of being human, independent of ethnicity, creed, gender, sexuality, age or ability
- a reality challenged by poverty, hunger, oppression and injustice

- b. How is Human Dignity demonstrated in Laxmi's story?
- c. How is supporting Project Compassion one way you can uphold the dignity of others?

For more teaching resources on Human Dignity, refer to our [CST Toolkit](#).

Scripture: Jesus Blesses Little Children

[Mark 10:13–16](#)

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

NRSVCE

- Read the above scripture passage.
- How does the above scripture passage relate to Laxmi's story?

(Jesus valued children, he taught his disciples that children had just as much right to see him and be blessed as the adults.)

ACT

Write your own prayer for Laxmi and her community in Nepal, using the Lent Link: Prayer Worksheet on p. 27.



Primary (3–6)

Read Laxmi's Story (Nepal) and watch [Laxmi's 'A Day in the Life' film](#).

SEE

- Why was it hard for Laxmi to go to school?
- What kinds of activities happen at the child's club?
- How does Laxmi describe how she has changed?
- What is Laxmi's greatest achievement so far?
- How is Laxmi supporting future generations?
- How did Caritas Australia help?
- How will you share Laxmi's story with others?

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(Jesus valued children, he taught his disciples that children had just as much right to see him and be blessed as the adults.)

ACT

Write your own prayer for Laxmi and her community in Nepal, using the Lent Link: Prayer Worksheet on p. 27.

Think about how you can transform your compassion into action. Record your ideas on the MY REFLECTIONS page (p. 31).

TEREESA'S STORY

AUSTRALIA



Tereesa, a proud Gamilaroi woman, is now an artist, studying at TAFE and working at Baabayn Aboriginal Corporation.

Tereesa grew up in Western Sydney, born and raised on Darug land. A mother of four young children, she found it hard to find a stable home and provide for them on her own.

Seeking a better future for her children, Tereesa found the support she was looking for when she joined the Baabayn Aboriginal Corporation's Young Mums and Bubs Group, supported by Caritas Australia.

Baabayn (which means 'Ancestral Woman' in Gumbaynggirr language) was founded by five Elders who wanted to create a community and welcoming environment for First Nations Australian families and individuals.

"Baabayn is a place where people can come and gather. It's a belonging place. It's a place of culture, finding out about who your mobs are," said Auntie Jenny, one of the founders of Baabayn.

The Young Mums and Bubs Group supports young mothers to learn skills in arts and crafts, working with others to earn an income and how to manage their money. Baabayn also helped Tereesa find a home for her family.

There are many other great activities for people to participate in at Baabayn too. Tereesa's children attend the Homework Club. There is also a Yarn Circle, a Jarjums (children) Club and a Youth Group.

"It's important because we were always on the fringe as Aboriginal people and we were always ostracised and left outside... Baabayn is a place of welcoming," Auntie Jenny said.

Tereesa with one of her first artworks she painted at Baabayn Aboriginal Corporation in Western Sydney.

Photo: Richard Wainwright/Caritas Australia



As part of the Young Mums and Bubs Group, Tereesa met other young women who have been through similar life experiences.

Growing up, Tereesa didn't have the opportunity to learn about her First Nations culture. But through Baabayn, she was able to hear stories from Elders and reconnect with her culture.

Already an aspiring artist, Tereesa was able to flourish at Baabayn. She has sold her artwork at local markets.

"When I paint, every painting has a story. And my story is very long," Tereesa said. "I don't think I'd be the person I am today without Baabayn and being part of the Mum's Group has brought out a lot of creativity in my bones that I didn't even know I had. I'm relaxed, very relaxed when I'm painting. It helps me calm. I've been through a storm per se and painting, I just feel at peace."

Tereesa's artwork was recognised at the 2022 Vivid Light festival in Sydney. Vivid Light illuminates the city with art projected onto the city landscape.

Four of Tereesa's artworks – *Crow Totem*, *Connections of Both Land & Water Tribes*, *Yinaar Miyaay (Women's Business)* and *Goanna Totem* – were projected onto the Wulugul Walk at Barangaroo.

"I've never been to Vivid and to have my artwork displayed is over the moon amazing. I never thought in a million years that this was something that would happen to me," Tereesa said.

Today, Tereesa is studying a certificate in Community Services so that she can increase her skills and give back to her community.

After volunteering at Baabayn, Tereesa was offered paid employment with the Youth Group and is now an assistant to the Young Mums and Bubs Group. As a former participant, Tereesa understands what it is like to be in the shoes of the members and can share her experiences and insights with other young mums.

Tereesa's children now produce their own artwork and are eager to learn more about First Nations Australian culture, history and symbols.

"I want my children to continue learning about their culture," Tereesa said. "I want them to have an involvement with the community. The community has your back. It's good to have that to lean on and I want my kids to realise that as well."

With your support, the work of Baabayn can continue so that young mothers like Tereesa can keep their culture strong for future generations.





Primary (F-2)

Read [Tereesa's Story \(Photo Storybook\)](#) and watch [Tereesa's 'A Day in the Life' film](#).

SEE

- It was hard for Teresa to raise 4 young children on her own. Where did Teresa find support?
- What kinds of activities happen at the Baabayn Aboriginal Corporation?
- Why is art important to Tereesa?
- How did Caritas Australia help?

JUDGE

Catholic Social Teaching: Solidarity

Tereesa and her community are standing in solidarity with each other. With your generous support, Caritas Australia stands in solidarity with them too.

- a. What does Solidarity mean? (*Discuss, in terms of the definition below.*)

Solidarity, *noun*

- a firm and persevering commitment to the common good, which reminds us that everything is related
- the act of standing shoulder to shoulder with others
- a way of saying, 'I'm here with you'

- b. How is solidarity demonstrated in Tereesa's story?
(*Consider the welcome and support she received at Baabayn and how Tereesa volunteered and is now working at Baabayn to provide support for other mums. Tereesa also speaks about how the 'community has your back'.)*)
- c. How is supporting Project Compassion an act of solidarity?
- d. When have you stood 'shoulder to shoulder' with someone in need of support?

For more teaching resources on Solidarity, refer to our [CST Toolkit](#).

Scripture: The Friend at Midnight

Tereesa found a way to share her story through art. Jesus was also a great storyteller. He often used parables in his teaching and ministry.

Read the parable, 'The Friend at Midnight' in [Luke 11:5-13](#).

Explain how the friend eventually agrees to help his neighbour because he was persistent rather than because they are friends, despite the late hour and the inconvenience of it.

Discuss the ways Tereesa has demonstrated great persistence. She didn't give up when life was difficult; she found support and has worked hard. She can now provide for her family and enjoy sharing and celebrating her artistic achievements with others!

- a. When have you demonstrated persistence?

ACT

Write your own prayer for Tereesa and her community in Australia, using the Lent Link: Prayer Worksheet on p. 28.



Primary (3–6)

Read Tereesa's Story (Australia) and watch her [‘A Day in the Life’ film](#).

SEE

- It was hard for Tereesa to raise 4 young children on her own. Where did Tereesa find support?
- What kinds of activities happen at the Baabayn Aboriginal Corporation?
- Why is Baabayn important to the local community?
- Why is art important to Tereesa?
- How did Caritas Australia help?
- How does art help keep cultures alive?
- How will you share Tereesa's story with others?

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- c. How is supporting Project Compassion an act of solidarity?
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ACT

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Think about how you can transform your compassion into action. Record your ideas on the MY REFLECTIONS page (p. 31).

PRISCILLA'S STORY

ZIMBABWE



Priscilla lives with her husband Charles and two of their grandchildren, Obry (8) and Jayden (7) in the Hwange region, in northwest Zimbabwe.

In Hwange, the impacts of climate change such as unpredictable rainfall, drought, poor quality soils and high temperatures have made it much harder to grow enough food to eat. With almost half of the population living in extreme poverty, on less than \$2.15/day¹, buying food is not an option, leaving many families at risk of extreme hunger.

During times of intense drought and food shortages, Priscilla had to commute to the town centre and wait in long queues to collect food.

“It was stressful because we didn't know what to give our children because there was nothing to give them,” Priscilla said.

Lack of food was also having an impact on children attending school. Women and girls in particular were spending most of their time going out to look for food to feed their families.

“Life was very difficult,” explained Priscilla. “The challenges we faced included walking long distances to fetch water from the borehole so that we can water our gardens, bathe, wash our clothes and utensils. The manual pumping of the borehole was cumbersome for some of us who have grown old.”

In 2019, Priscilla joined the Zimbabwe Integrated Community Development Program, run by Caritas Australia's partner organisation, Caritas Hwange. Through the program, Priscilla and her community learnt conservation farming. This involves not disturbing the soil too much, using lots of soil cover (mulch) to help retain water and learning about growing a variety of drought-resistant crops which require less water to grow.

Priscilla holds millet from this year's harvest in her storeroom at her home in Hwange district, north-western Zimbabwe. Photo: Richard Wainwright/Caritas Australia

PRISCILLA'S STORY

ZIMBABWE



Priscilla was able to produce a bumper harvest in her first year of practising conservation farming. She has grown millet, sorghum, and maize. And, with her new-found knowledge, Priscilla has helped train and support other farmers in her community to learn conservation farming techniques to produce better yields too.

“Even for those who have no knowledge of it, we try to assist them. That’s why we work in groups,” Priscilla said. “We work in a united and productive manner. Each one of us in the group has a role to play. Some do the digging of the basin, while some do the manure.”

Priscilla also used the funds from her harvest to start poultry farming, where she can sell eggs to pay for her grandchildren’s school fees, books, and stationery.

“With the poultry project running, this will be an income-generating source that will help us survive even during droughts,” Priscilla said.

Caritas Hwange repaired a cattle dip tank for Priscilla and her community. The tank is filled with water mixed with insecticide that kills ticks and insects. Back in 2017, a number of Priscilla’s cattle died from tickborne diseases. The dip tanks are a vital resource for the community as they help keep livestock healthy.

“We get milk from the cows and the manure we use in conservation farming comes from the cattle. Protecting our cattle is very important to us as they are a source of emergency funds especially in difficult times such as during a drought,” said Priscilla.

Caritas Hwange’s other activities include repairing a borehole, so Priscilla and her community have access to clean water closer to home and establishing a community garden to grow nutritious vegetables to eat and sell. To help water the community garden and fill the dip tank, a solar-powered water pump was installed.

Priscilla now has the skills and resources she needs to build resilience for her family.

Cartas Hwange’s Zimbabwe Integrated Community Development Program has supported over 10,000 people so far. With your support through Project Compassion, we can all ensure communities have what they need now and for all future generations.

Along with your support, this program is supported by the Australian government through the Australian NGO Cooperation Program (ANCP).



¹ [World Bank](#)



Primary (F–2)

Read [Priscilla's Story \(Photo Storybook\)](#) and watch her ['Day in the Life' film](#).

SEE

- Why was it hard for Priscilla to grow enough food to feed her family?
- How did Caritas Australia help?
- How does Priscilla support her family now?
- How will you share Priscilla's story with others?

JUDGE

Catholic Social Teaching: Preferential Option for the Poor

Caritas Australia's mission is, "End poverty. Promote justice. Uphold dignity." Your generous support helps Caritas Australia and its local partners, including Caritas Hwange in Zimbabwe, achieve this mission and make a difference in the lives of people like Priscilla, her community and for all future generations.

- a. What does it mean to have a preferential option for the poor? (*Discuss, in terms of the definition below.*)

Preferential Option for the Poor, *noun*

- the act of prioritising the needs of the poor over the desires of the rich, the rights of workers over profits and the preservation of the environment over its exploitation
- a way of responding in love to the unjust circumstances in which millions of people live

- b. How is preferential option for the poor demonstrated in Priscilla's story?
- c. How is supporting Project Compassion one way you can demonstrate preferential option for the poor?

For more teaching resources on Preferential Option for the Poor, refer to our [CST Toolkit](#).

Scripture: The Parable of the Sower

Read the parable in [Mark 4:1–20](#) and discuss:

- a. What do you think are the key messages of the parable?
- b. Like the seeds that were able to grow and flourish on good soil, what small thing can you do this week that can make a difference to the larger issues of climate change or poverty?

ACT

Write your own prayer for Priscilla and her community in Zimbabwe, using the Lent Link: Prayer Worksheet on p. 29.

PRISCILLA'S STORY

SEE, JUDGE, ACT



Primary (3–6)

Read Priscilla's Story (Zimbabwe) or watch the [film](#). Priscilla's '[A Day in the Life](#)' film is also available.

SEE

- Why was it hard for Priscilla to grow enough food to feed her family?
- How did Caritas Australia help?
- How does Priscilla support her family now?
- How is Priscilla supporting others in her community?
- How will you share Priscilla's story with others?

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ACT

Write your own prayer for Priscilla and her community in Zimbabwe, using the Lent Link: Prayer Worksheet on p. 29.

Think about how you can transform your compassion into action. Record your ideas on the MY REFLECTIONS page (p. 31).



Thu lives with his wife, Linh, in Vietnam. Many years ago, there was a war in Vietnam. Even though the war ended in 1975, poverty and inequality remain widespread and there are still 800,000 tonnes of unexploded land mines across the country.

Thu was just 12 years old when he lost his leg. One day, he was looking after his cows when he stepped on an unexploded land mine. Thu now uses a prosthetic leg to walk.

“War is most terrible with great loss. At the end of the war, there are still consequences,” Thu says.

Living with a disability in rural Vietnam presented many challenges for Thu, who worked mainly as a rice farmer.

“It is hard to get a job in rural areas where people earn their living mainly from farming. However, local farming here depends on the natural weather... There is often drought in summertime and flood in rainy season. Life is therefore extremely difficult,” says Thu.

In addition to being the breadwinner for his family, Thu cares for his wife, Linh, after she suffered a stroke.

“She is my wife and we have been living together and depending on each other, I am the one to be there with her and for her,” says Thu.

Determined to turn their lives around, Thu and Linh joined the Empowerment of People with Disabilities program, run by Caritas Australia’s local partner organisation in Vietnam, the Centre for Sustainable Rural Development (SRD).

Thu looks after cows near his home in Quang Tri province, Vietnam. When Thu was 12-years-old, he lost his leg after stepping on an unexploded land mine. Photo: Phan Tan Lam/Caritas Australia



"Many people with a disability in Vietnam feel that other people would only look at their disabilities rather than at their capacities," says Toan Tran, SRD Program Manager. "People with disabilities and their families have minimal opportunities to access health care services, education, income generation, vocational training and jobs."

The Empowerment of People with Disabilities program supports people living with disabilities to establish Village Savings and Loans Associations (VSLA) so that they can access affordable loans. Through the VSLA, Thu was able to obtain a loan which he used to open his own barber shop.

Thu also joined an incense-making group. With the extra income from selling incense he was able to repair his house and fix his front yard to prevent flooding during the rainy season. Thu now plans to invest in livestock, such as pigs, ducks, or chickens, so he has multiple ways to earn a living.

Before he joined the program, Thu mostly stayed at home. The VSLA provides a welcoming and inclusive space for people with a disability like Thu and Linh to socialise, learn and support each other.

"I think having a club is good, where people living with disabilities can join and help one another. Additionally, there are many meaningful activities from the project to support my family and others," Thu says.

For Thu, the greatest impact that the program has had is seeing the change in Linh's physical and mental wellbeing. With the support of a physiotherapist, Linh can now walk short distances with the aid of a walking stick.

Caritas Australia's partner also helped Thu to build an accessible toilet with a handrail so that Linh could use the toilet by herself. With his wife's increased independence, Thu now has more time to focus on other activities, such as walking his grandson to school and working at his barber shop.

"I am grateful to Caritas Australia for the help they give to people living with disability like me and my wife," Thu says. "Thank you to Caritas Australia and the Australian people."

With your generosity, the Empowerment of People with Disabilities program was able to support more than 6,300 people in Vietnam in the last financial year.



Along with your support, this program is supported by the Australian government through the Australian NGO Cooperation Program (ANCP).



Primary (F–2)

Read [Thu's Story \(Photo Storybook\)](#) and watch his ['Day in the Life' film](#).

SEE

- Why was it hard for Thu to earn money to support his family?
- How does Thu earn money now?
- How did Caritas Australia help?
- How will you share Thu's story with others?

JUDGE

Catholic Social Teaching: Preferential Option for the Poor

Thu and his community are working together and with organisations at other levels of society to make decisions that shape their lives at the local level.

- a. What do the ideas of Subsidiarity and Participation mean? (*Discuss, in terms of the definition below.*)

Subsidiarity and Participation, *noun*

- from the Latin word *subsidium*, meaning support or assistance
- the idea that people and groups have the right to participate in decisions that affect them and, when they can't meet their own needs, other parts of society (e.g., the government) act according to their duty to assist with resources and support
- an approach to common life that promotes participation and ensures people are architects of their own development

- b. How is preferential option for the poor demonstrated in Priscilla's story?
- c. How is supporting Project Compassion one way you can demonstrate preferential option for the poor?

For more teaching resources on Preferential Option for the Poor, refer to our [CST Toolkit](#).

Scripture: The Parable of the Mustard Seed

Read the parable in [Mark 4:30-32](#) and discuss in relation to Thu's story.

From little things, big things grow! Thu started with a loan for a barber shop. He then went on to join an incense making group. He earned enough money to fix his house. Now he is looking at investing in livestock.

- a. What small steps can you take that will lead to a better life for you and for others?

ACT

Write your own prayer for Thu and his community in Vietnam, using the Lent Link: Prayer Worksheet on p. 30.



Primary (3–6)

Read Thu's Story (Vietnam) or watch the [film](#). Thu's '[A Day in the Life](#)' film is also available.

SEE

- Why was it hard for Thu to provide for his family?
- What did Thu use his loan for?
- In addition to the loan, how else does the Village Savings and Loans Associations (VSLA) benefit Thu and Linh?
- How did Caritas Australia help?
- How will you share Thu's story with others?

JUDGE

Catholic Social Teaching: Subsidiarity and Participation

Thu and his community are working together and with organisations at other levels of society to make decisions that shape their lives at the local level.

- a. What do the ideas of Subsidiarity and Participation mean? (*Discuss, in terms of the definition below.*)

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- an approach to common life that promotes participation and ensures people are architects of their own development

- b. How is the subsidiarity and participation demonstrated in Thu's story?
- c. How is supporting Project Compassion one way you can promote subsidiarity and participation?

For more teaching resources on Subsidiarity and Participation- refer to our [CST Toolkit](#).

Scripture: The Parable of the Mustard Seed

Read the parable in [Mark 4:30-32](#) and discuss in relation to Thu's story.

From little things, big things grow! Thu started with a loan for a barber shop. He then went on to join an incense making group. He earned enough money to fix his house. Now he is looking at investing in livestock.

- a. What small steps can you take that will lead to a better life for you and for others?

ACT

Write your own prayer for Thu and his community in Vietnam, using the Lent Link: Prayer Worksheet on p. 30.

Think about how you can transform your compassion into action. Record your ideas on the MY REFLECTIONS page (p. 31).

TASK 1: DEEP DIVE

Use Caritas Australia's [interactive map](#) to answer the following questions:

- What global issues do Caritas Australia and its partners address?
- What is the main focus for programs in Australia?
- Why do you think Caritas Australia works where it does?
- What do you think would be the most challenging global issue to address?

TASK 2: COMPASSION IN ACTION – CLOZE and/or WORD SEARCH

Watch Caritas Australia's [Compassion in Action](#) video and complete the Cloze (p. 32) and/or Word Search (p. 34) activities.

TASK 3: CREATIVE CARITAS THINKING KEYS

Use the grid on page 36 to complete creative thinking tasks about Caritas Australia and Project Compassion.

TASK 4: WAY OF THE CROSS

As a class or school community, prepare for Easter by praying the Way of the Cross. Available to download from the [Project Compassion website](#).



A young woman and her mother walking to work in Nepal.
Photo: Richard Wainwright/Caritas Australia

THANK YOU

PHOTO CREDITS

Laxmi's Story (Nepal) – Richard Wainwright/Caritas Australia

Tereesa's Story (Australia) – Richard Wainwright/Caritas Australia

Priscilla Story (Zimbabwe) – Richard Wainwright/Caritas Australia

Thu's Story (Vietnam) – Phan Tan Lam/Caritas Australia

STUDENTS

Learning about people not having what they need to live a healthy and safe life can be hard. If you are feeling worried or upset about anything you have learnt about through this resource, make sure you talk to your teacher or a trusted adult. They can share your concerns via our [website](#).

Do you have an idea for how Caritas Australia can improve our school resources? We would love to hear it! Please email education@caritas.org.au

PARISH LEADERS

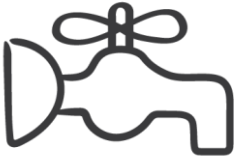
For more parish resources, please visit: : www.caritas.org.au/resources/parish-materials/

Stay up to date with events and resources! Subscribe to [Caritas Australia's Education e-newsletter](#)



Caritas Australia gratefully acknowledges the support of the Australian Government through the Australian NGO Cooperation Program.

Name: _____



LENT LINK: Prayer Worksheet

My Prayer for Laxmi

Write a prayer for Laxmi and her community in Nepal.

A large rounded rectangular box with horizontal dotted lines for writing a prayer. The box is surrounded by various icons: a mobile phone, a pencil, a microphone, an open book, a water drop, a heart on a sign, and mountains.

Name: _____

LENT LINK: Prayer Worksheet



My Prayer for Tereesa

Write a prayer for Tereesa and her community at Baabayn.

A large rounded rectangular box with ten horizontal dotted lines for writing a prayer.



Name: _____

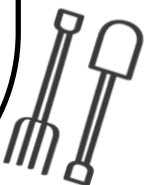
LENT LINK: Prayer Worksheet



My Prayer for Priscilla

Write a prayer for Priscilla and her community in Zimbabwe.

Large rounded rectangular area with horizontal dotted lines for writing a prayer.



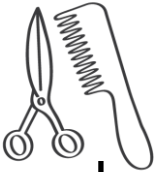
Name: _____

LENT LINK: Prayer Worksheet



My Prayer for Thu

Write a prayer for Thu and his community in Vietnam.



Name:



MY REFLECTIONS

For each story and country, think about how you can transform your compassion into action. Write down your ideas here.

CLOZE ACTIVITY Name: _____

Use the words at the bottom of the page to fill in the spaces.

Caritas Australia is the international a _ _ _ and development organisation for the Catholic Church in Australia.

Unfortunately, global poverty is on the rise. COVID-19 has pushed many people deeper into poverty, making hard lives even harder.

Every day 200 million children miss out on s _ _ _ _ _ , 690 million people go h _ _ _ _ _ and 2.2 billion people do not have access to clean drinking w _ _ _ _ _ .

However, we can all be part of the Caritas story, working together to end p _ _ _ _ _ , uphold d _ _ _ _ _ and promote j _ _ _ _ _ .

For more than 50 years, Caritas Australia has walked alongside the most vulnerable communities in A _ _ _ _ _ and around the world.

Through the g _ _ _ _ _ Caritas and church networks, Caritas Australia works with local p _ _ _ _ _ reaching some of the most remote and marginalised communities in the world where the need is greatest.

With projects addressing f _ _ _ security, e _ _ _ _ _ , water and s _ _ _ _ _ , and d _ _ _ _ _ risk reduction, Caritas Australia is there before, during and after an e _ _ _ _ _ .

This life-changing work is made possible through the c _ _ _ _ _ of Australian supporters. Caritas Australia has a rich history of partnership with Catholic s _ _ _ _ _ , parishes and communities across Australia to support our n _ _ _ _ _ .

This year, the Project Compassion theme is, For All Future G _ _ _ _ _ .

Throughout Project Compassion inspiring stories from N _ _ _ _ , Australia,

V _ _ _ _ and Z _ _ _ _ highlight the importance of working hand in hand with c _ _ _ _ around the world.

As we prepare to celebrate the love of Christ at Easter, may we stand together as a global family, challenging ourselves to live and act with l _ _ _ and h _ _ _ , now and for all future generations.

school
poverty
Zimbabwe
Generations
dignity

education
partners
food
sanitation
neighbours

water
global
compassion
emergency
Nepal

Vietnam
disaster
communities
love
Australia

justice
hungry
hope
aid
schools

CLOZE ACTIVITY (ANSWERS)

Use the words at the bottom of the page to fill in the spaces.

Caritas Australia is the international **aid** and development organisation for the Catholic Church in Australia.

Unfortunately global poverty is on the rise. COVID-19 has pushed many people deeper into poverty, making hard lives even harder.

Every day 200 million children miss out on **school**, 690 million people go **hungry** and 2.2 billion people do not have access to clean drinking **water**.

However we can all be part of the Caritas story, working together to end **poverty**, uphold **dignity** and promote **justice**.

For more than 50 years Caritas Australia has walked alongside the most vulnerable communities in **Australia** and around the world.

Through the **global** Caritas and church networks, Caritas Australia works with local **partners** reaching some of the most remote and marginalised communities in the world where the need is greatest.

With projects addressing **food** security, **education**, water and **sanitation**, and **disaster** risk reduction, Caritas Australia is there before, during and after an **emergency**.

This life-changing work is made possible through the **compassion** of Australian supporters. Caritas Australia has a rich history of partnership with Catholic **schools**, parishes and communities across Australia to support our **neighbours**.

This year, the Project Compassion theme is, For All Future **Generations**.

Throughout Project Compassion inspiring stories from **Nepal**, Australia, **Vietnam** and **Zimbabwe** highlight the importance of working hand in hand with **communities** around the world.

As we prepare to celebrate the love of Christ at Easter, may we stand together as a global family, challenging ourselves to live and act with **love** and **hope**, now and for all future generations.

school
poverty
Zimbabwe
Generations
dignity

education
partners
food
sanitation
neighbours

water
global
compassion
emergency
Nepal

Vietnam
disaster
communities
love
Australia

justice
hungry
hope
aid
schools

CARITAS AUSTRALIA WORD SEARCH



Name: _____

Find the words below. Use the remaining letters to uncover the secret message.

T	H	I	L	O	O	H	C	S	S	E	C	I	T	S	U	J	H
Y	T	I	N	G	I	D	L	S	A	T	I	R	A	C	E	N	E
C	A	R	E	S	R	U	O	B	H	G	I	E	N	T	W	N	A
E	C	P	A	C	H	N	O	I	T	A	T	I	N	A	S	E	L
P	V	U	A	O	A	R	E	T	A	W	L	L	O	V	E	P	T
G	I	T	P	R	O	T	U	R	T	C	A	E	I	G	Y	A	H
O	E	E	M	P	T	A	H	S	N	S	B	D	S	N	R	L	C
E	T	N	I	A	O	N	Y	O	E	N	O	U	S	I	G	I	O
M	N	N	E	T	U	O	E	T	L	A	L	C	A	V	N	C	M
E	A	T	I	R	O	S	N	R	R	I	G	A	P	I	U	F	M
R	M	O	R	A	A	L	T	D	S	E	C	T	M	G	H	E	U
G	L	J	O	Y	F	T	I	R	U	T	V	I	O	S	U	W	N
E	N	O	I	T	A	S	I	N	A	G	R	O	C	M	R	B	I
N	R	E	F	G	A	E	N	O	E	L	R	N	P	L	E	A	T
C	A	O	T	S	D	I	O	N	N	S	I	E	R	A	Y	B	I
Y	O	I	T	Y	I	S	V	S	E	S	T	A	L	K	A	M	E
D	S	E	U	E	A	M	G	N	I	T	S	A	F	L	R	I	S
A	R	M	D	T	N	E	M	P	O	L	E	V	E	D	P	Z	Q

- AID

ALMSGIVING

AUSTRALIA

CARE

CARITAS

CATHOLIC

COMMUNITIES
- COMPASSION

DEVELOPMENT

DIGNITY

DISASTER

EDUCATION

EMERGENCY

FASTING
- FOOD

GENERATIONS

GLOBAL

HEALTH

HOPE

HUNGRY

JOY
- JUSTICE

LENT

LOVE

NEIGHBOURS

NEPAL

ORGANISATION

PARTNERS
- POVERTY

PRAYER

SANITATION

SCHOOL

VIETNAM

WATER

ZIMBABWE



CARITAS AUSTRALIA WORD SEARCH (ANSWERS)



Name: _____

Find the words below. Use the remaining letters to uncover the secret message.

T	H	I	L	O	O	H	C	S	S	E	C	I	T	S	U	J	H
Y	T	I	N	G	I	D	L	S	A	T	I	R	A	C	E	N	E
C	A	R	E	S	R	U	O	B	H	G	I	E	N	T	W	N	A
E	C	P	A	C	H	N	O	I	T	A	T	I	N	A	S	E	L
N	V	P	A	O	A	R	E	T	A	W	L	L	O	V	E	P	T
G	I	U	P	R	T	T	O	U	T	R	A	E	I	G	Y	A	H
C	E	E	O	M	T	P	H	A	N	S	B	D	S	N	R	L	C
E	T	N	S	A	I	N	Y	O	E	O	O	U	S	I	G	N	O
M	N	I	E	N	U	T	E	T	L	O	L	C	A	V	N	A	M
E	A	C	T	R	I	S	O	R	R	I	G	A	P	I	U	N	M
R	M	F	O	R	A	A	T	D	S	E	C	T	M	G	H	E	U
G	L	J	O	Y	L	T	I	R	F	U	V	I	O	S	T	W	N
E	N	O	I	T	A	S	I	N	A	G	R	O	C	M	R	B	I
N	U	R	F	E	A	G	E	O	N	L	E	N	P	L	E	A	T
C	R	O	A	S	D	T	I	O	N	N	I	S	R	A	Y	B	I
Y	O	I	T	Y	I	S	V	S	E	S	T	A	L	K	A	M	E
D	S	E	U	E	A	M	G	N	I	T	S	A	F	L	R	I	S
A	R	M	D	T	N	E	M	P	O	L	E	V	E	D	P	Z	Q

- AID

ALMSGIVING

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NEIGHBOURS

NEPAL

ORGANISATION

PARTNERS
- POVERTY

PRAYER

SANITATION

SCHOOL

VIETNAM

WATER

ZIMBABWE

THIS LENT WE CAN PUT OUR COMPASSION INTO ACTION FOR ALL FUTURE GENERATIONS



CREATIVE CARITAS

THINKING KEYS



The What If Key What if all people had enough healthy food to eat?	The Disadvantages Key Disadvantages – What are the disadvantages of a Project Compassion box? How can they be overcome?	The Combination Key Combine a Project Compassion box and a stapler. What new invention could you create?
The BAR Key To make a new improved Project Compassion Box, what could you make bigger? What could you add? What could you replace?	The Variation Key How many ways can you tell people about Caritas Australia?	The Picture In what ways could a circle be connected to Caritas Australia or Project Compassion?
The Prediction Key Predict how the lives of one community might be changed with improved access to clean water close to their home?	The Different Uses Key Find 5 different environmentally friendly uses for Project Compassion boxes and/or posters after Easter.	The Ridiculous Key What might the consequences of the following statement be? The government of each country should buy food for every family who can't afford it.
The Alphabet Key Compile a list of words from A–Z relating to Caritas Australia.	The Commonality Key What does a Project Compassion box and a school have in common?	The Question Key The answer is Caritas Australia, what is the question? Write at least 5.
The Brainstorming Key Brainstorm how to eliminate poverty.	The Forced Relationships Key You need to tell people about Caritas Australia using any or all of these objects: rubber bands, glue and a beach ball.	The Alternative Key Work out three ways to fundraise for Caritas Australia without mentioning money.

FOR ALL FUTURE
GENERATIONS



PROJECT COMPASSION



Caritas
AUSTRALIA

End poverty
Promote justice
Uphold dignity



caritas.org.au/project-compassion



1800 024 413



#projectcompassion