Contents

Page 3 Exploring Lent
Page 6 Explanation of Reflection Page
Page 7 PWRDF Partner Stories and Reflection Pages
Page 17 Prayer Walk and Community Pilgrimage
Page 18 Lenten Spiral
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 PWRDeLF, 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.
**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!

**Prayers**

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

2.

3.

4.

5.

**Wonderings**

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

**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
Lent week 1

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.

© The Anglican Church of Australia Trust Corporation. Used with permission.

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 Kajoera 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
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!

Prayers
1. 
2. 
3. 
4. 
5. 

Wonderings
Where do you see the goodness of God in the world?
How do you feel when you see God?

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

© The Anglican Church of Australia Trust Corporation. Used with permission.
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.

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

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.
Scripture
1 Corinthians 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?

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

© The Anglican Church of Australia Trust Corporation. Used with permission.
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.

Prayers
1.
2.
3.
4.
5.

Wonderings
How do you care for creation?
How can you support others or others support you?

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

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 (Institutio
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.
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.

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

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/UlFho5BRyEc

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.
Learn more about climate action—with your family and friends!

Podcasts

Ecolution. Young activists across the world make a difference in the fight against climate change. [https://www.rtoio/rodi1/podcast/podcast_ecolution.xml](https://www.rtoio/rodi1/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/](https://www.earthrangers.com/podcast/)


Tumble. Stories about science discoveries, with the help of scientists. [http://www.sciencepodcastforkids.com](http://www.sciencepodcastforkids.com)

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 Xuhtezacl Martinez, Justin Spizman
Xuhtezacl 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 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.