

Instructions for the Challenge

The purpose of the **ACN** (Aid to the Church in Need) **Mobile Phone Challenge** is to raise money to support the people in Ukraine.

How to organise this in your school

The ACN Mobile Phone Challenge (MPC) has an accompanying presentation with teacher's notes. The presentation explains to students that when we fast from doing something that really matters to us in our lives, such as fasting from using our mobile phones, we can unite our fast to prayer to help others.

This challenge links fasting and almsgiving and invites students to give up their mobile phone for a period of 24-hours and to arrange sponsorship for doing so among family and friends to raise money for the people in Ukraine.

During this period, we would like students to pray for the people of Ukraine. One way to assist them to do this is to ask them to reflect on the words of Pope St John Paul II, who said, "*Prayer linked to sacrifice is the most powerful force in the world*". The presentation invites students to discuss both the meaning of hope, and what it entails.

Once you have showed the presentation to your students you will need to give to each of them, participating in the mobile phone challenge, one of the tracking sheets, which has images of rows of blue and yellow coloured mobile phones printed on it. A partly completed tracking sheet is included in the MPC information pack to show you how you can use the tracking sheets.

Before students start the Mobile Phone Challenge, remind them that for the duration of MPC they may only use their phone in an emergency. Furthermore, they will need to keep a tracking sheet and a pen with them throughout the challenge. Should students feel the urge to use their mobile phone at any point during the MPC, encourage them firstly, to note what prompted them to want to use their mobile phone as well as noting both the date and the time it occurred. Secondly, encourage students to offer a prayer to God for the people of Ukraine whenever they feel the impulse to use their phones.

Students should retain their tracking sheets. After everyone has completed the challenge you might choose to plan a lesson to learn and discuss students' views on how easy or difficult they found the challenge and how they felt being without their mobile phone for 24 hours. Finally, you should remind them how their prayers, said at times they would normally be preoccupied by using their phones, in union with the prayers of other people around the world, have helped to bring peace to Ukraine.

The information pack contains a third tracking sheet with the same outline image of mobile phones, arranged in rows, printed on it. The purpose of this final tracking sheet is to allow a group, say, for example, of university students, to indicate the date when they will be undertaking the MPC by writing both their name and the date on one of the images

of a mobile phone. Inside the information pack, you will find a partially completed sheet as an example of the above.

In addition, you will find a blank version of this tracking sheet in the pack with the outline image of 40 mobile phones, arranged in rows, printed on it. Therefore, if your class has 30 pupils in it, you will need to ask them to invite family and friends to participate in the MPC with them. By doing this, you will ensure that the name of the person and the date they will undertake the MPC is written in each of the 40 images of mobile phones on the tracking sheet, thereby covering the whole of Lent.

Mobile Phone Challenge Activity

The Mobile Phone Challenge activity consists of an infographic showing prayer fasting and almsgiving. Instructions for activity are the first page and pupils can draw their own infographic or colour-in the one provided.

Prayer Service

There is also a prayer service available to use. You will find a presentation and accompanying notes. The theme of the presentation is on what every person needs to lead a fulfilling life. The presentation names and describes those needs. The focus of the presentation is to explain and highlight how many of the necessities identified earlier to lead a fulfilling life have been taken away from people in Ukraine following both the threat of and after the onset of war.

ACN helps people to rebuild their lives and communities by providing them with many of the necessities the presentation highlighted. If helpful to do so, you might consider speaking about some of the ways in which your pupils who attend your school or people who live in your communities do not have access to the necessities and as such struggle to live fulfilling lives.

Aid to the Church in Need (ACN) is a Pontifical Foundation of the Catholic Church, supporting the Catholic faithful and other Christians where they are persecuted, oppressed or in pastoral need.

Founded on Christmas Day 1947, ACN supports around 5,000 projects across the world each year.

For regular updates from the suffering Church around the world or to find out more information, please visit www.acnuk.org

Thank you for your prayers and support for our brothers and sisters in Christ in Ukraine.

Contact details for ACN's Community Outreach Office:

Tel: 01524 388739

Email: schools@acnuk.org

Facebook: www.facebook.com/acnschools

Twitter: @ACN_Schools

Instagram: @acn_schools

Contact details for ACN's Office in Scotland:

Tel: 01698 337 470

Email:

acn.scotland.office@acnuk.org

Facebook:

www.facebook.com/acn.scotland.office

Twitter: @ACN_Scotland