



End poverty
Promote justice
Uphold dignity



PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



Secondary STUDENT WORKBOOK



lent.caritas.org.au



1800 024 413



#projectcompassion

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

Do you observe Lent regularly? Why/Why not? What do you know about Lent? What significance does it have for you?

Throughout Lent, we commit to strengthening our faith through the three pillars of Lent: prayer, fasting and almsgiving.

Pope Francis says, "Indifference to our neighbour and to God also represents a real temptation for us as Christians. Usually, when we are healthy and comfortable, we forget about others (something God the Father never does): we become unconcerned with their problems, their sufferings and the injustices they endure... As long as I am relatively healthy and comfortable, I don't think about those less well off because I don't ever feel like they do. Today, this selfishness by many has become the globalization of indifference. It is a problem Christians like us need to confront." (Lenten Message 2015)

During Lent, we take time to reflect and be strengthened by the Holy Spirit so that we are not indifferent to each other or global poverty. Through Project Compassion we can stand in solidarity with our neighbours around the world. We can celebrate Caritas Australia's partnerships with other agencies around the world which supports those most vulnerable to extreme poverty and injustice. Your donations help to strengthen their lives, their families and their communities.

Over the next six weeks of Lent, through Project Compassion, we will explore stories of hope in Mozambique, India, Australia, the Democratic Republic of Congo and the Solomon Islands. Let's focus on how we can enrich our connectedness as a global community - particularly in light of the global pandemic. At this time of increasing global change and tense dialogue, the idea of the 'common good' is more important than ever.

PRAYER

Traditionally Christians pray for themselves and others during this time of Lent. Project Compassion encourages you to pray for the people and communities you encounter through the stories about the poorest of the poor.

FASTING

Fasting is one of the most ancient practices linked to Lent. It can be an aid to prayer, as the pangs of hunger remind us of our hunger for God. Fasting can be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, and those who are in need for any reason. Abstaining from meat traditionally also linked us to the poor, who could seldom afford meat for their meals. Some people also choose other ways to 'fast' such as from social media.

ALMSGIVING

Almsgiving is a sign of our care for others and an expression of our gratitude for all that God has given us. Caring for others is part of many faiths. Almsgiving by Christians is illustrated in the Bible, in Acts 4:33–37. During Project Compassion you might reflect on the many ways in which we are privileged. Let's be courageous enough to make changes and go without during each week of Lent. Perhaps it's forgoing a few snacks, coffees... the many small luxuries we consume each week. We can place the money saved in our Project Compassion boxes. Your commitment to Project Compassion is your response to the call to act for social and ecological justice 'for all future generations.'

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.



ANATERCIA'S STORY

MOZAMBIQUE



Anatercia carries corn next to her fields in Gaza province, Mozambique.
Photo: Emidio Josine

[Watch Anatercia's Story](#)

Anatercia, 12, lives with her brother, mother and elderly grandparents in a small hut in a rural village in the Gaza Province, in southern Mozambique. Like many rural communities, her village has no electricity, hospital, secondary school or supermarket.

Anatercia's father died when she was four and her mother has struggled with chronic health issues ever since. As her grandparents aged, her grandfather developed blindness and her grandmother could no longer walk to their farm.

Their crops, including corn, beans, sweet potato and cassava, withered from a mixture of neglect, irregular rainfall, and both droughts and floods. Mozambique's long coastline, sprawling river delta, environmental changes and variable climate make it particularly vulnerable to natural disasters.

As harvests were often poor, they were unable to sell food to earn an income and the family often went hungry.

In Mozambique, nearly two million people currently face severe food insecurity, due to the combined effects of frequent natural disasters, the conflict in northern Mozambique and COVID-19.¹

As Anatercia took on more and more responsibilities around the home to try to support her struggling grandparents, her education began to suffer, as she travelled up to five hours to collect water every day.

"We have run out of food several times," Anatercia says. "I help my family with the farm, cooking, fetching water and firewood, and caring for my mother."

Something had to change.

ANATERCIA'S STORY

MOZAMBIQUE



In 2017, Anatercia's family joined the Integrated Rural Development Program, run by Caritas Australia's local partner, Caritas Regional Chokwe. The program provided initial support to the family through food baskets, seeds, school supplies and a school uniform for Anatercia.

Caritas then helped Anatercia's community to install a gravity irrigation system on their farm, as well as a system of water taps in the village. Anatercia's grandmother participated in training in sustainable farming techniques to help the family to produce enough food to eat and to sell.

"After completing the program, we managed to have food from our irrigated farm, even without rain," Anatercia says. "I have enough time to take care of my mother because I have water close to the house, I am studying here in the community, and the farm gives us food all year round," Anatercia says.

Caritas Regional Chokwe's Program Co-ordinator, Cacilda Tam San, says Anatercia's resilience is inspirational for her community. "Anatercia has demonstrated maturity beyond her years, by zealously carrying out difficult tasks that under normal conditions are performed by adults. We're now helping her family with community counselling and most importantly, she can complete her studies as well."

Over 5,600 people in the region have directly benefitted from this program so far, with over 24,000 people have benefitted indirectly, due to the extension of water pipes throughout the community.

Although the nearest secondary school is 10 kilometres away, and affording school materials remains a challenge, Anatercia is keen to continue her studies. She dreams of becoming a nurse to help people like her mother, so that community members don't have to walk long distances for medical care.

Thanks to your generous support, Anatercia's health, education and quality of life have improved, along with the outlook of her community for future generations.



¹ [ReliefWeb](https://www.reliefweb.org/)

ANATERCIA'S STORY

LEARNING TASKS



TASK 1: Discussion

- A. What were some of the challenges faced by Anatercia as a 12-year-old girl growing up in Mozambique?
- B. Explain how Caritas Australia and their partners in Mozambique have supported Anatercia, her family and her community?
- C. How has your support of Caritas Australia impacted Anatercia's hopes for the future?
- D. Which Catholic Social Teachings do you see reflected in Anatercia's story? (Refer to CST Guide on page 4)
- E. What have you learnt about ecological justice from this story?

TASK 2: Water Quiz

Anatercia's community needs water to be able to grow food crops all year round. Test your knowledge on water around the globe using the [Water Quiz](#)

What fact surprised you the most?

TASK 3: Same but different

Think about your 12-year-old self, then draw a Venn diagram showing the differences and similarities between your life and Anatercia's life. Think about food, water, leisure, education and health.

COUNTRY STUDY: MOZAMBIQUE

Engage with the [Country Study Thinglink](#) and do some of your own research to find out the information below. Suggestions for reliable sources are included on the Thinglink and below.

<p>Predict life expectancy in Mozambique and Australia. Find out the correct answer. Does this surprise you? Why/Why not? What has changed? https://ourworldindata.org/life-expectancy</p>	Australia	Mozambique	Mozambique Culture, History, & People Britannica Mozambique Australian Government Department of Foreign Affairs and Trade	
	Prediction:	Prediction:	What are the official languages?	
	Actual:	Actual:	What is the main religion?	
<p>What is the population of Mozambique? What is the population of Australia? Population, 1800 to 2021 (ourworldindata.org)</p>	<p>Mozambique:</p> <p>Australia:</p>		What system of government does Mozambique have?	
<p>What share of the population of Mozambique live in poverty? Our World in Data - Extreme Poverty</p>	<p>Extreme poverty: The share of people living on less than 1.90 int.-\$ per day =</p> <p>The share of people living less than 3.20 int.-\$ per day=</p>		In what region of the world is Mozambique located?	
			What direction is it from Australia?	
<p>List three major factors affecting poverty and wellbeing in Mozambique. (e.g. education)</p>			Describe the ways Australia is connected to Mozambique e.g. trade that occurs between the two nations, services that are exchanged, immigration history, etc.	
<p>Summarise Caritas Australia's support to improve wellbeing. https://lent.caritas.org.au/</p>			<p>Select two relevant Sustainable Development Goals.</p> <p>Explain your selection.</p> <p>The Global Goals</p>	

A CATHOLIC WORLDVIEW (JUDGE)

The future starts today, not tomorrow.
St Pope John Paul II

How would you interpret this quote? What does it mean to you personally?

The theme for Project Compassion 2022 is "For all future generations" which is a vision of God's compassion, of never giving up on us and it is a vision of responsibility.
How do you interpret the quote above knowing this information now?

FAITH IN ACTION (ACT)

Jesus fed 5000 people with 5 loaves and 2 fish [John 6: 1-14](#)

Read and discuss this scripture.

How does this miracle teach us how to respond to the issue of food security in our world?

ANATERCIA'S STORY

LENT LINK

PRAYER

Write a prayer inspired by Anatercia's story.

Here is an example:

Loving God, we pray for our brothers and sisters who don't have enough to eat or a balanced diet. Let us show the same love and compassion to all, as you do for us. May we stand in solidarity and treat all with dignity. Amen

FASTING

Anatercia says there were many times when her family went without food before Caritas Australia's partner assisted.

Which food could you stop eating or fast from during Lent?

Could you fast from your favourite food for 5 days? How would this make you feel?

ALMSGIVING

You could ask your class and friends to sponsor you for each day, that you can go without your favourite food. This would help you to fundraise for Project Compassion 2022.

For inspiration!

\$148 can provide a family with a toilet in **Mozambique**.

\$410 can provide a skilled labourer in the rehabilitation of boreholes to provide access to safe drinking water in **Mozambique**.



Biru is seen working at his bicycle repair shop outside his home in his village in the state of Jharkhand, India. Photo: Sameer Bara

[Watch Biru's Story](#)

Biru, 30, lives in a rural village in Jharkhand State in India's east. He lost mobility in one of his legs, after contracting polio as a child, which makes it difficult for him to walk. He managed to complete his education until grade six but was always dependent on his parents to get him to school because he was unable to walk so far on his own.

A member of India's Ho ethnic minority population, Biru started to work as a shepherd from a young age, looking after other people's cattle. He continued this work, after he married his wife, Budhni and had four daughters, even though keeping up with the cattle was a challenge.

"The problem was that I couldn't walk in mud, I used to fall and the grazing cattle would sometimes make me run, I could not handle them. I also used to face psychological challenges," Biru says. "Looking at others who did not have a disability, I wondered what it was like to be them. I was wondering how to look after my family".

Over 26 million people who have a disability in India also live in poverty. A further, 69 percent of the population living with a disability reside in rural areas which makes access to support services, education and employment an even greater challenge.¹ Discrimination can further limit job opportunities and lead to social exclusion.

Although he had taught himself to repair bicycles, by watching other people, Biru never dreamed of using his skills to start his own business.

Then in 2016, Caritas India's staff saw Biru struggling to walk along with the cattle and invited him to join its Community Led Development and Governance (Gram Nirman) program which is supported by Caritas Australia.

The program works with tribal communities and vulnerable groups, such as people living with a disability, women and the elderly. It supports them to develop small businesses, including improving farming and financial management skills, which helps them to increase their incomes.



Biru became involved in one of the program's community support groups which encourages members to draw on their resources to improve their incomes and quality of life.

"I was motivated by the team, my life started changing after I entered the program," Biru says. "I didn't know that I had the skills to manage a shop, but after receiving the support, I started with cycle repairing, then I realised I can manage other skills too, like repairing motorcycles."

His new business received an enthusiastic response. People started coming from kilometres away to get their bicycles fixed. They would also offer to travel to nearby towns to access bicycle parts for him.

Before, Biru had felt like a burden. Now, his community has a better understanding of how people living with a disability can participate in community life and decision-making.

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

Around 100,000 people have benefitted from this program so far, including over 15,000 families who have increased their incomes by between 40 and 50 percent.

However, COVID-19 has had a significant impact on villages and businesses across India, like Biru's, over the past year. With your support, Caritas Australia has been working with Caritas India to provide dry ration kits for families, as well as vital information about wearing face masks, social distancing and hygiene, to prevent the spread of the virus.

Biru is keen to build his business, as well as a better house for his family, and he is eager for his children to receive a good education.

"I would like to thank, from the bottom of my heart, the people of Australia for supporting this program and for helping us to live in dignity," Biru says. "I pray that you continue to reach out to many more to help them."

Biru is able to provide a good life for his family – and an essential service to his community. He has discovered a sense of pride, confidence and hope which has inspired others living with a disability and paved the way for future generations.

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

¹ [Ministry of Statistics and Programme Implementation- Government of India](#)





TASK 1: Discussion

- A. What were some of the challenges Biru faced while growing up in India?
- B. Explain how Caritas Australia and Caritas India supported Biru to achieve his full potential.
- C. How has your support of Caritas Australia impacted Biru's adult life?
- D. Which Catholic Social Teachings do you see reflected in Biru's story?
(Refer to CST Guide on page 4)
- E. How is Biru acting as a leader in his community?

TASK 2: Take the Challenge

Be like Biru and teach yourself a new skill or learn it from someone who is willing to teach you. For example: learn how to fix a puncture in a bike tyre, a new computer skill or cook a new dinner recipe for your family.

What new skill will you learn? How will you learn it?

TASK 3: Strengths and Talents

Biru felt that it was difficult for him to contribute to his community. However, even if we don't realise it, we all have strengths and talents, some come naturally and others we need to learn.

What are your strengths and talents?

How could you use these strengths and talents to help others?

Ride your Bicycle

[National Ride to School Day](#) is Friday 25 March. Encourage your friends to ride to school. Perhaps you could even hold a "repair your bike" workshop on that day.

COUNTRY STUDY: INDIA

Engage with the [Country Study Thinglink](#) and do some of your own research to find out the information below. Suggestions for reliable sources are included on the Thinglink and below.

<p>Predict life expectancy in India and Australia.</p> <p>Find out the correct answer. Does this surprise you? Why/Why not?</p> <p>https://ourworldindata.org/life-expectancy</p>	Australia	India	<p>India - People Britannica</p> <p>India Australian Government Department of Foreign Affairs and Trade</p>	
	Prediction:	Prediction:	What are the official languages?	
	Actual:	Actual:	What is the main religion?	
What is the population of India?	India:		What system of government does India have?	
What is the population of Australia?	Australia:		In what region of the world is India located?	
<p>What share of the population of India live in poverty?</p> <p>Our World in Data - Extreme Poverty</p>	<p>Extreme poverty: The share of people living on less than 1.90 int.-\$ per day =</p> <p>The share of people living less than 3.20 int.-\$ per day=</p>		What direction is it from Australia?	
			Describe the ways Australia is connected to India e.g. trade that occurs between the two nations, services that are exchanged, immigration history, etc.	
<p>List three major factors affecting poverty and wellbeing in India. (e.g. education)</p>				
			<p>Select two relevant Sustainable Development Goals.</p> <p>Explain your selection.</p> <p>The Global Goals</p>	
<p>Summarise Caritas Australia's support to improve wellbeing.</p> <p>https://lent.caritas.org.au/</p>				

A CATHOLIC WORLDVIEW (JUDGE)

*To have courage for whatever comes in life,
everything lies in that.*

St Teresa of Avila

Read the quote above and reflect on what it means.

- How are Gospel values being upheld in Biru's story?
- The word 'courage' appears many times in Scripture. Why do you think this is?
- How can faith be a source of courage for you/others?

FAITH IN ACTION (ACT)

Spend this week of Lent acting selflessly and seeing the potential in all.

How can you be more inclusive of your fellow students, friends and people you may work with?

How might you raise awareness of access in your community in response to what you have read and thought about in Biru's story?

Think about how accessible your school/parish grounds are. Who should lead reflection, evaluations and improvements in this area?
(Clue: think about the CST principles of participation and subsidiarity)

PRAYER

Write a prayer inspired by what you have learnt from Biru's story.

FASTING

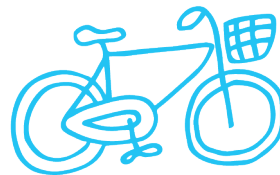
People would offer to travel to nearby towns to access bicycle parts for Biru.

Think about how you can give up your time to help others this Lent.

This week I will give up my time by ...

OR

You could fast from using motorised vehicles and opt for a bicycle, skateboard or walk as your mode of transport instead.



ALMSGIVING

Hold a Caritas K's where people sponsor you for each kilometre you ride as a way to fundraise for Project Compassion 2022.

For inspiration!

\$12 can provide two annual health checks for two people living with a disability in **India**.

\$85 can help a community to form a farmer support group in **India**.

\$200 can provide fruit plants for two nursery gardens in **India**.

\$600 can provide awareness sessions for 50 community members to access government entitlements in **India**.



Janice poses for a photograph on Jawoyn Country in Arnhem Land, Northern Territory, Australia. Photo: Richard Wainwright

[Watch Janice's Story](#)

Janice, a proud Wagilak woman, is a traditional dancer who tells her family's stories through movements which have been handed down over generations.

Janice moved to a remote Northern Territory community as a young girl, when her mother was offered work in a kitchen near the local clinic.

"When I was about five, six or seven, my father taught me how to dance his culture, and then I had to learn to dance my mother's culture too," Janice says. "When I dance, I feel strong in my heart. It's like my grandfather and my grandmother are here with me."

Like many remote communities, Janice's faces a range of challenges, including few jobs and educational opportunities, financial hardship, lower life expectancy and poorer health than the non-Indigenous population.

Loss of land, language and culture and intergenerational trauma related to the ongoing effects of colonisation, can also contribute to socio-economic problems for young people in remote communities. Many others leave the community in search of work, moving to towns and cities where they may be more vulnerable.

"With many elders gone, we must transfer knowledge, to keep a connection to culture and nurture future leaders," Janice says. "Me and my family, we keep the culture going, we need to keep our culture strong."

With your help, Caritas Australia is able to support Djilpin Arts Aboriginal Corporation, which has been operating a centre for traditional and contemporary Aboriginal visual and performing arts and culture in a remote area of the Northern Territory since 2002. It was established by the late Balang T. E. Lewis – the celebrated movie actor, musician and community member – and has been supported by Caritas Australia for around 14 years.



Djilpin Arts provides training and employment for young people who work in the art museum and shop. The museum features a permanent showcase of culturally significant West Arnhem Land artworks, while the shop sells traditional wood carvings, fibre art, prints and jewellery.

Elders run pandanus weaving and printmaking workshops, inspired by the colours of the environment, with designs featuring water lilies, turtles and fish. They share their knowledge with the younger generation, and visitors to the centre. Local guides run bush cultural tours and architect-designed tourist accommodation is available for visitors.

Janice has been a Djilpin Artsworker since 2015, performing traditional dances, as a host for performances and as a tour guide in the art museum. Her grandfather's painting is on display there, while her brother runs cultural tours, her son plays the didgeridoo for cultural performances and her two daughters work in the shop.

"This is a safe place, a place we come with family and get away from problems. We, here in the art centre, work as a family," Janice says. "It's important to me because me and my brother, we got knowledge from our great grandfather, he told us to take care of your culture. It's even more important for us to work here because we hold our culture here and we love this place."

In 2021, with your support, Caritas Australia was also able to fund the launch of a Djilpin Arts shed in Katherine, to display and store artworks for shipping to online customers. COVID times have been particularly tough on remote communities, however, Djilpin Arts has been able to build up the online element of its business during the pandemic, helping communities to continue to make an income, even when there were few visitors.

"Janice has been a great supporter of Djilpin Arts, as a dancer. She also leads young people, young girls into dancing, and shares the knowledge of culture, and the artworks that the artists do," says Loretta George, Balang Lewis' sister and Djilpin Arts Chair.

"Djilpin Arts, for me it's been a big dream, from my brother. He talked about helping the community to come together, to help younger people get a job, and to bring our culture back to the people, because if there's no elders around and there's no one to teach the younger ones, we will lose all that and it will be lost forever," Loretta says.

Janice believes that Djilpin Arts' work is essential to create opportunities for young people to stay on-country, to share intergenerational knowledge between elders and the younger generation - to promote healing, and to keep culture alive.





TASK 1: Discussion

- How does Janice participate and contribute to her community?
- Why is it important for Janice to pass on her culture to the next generation?
- Why and how does the Djilpin Arts Centre fulfill an important purpose for the local community?
- How has your support of Caritas Australia impacted Janice's community's hopes for the future?
- Which Catholic Social Teachings do you see reflected in Janice's story? *(Refer to CST Guide on page 4)*

TASK 2 : Country

Study a map of Australia that shows our First Nations groups.
<https://aiatsis.gov.au/explore/map-indigenous-australia>

- How many groups are there?
- Who are the traditional custodians of the land that Janice works on?
- Whose traditional Country is your school on? It will be easy to find the Nation but try and find the clan group as well.

COUNTRY STUDY: AUSTRALIA

Engage with the [Country Study Thinglink](#) and do some of your own research to find out the information below. Suggestions for reliable sources are included on the Thinglink and below.

<p>Predict life expectancy for non-indigenous Australians and Aboriginal and Torres Strait Islander peoples. Find out the correct answer. Does this surprise you? Why/Why not?</p> <p>Aboriginal and Torres Strait Islander Peoples Australian Bureau of Statistics (abs.gov.au)</p> <p>Human Development Reports (undp.org)</p>	<p>Non-Indigenous Australians.</p>	<p>Aboriginal and Torres Strait Islander Peoples.</p>	<p>What is the official language of Australia?</p> <p>How many Aboriginal and Torres Strait Islander languages are there?</p> <p>https://racismnoway.com.au/about-racism/australias-cultural-diversity/diversity-of-language/</p>	
	<p>Prediction:</p> <p>Actual:</p>	<p>Prediction:</p> <p>Actual:</p>	<p>What is the main religion?</p>	
<p>What is the total population of Australia?</p> <p>What percentage of the population identify as Aboriginal or Torres Strait Islander?</p> <p>https://www.aihw.gov.au/reports/australias-health/profile-of-indigenous-australians</p>	<p>Total population:</p> <p>Aboriginal and Torres Strait Islander population:</p> <p>Can you explain this low figure?</p>		<p>What system of government does Australia have?</p>	
<p>List three major factors affecting the wellbeing of Aboriginal and Torres Strait Islander peoples. (e.g. Education)</p> <p>https://www.aihw.gov.au/reports-data/australias-welfare/australias-welfare-snapshots</p>			<p>In which region of the world is Australia situated?</p>	
			<p>Select two relevant Sustainable Development Goals for Australia.</p> <p>Explain your selection.</p> <p>The Global Goals</p>	
<p>List three ways Caritas Australia support's Aboriginal and Torres Strait Islander peoples to improve their lives.</p>				

A CATHOLIC WORLDVIEW (JUDGE)

"Your culture, which shows the lasting genius and dignity of your race, must not be allowed to disappear. Do not think that your gifts are worth so little that you should no longer bother to maintain them. Share them with each other and teach them to your children. Your songs, your stories, your paintings, your dances, your languages, must never be lost."

John Paul II's words in 1986 - which Pope Francis repeated in 2016
Pope Francis, Message to Indigenous Australians

- At Caritas Australia we believe that every person has a right to participate in the decisions that affect them. Read this [Joint Statement on Subsidiarity](#). Summarise the recommendations below.

FAITH IN ACTION (ACT)

Janice believes that Djilpin Arts' work is essential to create opportunities for young people to stay on-country, to share intergenerational knowledge between elders and the younger generation - to promote healing, and to keep culture alive.

- How can you support Aboriginal and Torres Strait Islander artists to keep their culture alive?

JANICE'S STORY

LENT LINK

PRAYER

Write a prayer inspired by Janice's story.

FASTING

Fast from watching TV and movies, and from playing video games etc.

Then use this time to connect with your neighbour, carer, parents, and/or grandparents - listening to their stories and traditions.

What did you learn?

ALMSGIVING

Lent gives us the opportunity to cultivate a spirit of generosity. It gives us a chance to share what we have and who we are with other people. Think carefully about how you will share your time, your talents and your treasure during Lent. Keep in mind 'the words of the Lord Jesus who himself said, "There is more happiness in giving than in receiving".' (Acts 20:35)

For inspiration!

\$50 can provide computer skills for two artswomen at the Djilpin Arts Centre in the **Northern Territory**

\$250 can support 4 young men to harvest dijeridu timber in the **Northern Territory**.

\$5000 can employ and train four arts workers to run the Djilpin Arts Centre in the **Northern Territory**.

ROSALIE'S STORY

DEMOCRATIC REPUBLIC OF CONGO



Rosalie poses for a photograph near her home in Bukavu, eastern Democratic Republic of Congo. Photo: Arlette Bashizi

[Watch Rosalie's Story](#)

Rosalie had a tough childhood. Her father passed away when she was just two-years-old and her mother struggled to look after the family on her own.

Then, when she was just 15 years old, Rosalie was forced to join the army. In recent decades, the DRC has experienced ongoing political instability, violence and conflict, and the recruitment of child soldiers is all too common.

Rosalie suddenly found herself forced to transport munitions to soldiers on the battlefield while facing the constant threat of violence inside the military camp. She had to continue to work as a soldier, even after she married and had children because she had no other option – and it was the only life she knew.

“I was in the battlefield with my baby on my back,” Rosalie recalls. “I walked with a child in my left hand, a box of ammunition on my head and another child on my back.”

When Rosalie was finally demobilised from the army after six years, she was eager to start a new life, free from violence. But like many ex-combatants, Rosalie found the challenge to adjust to civilian life overwhelming. With her childhood and education cut short by the war, she had missed out on developing skills that would help her to find secure employment. She struggled to earn a sustainable income to provide food for her children. There was also prejudice towards ex-combatants in the community.

Rosalie was determined to turn her life around and set a new path for herself and her family. She joined the Protection & Re-Integration of Ex-Combatants program, supported by Caritas Australia, and its local partner organisations, Catholic Agency for Overseas Development (CAFOD) and Caritas Bukavu. She participated in training in accounting, conflict management, gender awareness and human rights and developed a plan for her own small business.

ROSALIE'S STORY

DEMOCRATIC REPUBLIC OF CONGO



Rosalie also joined a Saving and Internal Lending Community group (SILC), which helped her with a loan to start her own small business, selling second-hand shoes and natural remedies. She learnt savings and group management skills and became the SILC group's president.

Through the program, she gained essential skills in generating an income while gaining a sense of belonging and community spirit.

"I can eat, dress, maintain my health and help others. My children study and manage to eat twice a day," Rosalie says. "The program allowed me to break out of my ways of just thinking about myself and I have learnt to work hand-in-hand with other members of the community. Really, there is more joy in sharing with others."

From her life as a child soldier, Rosalie has become an entrepreneur and a respected community leader. She is helping other women to save and to start up their own businesses. Her husband also has a better understanding of gender equality and is giving her more support in caring for their seven children – four girls and three boys - who are all healthy and doing well at school.

She has dreams of expanding her business to also sell ice cream, to diversify her income to help to pay for her children's education. She is determined to give her children the best chance to finish school.

So far, 2500 people have benefitted from this program, and 48 savings and loans groups and five peace committees have been established. The program is set to expand in future, to help young people and other vulnerable community members, in addition to ex-combatants.

Although the COVID-19 pandemic and lockdowns have created significant health and economic challenges for the region, Rosalie is striving to help her family and her community to break the cycle of poverty - to create lasting change for future generations.

"May the Australian people continue to help others as well, so that they can also take care of themselves," Rosalie says. "A really big thank you."

Rosalie is inspiring women and other members of her community to overcome the violence of the past, to work towards a more peaceful and harmonious world for all future generations.



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

ROSALIE'S STORY

LEARNING TASKS



TASK 1: Discussion

- A. What were some of the challenges faced by Rosalie growing up in the Democratic Republic of Congo (DRC) ?
- B. Explain how Caritas Australia and their partners in the DRC assisted Rosalie and her family.
- C. How has your support of Caritas Australia changed Rosalie's life?
- D. Which Catholic Social Teachings do you see reflected in Rosalie's story? *(Refer to CST Guide on page 4)*

TASK 2: Root causes of poverty

- Learn about the root causes of poverty [here](#).
- Choose three of the potential root causes of poverty and explain how they apply to Rosalie's story. Choose from: debt, conflict, lack of education, gender inequality, poor health, environmental factors, and food insecurity.

COUNTRY STUDY: DRC

Engage with the [Country Study Thinglink](#) and do some of your own research to find out the information below. Suggestions for reliable sources are included on the Thinglink and below.

Predict life expectancy in DRC and Australia. Find out the correct answer. Does this surprise you? Why/Why not?	Australia	DRC	What are the official languages?	
	Prediction:	Prediction:	What is the main religion?	
	Actual:	Actual:	What system of government does the DRC have?	
What is the population of the DRC?	DRC		In what region of the world is the DRC located?	
What is the population of Australia?	Australia		What direction is it from Australia?	
What share of the population of DRC live in poverty? Our World in Data - Extreme Poverty	Extreme poverty: The share of people living on less than 1.90 int.-\$ per day = The share of people living less than 3.20 int.-\$ per day=		Describe the ways Australia is connected to DRC E.g. trade that occurs between the two nations, services that are exchanged, immigration history, etc. Australian Government Department of Foreign Affairs and Trade	
List three major factors affecting poverty and wellbeing (e.g. Education)			Select two relevant Sustainable Development Goals.	
Summarise Caritas Australia's support to improve wellbeing in the DRC.			Explain your selection. The Global Goals	



A CATHOLIC WORLDVIEW (JUDGE)

From those seeds of hope patiently sown in the forgotten fringes of our planet, from those seedlings of a tenderness which struggles to grow amid the shadows of exclusion, great trees will spring up, great groves of hope to give oxygen to our world.

Pope Francis

- How has Rosalie shown great resilience?
- How is the Protection & Re-Integration of Ex-Combatants program upholding Gospel values?

FAITH IN ACTION (ACT)

Our love is not to be just words or mere talk, but something real and active.

1 John 3:18

It would be difficult for us to not be moved by Rosalie's story and the persistent unrest and violence in the DRC.

- How did you feel after hearing Rosalie's story?
- How does your faith guide you to respond?

Share Rosalie's story with friends and family and encourage them to support Project Compassion too.

ROSALIE'S STORY

LENT LINK



PRAYER

Write a prayer inspired by Rosalie's Story.
Here is an example:

FASTING

Rosalie sells second-hand shoes to support her family.

Can you fast from buying anything new through Lent and instead support a second-hand shop?



ALMSGIVING

Rosalie sells second-hand shoes to support her family. Consider holding a pre-loved clothes, shoes, books etc. stall to raise money for Project Compassion.

For inspiration!

\$6 can provide soap and a tippy tap to protect communities against COVID-19 in the **Democratic Republic of Congo**.

\$25 can help a family to establish a vegetable garden to feed their family in the **Democratic Republic of Congo**.

\$250 can help a family to acquire a small kiosk to start a sewing business in the **Democratic Republic of Congo**.

SHANIELLA'S STORY

SOLOMON ISLANDS



Shaniella is seen in a classroom at her Rural Training Centre near the capital Honiara, Solomon Islands. Photo: Neil Nuia

[Watch Shaniella's Story](#)

Shaniella, 23, grew up with her family in a village in the Solomon Islands' southern Makira province.

She studied until grade 11 at a local school but was unable to complete her final year, as she did not pass the exam required by the Solomon Island's education system to enter grade 12. With the poverty rate in Makira province at around 32 percent¹, she knew that without relevant job skills, she would struggle to earn a living.

Girls' and women's participation in secondary education, training and employment in the Solomon Islands is significantly lower compared to male students². Limited opportunities in remote areas, few live-in facilities at colleges away from home and community attitudes relating to the traditional roles of women, all contribute to their lower participation rates³.

In 2020, Shaniella decided to move away from home to study at a Rural Training Centre outside the capital, Honiara. The vocational school is supported by Caritas Australia Solomon Islands (CASI), through the Happy, Healthy, Holistic Community Development program.

Shaniella chose to study hospitality and tourism, in addition to compulsory subjects, like life skills, cooking, sewing and agricultural production.

However, the school is in a particularly disaster-prone area of the Solomon Islands. Not long after Shaniella started, the school was hit by a landslide, flooding, and a cyclone, all in quick succession.

"I was in school that time when the landslide occurred," Shaniella says. "I was devastated because I had no knowledge of what to do and where to get information. I saw students in the school panic. It was a bad experience for me, especially because I am here, leaving my family at home in another island."

¹[Solomon Islands Government](#) ²[UNESCO](#) / [World Bank](#) ³[World Bank](#)

SHANIELLA'S STORY

SOLOMON ISLANDS



The landslide destroyed the school's main source of water, a gravity-fed system, and it also damaged school buildings and devastated the garden which the school relies on for food.

Caritas Australia Solomon Islands (CASI) was able to help the school to install eight water tanks. This restored students' access to clean drinking water and the ablution block. The tanks also supply water to nearby schools, health centres and the wider community. CASI then supported the school by providing it with improved planting materials, 200 chickens, and training in agricultural skills and poultry management, to help it to boost its food security.

To ensure that the school is better prepared to respond to future disasters, CASI also ran Disaster Risk Reduction (DRR) training workshops, raising awareness about risks in the school's environment, evacuation procedures and how to respond during an emergency. It provided additional support when the COVID-19 pandemic hit, by helping the school to improve hygiene practices to prevent the spread of coronavirus.

Around 80 students, teachers and community members have directly benefitted from this program so far, with around 2000 people benefitting indirectly.

Now, Shaniella can complete her job skills training, with enough water and food to eat, as well as better hygiene and sanitation. She is improving her ability to earn an income, learning skills which will expand her job opportunities. The school community has increased and diversified its crop supply and its number of poultry has quadrupled. Students are also better prepared to respond when disaster strikes.

Although the Solomon Islands has largely avoided the worst of COVID-19, the economic impacts on tourism will continue to significantly impact the country for the immediate future. However, Shaniella is confident that she is well-positioned to take her place in the hospitality industry, when the opportunity arises.

"I would like to thank you for your continued support for the school and community when they were in need," says Shaniella.

Through supporting Caritas Australia you are helping young people in the Solomon Islands to build bright futures for themselves - and for future generations.

Along with your generous support, this program is supported by the Australian Government, through the Australian Humanitarian Partnership (AHP).



SHANIELLA'S STORY

LEARNING TASKS



TASK 1: Discussion

- A. What were some of the challenges faced by Shaniella ?
- B. Explain how Caritas Australia and their partners in the Solomon Islands have supported Shaniella and her community.
- C. How has your support of Caritas Australia changed Shaniella's hopes for the future?
- D. Which Catholic Social Teachings do you see reflected in Shaniella's story? *(Refer to CST Guide on page 4)*
- E. What have you learnt about ecological justice from this story?

TASK 2: Education

[Gender gap in primary education: Share of girls among all primary education students, 2019](#)

- What share of girls attended primary school in the Solomon Islands in 2019?
- How has this changed over time?
- In the Solomon Islands only 80% of female students (12-14 years) enrol in lower secondary school. Source: [Education and Policy Data Centre](#)
What impact do you think education has on becoming vulnerable to poverty in the future? Why?

COUNTRY STUDY: SOLOMON ISLANDS

Engage with the [Country Study Thinglink](#) and do some of your own research to find out the information below. Suggestions for reliable sources are included on the Thinglink and below.

Predict the life expectancy in the Solomon Islands and Australia. Find out the correct answer. Does this surprise you? Why/Why not?	Australia	Solomon Islands	What are the official languages?	
	Prediction:	Prediction:	What is the main religion?	
	Actual:	Actual:	Country Facts Solomon Islands	
What is the population of the Solomon Islands? What is the population of Australia?	Solomon Islands	What system of government does the Solomon Islands have?		
	Australia			
What share of the population of the Solomon Islands live in poverty? Our World in Data - Extreme Poverty	Extreme poverty: The share of people living on less than 1.90 int.-\$ per day =		In what region of the world is the Solomon Islands located?	
	The share of people living less than 3.20 int.-\$ per day=		What direction is it from Australia?	
List three major factors affecting poverty and wellbeing (e.g. Education)			Describe the ways Australia is connected to the Solomon Islands E.g. trade that occurs between the two nations, services that are exchanged, immigration history. https://www.dfat.gov.au/geo/solomon-islands	
			Select two relevant Sustainable Development Goals.	
Summarise Caritas Australia's support to improve wellbeing in the Solomon Islands.			Explain your selection. The Global Goals	



A CATHOLIC WORLDVIEW (JUDGE)

Yet access to safe drinkable water is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights. Our world has a grave social debt towards the poor who lack access to drinking water, because they are denied the right to a life consistent with their inalienable dignity.

Pope Francis, *Laudato Si'* n 30

- How is Caritas working to uphold the dignity of Shaniella and her community?
- Severe weather events caused by climate change are having devastating impacts on already vulnerable communities. Explain how caring for the environment is also caring for each other *for all future generations*.

FAITH IN ACTION (ACT)

"When we speak of the need to care for our common home, our planet, we appeal to that spark of universal consciousness and mutual concern that may still be present in people's hearts. Those who enjoy a surplus of water yet choose to conserve it for the sake of the greater human family have attained a moral stature that allows them to look beyond themselves and the group to which they belong. How marvellously human! The same attitude is demanded if we are to recognize the rights of all people, even those born beyond our own borders."

Pope Francis, *Fratelli Tutti* n 117

- Think about the link between the environment, climate change, drinking water and food security around the world. When we care for the environment, our common home, we are also caring for each other.

No doubt you are already doing many things to care for our common home. Can you commit to one more action? Share your commitment with friends and family and encourage them to take action too!

I will take even better care of our common home by...



PRAYER

Write a prayer for our brothers and sisters living in the Pacific who are already suffering the impacts of rising sea levels and severe weather events.

OR

Write a prayer for the girls and women around the world who are not able to access education.

FASTING

"Those who enjoy a surplus of water yet choose to conserve it for the sake of the greater human family have attained a moral stature that allows them to look beyond themselves and the group to which they belong. How marvellously human!"

Pope Francis, Fratelli Tutti n 117

Commit to conserving water as a form of fasting.

Example: Take shorter showers; while waiting for the water to run hot, catch the cold water in a bucket to use on your garden; place buckets under bubblers/ drinking fountains at school to use on the school garden; buy less of everything - from clothing to electronics to household goods— to dramatically decrease your water footprint.

I will conserve water by...

ALMSGIVING

Access to secondary and tertiary education can be difficult for many young people around the world.

Could you save 50c or even \$1 for every year of school you have attended and donate it to Project Compassion?

For inspiration!

\$2 can provide rooster chicks for a school in the **Solomon Islands**.

\$25 can provide a duck for the community poultry keeping system in the **Solomon Islands**.

\$251 can provide a boar piglet for breeding in the **Solomon Islands**.

\$2554 can provide a school in the **Solomon Islands** with two 5000L water tanks.

THANK YOU

PHOTO CREDITS

Anatercia's Story (Mozambique) – Emidio Josine

Biru's Story (India) – Sameer Bara

Janice's Story (Australia) – Richard Wainwright

Rosalie's Story (Democratic Republic of Congo) – Arlette Bashizi

Shaniella's Story (Solomon Islands) – Neil Nuia

SECONDARY STUDENTS

[Caritas Australia's Code of Conduct](#) demonstrates our commitment to treating others with respect and dignity; keeping everyone safe; protecting the rights of everyone, especially children and vulnerable adults; using Caritas Australia's money, resources and information responsibly; and acting with integrity.

Learning about global social and ecological justice issues can be overwhelming. If there is anything in our work or resources that concerns you, please speak with your teacher or trusted adult. Concerns can also be lodged via our website: <https://www.caritas.org.au/complaints/>

Caritas Australia appreciates the unique and valuable perspectives young people have to offer. We would love to receive your ideas and feedback. If you have a suggestion on how we can improve our school resources please email: education@caritas.org.au

TEACHERS

For more school resources, please visit: [caritas.org.au/resources/school-resources/](https://www.caritas.org.au/resources/school-resources/)

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



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