

LENT

2021

Ages 6-12



PWRDF

The Primate's World Relief
and Development Fund

The Anglican Church of Canada

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Lent 2021 February 17th - April 3rd

It was only a couple of months ago that we were in the Season of Advent, preparing to celebrate the birth of Jesus. We heard the story of Advent retold to us by the PWRDeIF, and now we are about to enter into the Season of Lent. In the bible, during the season of Lent, we meet Jesus and journey along with him at the time when he was about 33 years old.

Journey with us as we learn about this time and what it means to us today.

The day before Lent is known by a few different names, Shrove Tuesday, Mardi Gras, Pancake Tuesday. Shrove Tuesday is celebrated the day before Ash Wednesday, the beginning of Lent in many countries across the globe.

The word Shrove comes from the old English word 'shriving' which means to listen to someone's sins and forgive them. On Shrove Tuesday Christians would go to church to confess their sins and clean their soul, the act of doing this means they would be 'shriven'.

During the time of Lent Christians would give up rich foods like fat, eggs, butter and sugar. Shrove Tuesday was the last day to eat these things before Lent.



Lent is a period of **40 days** that runs from **Ash Wednesday** to **Easter Sunday**. This is the time Jesus spent fasting as he travelled through the wilderness after being baptized.

As we journey these **40 days** we remember how Jesus lived, his journey through the **wilderness**, the journey to Jerusalem and then to the **Cross** and Jesus' death and the celebration of Jesus' **resurrection**, coming back to life. That is a lot of things that we read about in just 40 days, although it covers over three years of Jesus' life.

Ash Wednesday marks the beginning of this time. In days past it was Shrove Tuesday when Christians would go to church to confess their sins. Today in many Christian traditions this is done on Ash Wednesday. As part of their confession and repentance or saying sorry, people will be marked on their foreheads with ashes in the sign of the cross. This is similar to events in the old testament when people would put ashes on their foreheads as a sign of penitence, showing you have confessed and said sorry.

The ashes are made from the Palm Crosses and leaves of the previous year's Palm Sunday service.



Palm Sunday is the beginning of **Holy Week**. It is the day we remember Jesus entering Jerusalem on a donkey and the people who had gathered waving palm branches.



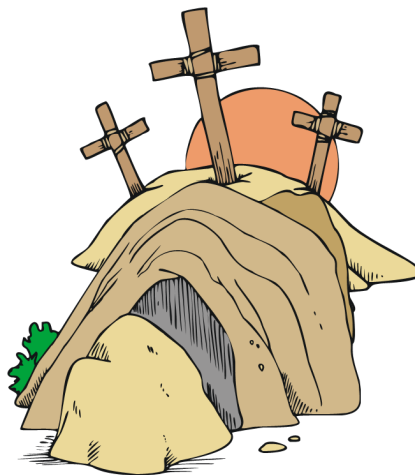
Maundy Thursday is the day during Holy Week that we remember the last meal or last supper that Jesus had with his disciples in the upper room.



Good Friday is the day we remember the suffering of Jesus, the trial, betrayal and crucifixion, his death on the cross; Good Friday is a day of sorrow.



Holy Saturday or the Easter Vigil marks the end of Lent. Easter Sunday is the day we celebrate Jesus' resurrection, which according to the Gospels, happened on the third day after Jesus' crucifixion.



The start of Lent is about repentance, the 40-day journey with Jesus gives us time to think about how we can learn more about God and follow Jesus' actions of love. The end of Lent and the beginning of Easter is a celebration, the resurrection of Jesus is about receiving forgiveness, joy.

How to use this page

Read the
Scripture

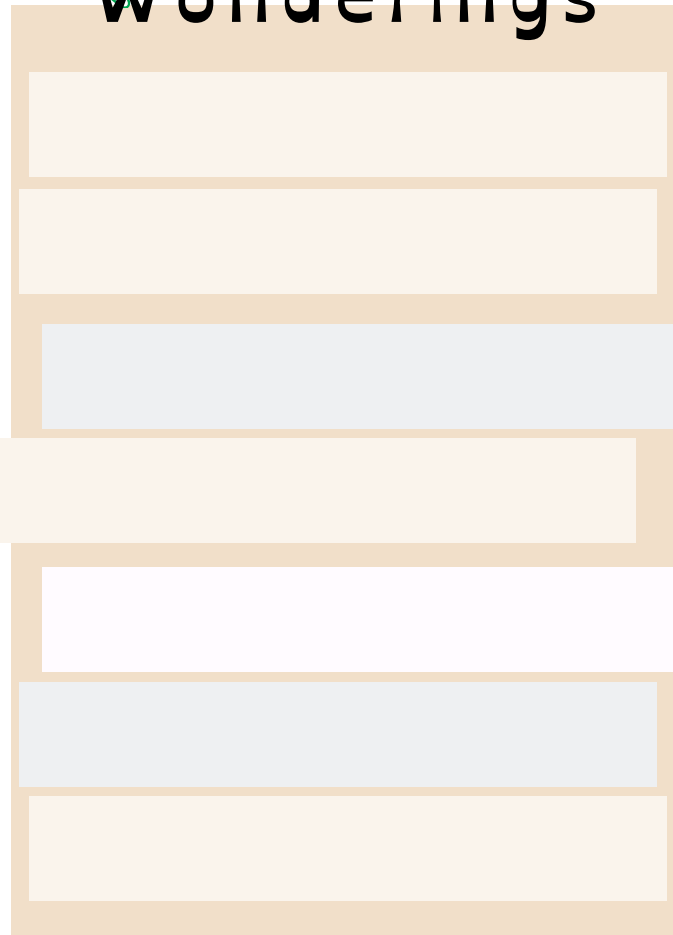
Scripture

Psalm 27: 13-14

I believe that I shall see the
goodness of the Lord in the
land of the living. Wait for
the Lord; be strong, and let
your heart take courage;
wait for the Lord!

What questions or wonderings do you have
after reading the scripture & PWRDF
partner story? Talk about your wonderings
with an adult.

Wonderings



Prayers

1. Each day write something you
are praying for or about.

2.

3.

4.

5.

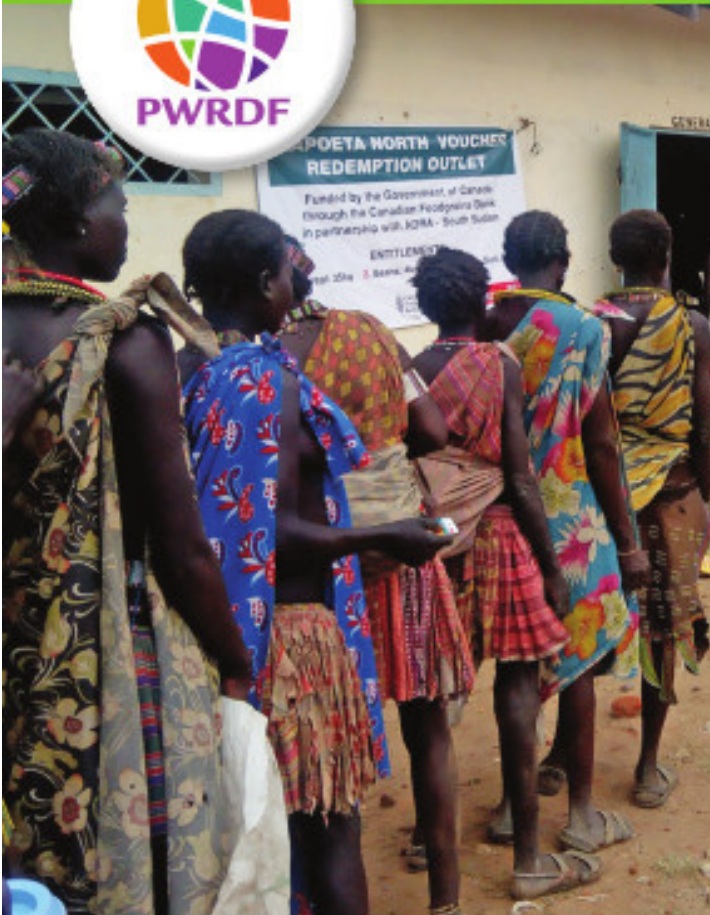
Reflection

Draw a picture or write a poem
about how you have encountered/
seen God or Jesus this week.

If you would like to share any of this
page with us please email it to Su
McLeod smcleod@pwrdf.org or post
it to Instagram
[@pwrdf_justgeneration](https://www.instagram.com/pwrdf_justgeneration)



Displaced people and refugees



Holy God,
earth and air and water are your creation,
and every living thing belongs to you:
have mercy on us
as climate change confronts us.
Give us the will and the courage
to simplify the way we live,
to reduce the energy we use,
to share the resources you provide,
and to bear the cost of change.
Forgive our past mistakes, and send us
your Spirit, with wisdom in present
controversies and vision for the future to
which you call us in Jesus Christ our Lord.
Amen.

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Higher temperatures and less rain are causing drought in many places in Africa. In countries like South Sudan, where there is also conflict and violence, the result is a mass exodus. Two million South Sudanese have become refugees, crossing the border into Ethiopia, Sudan and Uganda. But another two million people have moved within the country as displaced people, dependent on food aid.

In Kapoeta North county, the economic crisis and conflict is causing severe hunger and malnutrition.

Crops are failing or non-existent, and livestock is dying. PWRDF has been supporting 1,700 families since September 2018 with monthly distribution of cereal, beans, lentils, vegetable oil and salt.

The project was made possible through 4:1 match funding from the Canadian Foodgrains Bank and the Government of Canada. Together we recognize how a changing climate is increasing the vulnerability of populations around the world, further increasing displacement.

PWRDF PARTNERS
ADRA South Sudan
Canadian Foodgrains Bank
Government of Canada



FOCUS
Monthly food relief

Lent week 1

February
2021

Scripture

Psalm 27: 13-14

I believe that I shall see the
goodness of the Lord in the
land of the living. Wait for
the Lord; be strong, and let
your heart take courage;
wait for the Lord!

Wonderings

Where do you see the goodness
of God in the world?

How do you feel when you
see God?

Prayers

1.

2.

3.

4.

5.

Reflection

You can learn more about refugees
and climate refugees here:
<https://pwrdf.org/?s=refugee>
<https://www.unhcr.org/>



Engaging Youth

Holy God,
earth and air and water are your creation,
and every living thing belongs to you:
have mercy on us as climate change
confronts us.

Give us the will and the courage
to simplify the way we live,
to reduce the energy we use,
to share the resources you provide,
and to bear the cost of change.

Forgive our past mistakes, and send us
your Spirit, with wisdom in present
controversies and vision for the future to
which you call us in Jesus Christ our Lord.
Amen.

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In 2018, climate activists gathered in Poland for COP24. As world leaders wrestled with meeting the carbon emission targets set in the Paris Accord, a 15-year-old from Sweden named Greta made it clear that young people will be paying the price of climate change for decades to come.

Jessica Steele, a PWRDF Youth Council member and climate activist from British Columbia, represented PWRDF at COP24. "Throughout the two weeks, I heard land and water defenders from local communities share how climate change is already affecting them and their cultures. I heard refugee experts project the millions of people who are going

to be displaced by climate related drought and famine." Yet despite the testimonies, the progress was interminably slow, says Steele. To prevent the devastation of climate change will require large systemic changes and "politicians do not seem to be acknowledging the need for urgency."

By participating in COP24, in the ACT Alliance Youth Community of Practice (COP), as well as local and diocesan initiatives, PWRDF's Youth Council is committed to sharing knowledge and opportunities to take action on climate change, while accompanying a generation on the frontlines of climate action.

PWRDF PARTNERS

Youth Council
Other youth in Canada
ACT Alliance
KAIROS



FOCUS

Educating and
engaging youth on
climate justice

Scripture

Psalm 148

Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels; praise him, all his host! Praise him, sun and moon; praise him, all you shining stars! Praise him, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord, for he commanded and they were created.

Wonderings

How do you praise God?

Who inspires you and helps you to see all the shining stars?

Prayers

1.

2.

3.

4.

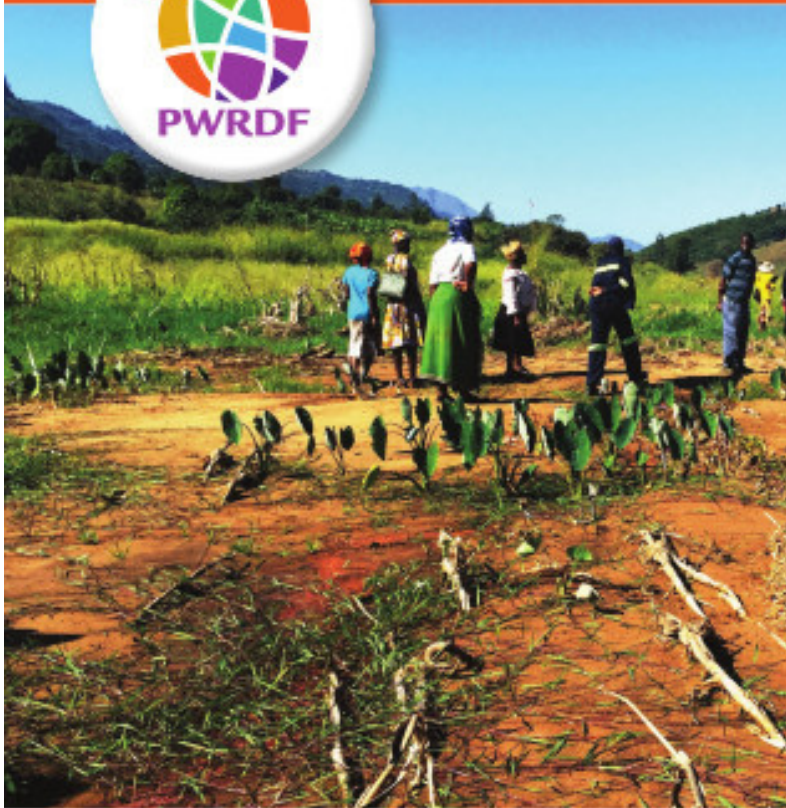
5.

Reflection

You can learn more about the PWRDF Youth Council here:
<https://pwrdf.org/get-involved/youth-movement/>



Emergency Relief



Holy God,
earth and air and water are your creation,
and every living thing belongs to you:
have mercy on us
as climate change confronts us.
Give us the will and the courage
to simplify the way we live,
to reduce the energy we use,
to share the resources you provide,
and to bear the cost of change.
Forgive our past mistakes, and send us
your Spirit, with wisdom in present
controversies and vision for the future to
which you call us in Jesus Christ our Lord.
Amen.

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All around the world, climate change is worsening the impact of natural disasters such as hurricanes, typhoons, cyclones and wildfires. When vulnerable communities are hit, PWRDF partners with the Canadian Foodgrains Bank, ACT Alliance, Anglican Alliance and other relief agencies to respond quickly and effectively. Urgent needs include food, clean water and shelter.

When Cyclone Idai tore through Zimbabwe, Mozambique and Malawi in 2019, not only were crops wiped out, so were seeds for planting. Anglicans

responded to PWRDF's Cyclone Idai appeal and donated \$127,355. As a member of the Foodgrains Bank, our funds were eligible to be matched by the Government of Canada through the Humanitarian Coalition appeal. Foodgrains Bank members raised \$1.4 million, almost 40% of the total matched funds.

In September 2019, PWRDF joined the Foodgrains Bank and our Zimbabwean partner TSURO Trust, support from the government of Canada, to distribute seeds to 4,910 families so they could grow food for their communities.

PWRDF PARTNERS
TSURO Trust,
Zimbabwe
Canadian Foodgrains
Bank
Government of Canada



FOCUS
Seed distribution
to restore crops
destroyed by
Cyclone Idai

Scripture

1Corinthians 12-14

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.

Wonderings

What does it mean to be part of the body?

What does the body look like?

How does being part of one body help us to help others?

Prayers

1.

2.

3.

4.

5.

Reflection

You can learn more about PWRDF Emergency Relief here:
<https://pwrdf.org/?s=emergency+relief>
<https://foodgrainsbank.ca/>



Indigenous People



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In 100 Mile House, B.C., the Stemetewu'w Friendship Centre at St. Timothy's Anglican Church offers holistic support to all people in a welcoming, safe and inclusive environment. Since 2015, this First Nations centre has hosted elder luncheons, drum making, baking and music workshops and is vital to the wellbeing of the community.

In 2017, a wildfire ripped through 100 Mile House forcing the evacuation of all 2,000 residents. After the wildfires, the centre's monthly dinners doubled in size and attendance at other programs also began to rise. The

coordinator believes this is due to an increased need for support after the stress and trauma of the fire.

"We are proud of how we have been able to respond to community needs in the wake of the wildfires," says the Rev. Dr. Keith Dobyns, a member of the board of directors. "It was the emergency funding that we received from PWRDF that allowed us to continue."

An additional grant funded suicide prevention training workshops with the Canadian Mental Health Association at St. Timothy's and St. Peter's Williams Lake.

PWRDF PARTNER
Stemetewu'w
Friendship Centre,
100 Mile House, B.C.



FOCUS
Supporting mental
health issues and
suicide prevention in
the wake of wildfires

Lent week 4

March
2021

Scripture

Romans 1: 20

For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

Wonderings

How do you care for creation?

How can you support others or others support you?

Prayers

1.

2.

3.

4.

5.

Reflection

You can learn more about PWRDF Indigenous partnerships here:
<https://pwrdf.org/?s=indigenous+>

Empowering women



Photo © WACC

Holy God,
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In the upper Andes of Colombia, between the tree line and the permanent snow line, are the Páramos, half of the world's moorlands. But the Páramos are drying up due to global warming. Extractive mining activities and political instability further threaten this fragile ecosystem.

When mining is the main industry, the environment is destroyed. Traditional farming – usually the domain of women – disappears, leaving women without employment. Working with ILSA (Instituto Latinoamericano para una Sociedad y un derecho Alternativos), PWRDF is supporting women who face economic exclusion which condemns them to

poverty, unemployment and stripping them of their political rights. ILSA will train 75 women and 400 family members to establish a native plant nursery that will help reforest the land. They will also receive seeds and livestock for their family farms.

PWRDF is also joining WACC (World Association for Christian Communication) and local organization Grupo Comunicarte in a three-year partnership to promote people-led environmental protection among Indigenous, peasant and Afro-descendant communities. The initiative will train 10 environmental journalists (at least five women) on environmental protection and care.

PWRDF PARTNERS
ILSA and Grupo
Comunicarte in
Columbia
WACC



FOCUS

**Skills training, rights
and agriculture.
Educational radio
programs**

Scripture

John 12:1-3

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

Wonderings

What small action have you seen someone do for the climate that you could also do?

Prayers

1.

2.

3.

4.

5.

Reflection

You can learn more about women's empowerment here:
<https://pwrdf.org/?s=Gender+Equality+>

Activity

Neighbourhood Pilgrimage / Prayer Walk

Pray the prayer on the PWRDF Partner page.

Take time in your day to walk through your neighbourhood:

- Think about the scripture for the week: what words or thoughts come to mind?
- As you think about the PWRDF partner stories, pray for the partners and things that come to your mind.
- Think about the needs of your community and pray for those things.
- Pray for your neighbours, school, local businesses, bus drivers and friends, worshiping communities, hospitals, care homes and emergency services.



Lenten Spiral

Salt dough spiral instructions:

You will need, a small cross, marble or a candle, this is your symbol

Ingredients:

2 cups flour, 1 cup water, 1 cup salt and 1 tsp. olive oil.

Directions:

Mix all ingredients in a bowl until the mixture is a soft, pliable dough, you can add extra water or flour as necessary.

Roll the dough out like a snake and form it into a spiral, this is best done directly on a baking sheet.

Once you have a spiral formed make 40 indentations.

This is best done using the symbol you will move each day through Lent; for example, this could be a candle, marble or a cross.

Bake your spiral at 350° for 30 – 45 minutes.

Once your spiral has cooled down you could paint it or leave it as it is.

Each day through Lent choose a time of day in the morning at breakfast or in the evening as you have dinner, to move your symbol one space. As you move your symbol, say a prayer.

Resources

Books and videos and podcast suggestions for Lent & Easter and climate engagement.

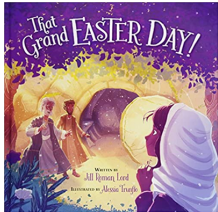
Si Smith's **40** - A Video Of the 40 days Jesus was in The Wilderness

<https://youtu.be/P-6a25Yo2wE>



That Grand Easter Day! by Jill Roman Lord

The story begins with the stone in front of the tomb and ends with a new beginning -- the Resurrection of Christ. The lively narrative builds as it



progresses, adding people, objects, and animals that may have witnessed the events of that day long ago. Little ones will love the repetition, which adds a pleasing level of predictability and helps to make the story of the first Easter more memorable.

<https://www.youtube.com/watch?v=ExDTDX43h0E>

Godly Play - The Faces of Easter

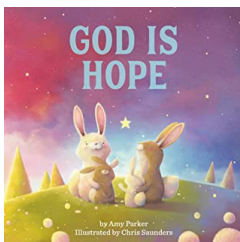
This lesson helps children prepare for the Mystery of Easter

<https://youtu.be/UIFho5BRyEc>



God Is Hope by Amy Parker

With a focus on Easter, God Is Hope provides young children with the comfort of knowing God brings hope into the world, no matter the day, time, season or year.





SAVE
THE
PLANET

EARTH



Learn more
about climate
action - with
your family
and friends!

https://pwrdf.org/wp-content/uploads/2020/07/SuperFriends9_WEB.pdf

Podcasts



Ecolution. Young activists across the world make a difference in the fight against climate change.
https://www.rte.ie/radio1/podcast/podcast_ecolution.xml

Earth Rangers. With top ten countdowns, an animal guessing game, conservation conversations, and epic animal showdowns.
<https://www.earthrangers.com/podcast/>

WOW in the world. Coolest new stories in science and technology.
<https://www.npr.org/podcasts/510321/wow-in-the-world>

Tumble. Stories about science discoveries, with the help of scientists.
<http://www.sciencepodcastforkids.com>

Kids on Climate Change. Grade 10 students bring information and create awareness on climate change.
<https://www.noordinarylawsuit.org>

Books



The Magic School Bus and the Climate Challenge by Joanna Cole and Bruce Degen
Brings new, improved understanding to climate change, engaging kids and empowering all.

Old Turtle by Douglas Wood
A classic fable about ecology, peace, and the interconnectedness of all beings.

We Rise: The Earth Guardians Guide to Building a Movement that Restores the Planet by Xiuhtezcatl Martinez, Justin Spizman
Xiuhtezcatl Martinez is a 16-year-old climate activist, hip-hop artist, and powerful new voice on the front lines of a global youth-led movement.

Winston of Churchill: One Bear's Battle Against Global Warming, by Jean Davies Okimoto
This timely, funny story helps children understand that in the face of global warming, everyone must do their part, no matter how small.

Movies



WALL-E: In the distant future, a small waste-collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of humankind.

The Lorax: A 12-year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

Boy and the World: The story of a changing world through the eyes of a curious child, *Boy and the World* depicts a clash between village and city, nature and industry, the rich and the poor – and despite the tumult, the heart and soul of the people beats on as a song.

Hoot: A young man moves from Montana to Florida with his family, where he's compelled to engage in a fight to protect a population of endangered owls.

Resources and Support

Tips for Parents and other adults in the life of children:

Through the past year grief and suffering is something we have all experienced, and in the midst of it, we have found ways to process and understand these moments.

As you enter this season of Lent and particularly Holy Week and Good Friday, make room for conversations about the suffering and death of Jesus. These conversations are sometimes hard, but children have an understanding of death and dying from observing the world around them and from the other stories they read and movies they watch.

Remember that the crucifixion on Good Friday is not the end of the story of Jesus, it is the beginning of the continuation.

Jesus' suffering, pain and death on Good Friday led to the resurrection, life and forgiveness, compassion, and love. In our receiving of these gifts, it leads us to live our lives modelling Jesus' and God's love, compassion and forgiveness in the world.

Ask your child their understanding of Jesus' death.

The impact of climate change on our local environments and globally is very real for young people today, so much so that we see a massive increase in anxiety, namely climate anxiety and climate grief. It can be hard to engage in these conversations sometimes; as parents and Sunday school teachers we do not feel informed enough to respond to the questions and concerns our children have. The most important thing to do is to honour the questions, concerns and anxieties that are being shared and engage in those, perhaps not to find the “answers” but to become informed and educated together. The Australian Psychology Association has put together a really fantastic [resource](https://www.psychology.org.au/for-members/publications/inpsych/2019/december/Young-people-and-the-climate-crisis) for families; you can find it **here**. <https://www.psychology.org.au/for-members/publications/inpsych/2019/december/Young-people-and-the-climate-crisis>

Adolescent-Friendly Version of the UN Declaration on the Rights of Indigenous Peoples.

www.un.org/development/desa/indigenouspeoples/publications/2013/09/adolescent-friendly-version-of-the-un-declaration-on-the-rights-of-indigenous-peoples/