





PRAY AND FAST FOR UKRAINE: Lent resources for Ukraine (Primary)






ACN









AIM

-  For pupils to understand the importance of prayer, fasting and almsgiving in Lent
-  To provide opportunities for a personal response and an encounter with God
-  To pray for the people of Ukraine and for peace
-  To fast and raise money for Aid to the Church in Need's projects helping people in Ukraine.

HOW?

-  **PRAYER:** The first half of the presentation is about prayer and features some of the most vulnerable groups of people in Ukraine we need to pray for
-  **FASTING:** We want to make our Lenten offering meaningful. Therefore, we are asking the children to give up something that matters to them during Lent and especially on Fridays where they make an extra sacrifice. The idea is that they give up something (sweets, toys, TV, cartons, videogames, phones [if at that age], treats etc. so that they can do something good).
-  **ALMSGIVING:** We are inviting pupils to raise money for ACN's emergency projects in Ukraine by asking their friends and family to sponsor them (this is also a sacrifice, because many of us find it difficult to ask our friends and family for sponsorship money, and organising the collection of the money can be difficult). The money they raise will support ACN's emergency projects in Ukraine to help those in need. In the presentation, we show some of the different types of assistance ACN provides. Furthermore, you will receive project updates on social media. Please follow us on social media using one of our handles: acn_schools (our handles for both Twitter and Instagram), acnschools (Facebook) and AidtotheChurchinNeed (YouTube).

IN THIS CLASSROOM RESOURCE, YOU WILL FIND:

-  A presentation
-  A prayer service
-  Go2Mass templates
-  Posters
-  Tracking sheets
-  A sponsorship form

- We will send out weekly updates to those who subscribe to our social media channels. We have planned a new video and an 'Icon-Making Activity' for the coming weeks. Please subscribe on:
- If you would like plain versions of any of these slides for pupils to colour in, please contact: Community.Outreach@acnuk.org

PRESENTATION

- The aim of this presentation is to bring people together in prayer; also, it provides an opportunity for almsgiving.
- Throughout the presentation, we invite pupils to pray for peace, to pray for those suffering because of the war and to unite their prayers with all those who are praying around the world.

Slide 1

In this first slide, we can see a picture of Pope Francis. On Ash Wednesday, which marked the beginning of Lent, Pope Francis asked Catholics to fast for peace in Ukraine. At Aid to the Church in Need, we are responding to the Pope's call to fast for peace in Ukraine and we would like to show your pupils how they could participate too.

Slide 2

Here we can see two children from Ukraine. Aid to the church in Need received this photograph on the 8th of January 2022. These children and others in Ukraine have been praying for peace and are inviting us to join them.

Slide 3

In this image, we can see a religious Sister is helping a poor elderly woman, who is very ill. Many Sisters and priests help the poor and sick; otherwise, their families would abandon them. Aid to the Church in Need raises money and gives it to Bishops to hand to priests and Sisters in their dioceses to help those in need. We visit schools so that you can learn about what is happening in a country and we hope you will support us to continue to provide them with shelter, pastoral help and prayers.

Slide 4

Father Grzegorz Draus works with the refugees in the city of Lviv providing them with food and shelter and helping them on their way to the Polish border.

Slide 5

This image shows a wall with the word "Shelter" written on it and an arrow pointing the way to the entrance. The air-raid shelter is a place where people can go to feel safe from the bombings. The Pauline Fathers created emergency shelters in the basement of the parish house and the unfinished church.

Slide 6

This is what the shelter looks like, and there are people safely inside.

Slide 7

This image shows people eating a meal together inside a shelter in a monastery.







Slide 8

This slide shows how the Church cares for those who are sick and injured. With the support of ACN and others, priests, bishops, Sisters and ordinary-people are able to continue their good work.

Slide 9

In this slide, we invite everyone to pray and to think about the reasons why we might pray. During Lent, we want them to understand that prayer is powerful and that prayer will make a difference to the people of Ukraine. Invite the pupils to reflect on this passage from John 14.

You could ask questions such as:

-  How does it make you feel?
-  Might it be good to remember this when we pray?
-  Why did Jesus ask us to pray?
-  Does it make you want to pray for other people more often?
-  What does it mean to be part of God's kingdom?
-  Why does God want us to help him bring good things to the world?

Slide 10

Press play to watch this short video of Fr Frankie Mulgrew.

Slide 11

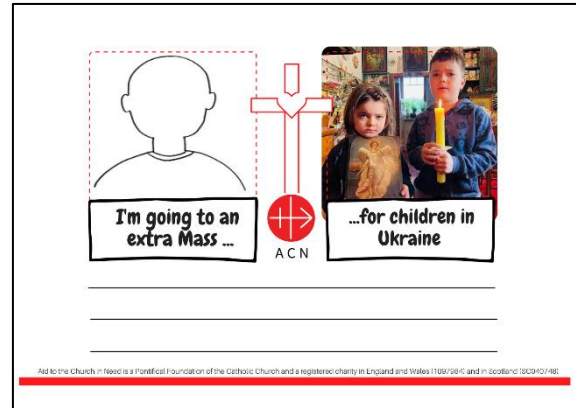
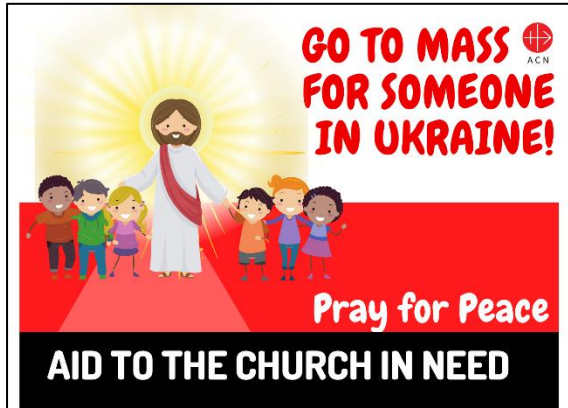
Aid to the Church in Need is asking every Catholic to go to one extra Mass for peace in Ukraine. This is one of the main spiritual objectives of this challenge and prayer campaign, because the Eucharist is the 'source and summit' of our faith

"The Eucharist is the memorial of Christ's Passover, that is, of the work of salvation accomplished by the life, death, and resurrection of Christ, a work made present by the liturgical action." *Catechism of the Catholic Church 1409*

"We must not separate our life from the Eucharist. The moment we do so, something shatters." *St Teresa of Calcutta*

Below, you will see cards; we would like you to print back-to-back copies of them (to whatever size you chose). We would like pupils to draw their own faces on the reverse. The cross on the card links the children praying (in your class) with the children praying in Ukraine. We invite pupils to keep these cards with them throughout Lent and to use them in Mass during Lent and at other times of prayer to remind them to pray for the people of Ukraine.





There is space underneath the picture on the reverse where they can write their own prayers. If you have the time and resources, you could laminate these cards for the pupils. You might ask them to share the cards with their parents too. For more information on the *Go2Mass for someone who can't* campaign please contact: marie.fahy@acnuk.org

Slide 12

An invitation to pray. Here pupils consider the fact that prayer is powerful and that their prayers will make a difference to the people of Ukraine. Invite your pupils to reflect on the words on the slide. Can they link them to the quote from John 14: 13? Ask the pupils how this makes them feel. How it affects their prayers and whether it makes them want to pray more for other people.

Slide 13

This is a quote from Pope Francis inviting us to pray for the people of the Ukraine over Lent. Probably, you will need to explain the meaning of the word conversion to your pupils, but it shows that we all have a part to play in world history. For more quotes from Pope Francis, see the bottom of these notes.

Slide 14

FRIDAY FAST FOR UKRAINE

This slide explains the Friday Fast. Around the outside are some examples of things they may want to fast from. They should be thinking that they are saying 'no' to something, in order to say 'yes' to something else. This is not because any of the examples are 'bad', but because we grow closer to God when we let go of the things we rely on which is what Lent is all about.



SLIDE 15

Here are examples of some things they might say 'yes' to doing.



SLIDE 16

This shows the activity where the pupils decide what to give up for the people of Ukraine.

Here they write a list of things that are important to them that they might consider 'giving up'.

Here are examples of things they might say 'no' to.

Now they can discuss how they are going to get sponsors. Are they going to plan a speech about Ukraine and ACN for their families?



Here are examples of what they may say 'yes' to. There is a special emphasis on Mass on the far left.

SLIDE 17

This slide is a representation of your group. They are happy because they are helping others,

SLIDE 18

The quote from Pope St John Paul II, "Prayer linked to sacrifice is the most powerful force in the world" is one that can be unpacked. You can explain to them that sacrifice means love in action; it is for this reason that sacrifice is something very powerful.

SLIDE 19



This slide goes with the Tracking Sheets where you can find blank templates for your class. Here you can see an example of some pupils from a class, but the aim is that your pupils fill in one of their own.

1. On a sheet of paper draw a picture of your face – you may need to use a mirror to help you to do this - then colour-in the drawing of your face.

2. Using scissors very carefully cut-around the drawing of your face.
3. Ask your teacher to make two photocopies of your drawing
3. Now, stick one of the pictures of your face on to the top row of the Guide
4. Stick the one of the remaining pictures on the food item, game or activity you intend to give-up for Lent.
5. Stick the final picture of your face on the activity you would like to do instead of the one you are giving up for Lent.

SLIDE 20

A summary of the presentation.

The picture is showing Jesus carrying the children from Ukraine on the cross.

PLEASE SEND DONATIONS TO:

- Please use 'Ukraine School' as the reference
- Our bank details are:
Aid to the Church in Need
60-05-24
62670492

For schools in England and Wales send to:

Aid to the Church in Need | United Kingdom
ACN Community Outreach Office
7-4-4 Cameron House
Quarry Road
Lancaster LA1 4XQ

nw.office@acnuk.org

Telephone: 01524 388739

For schools in Scotland send to:

Aid to the Church in Need
Office G4
Dalziel Building
7 Scott Street
Motherwell
Lanarkshire ML1 1PN

acn.scotland.office@acnuk.org

Telephone: 01698 337 470

FURTHER QUOTES FROM POPE FRANCIS:

Catholic News Agency:

Pope Francis' appeal to people around the world to **pray and fast for peace**, he said:

“For this reason, I renew to all the invitation to make March 2, Ash Wednesday, a day of prayer and fasting for peace in Ukraine. A day to be close to the sufferings of the Ukrainian people, to feel that we are all brothers and sisters, and to implore of God the end of the war.”

He continued: “Those who wage war forget humanity. They do not start from the people, they do not look at the real life of people, but place partisan interests and power before all else. They trust in the diabolical and perverse logic of weapons, which is the furthest from the logic of God. And they distance themselves from ordinary people, who want peace, and who — the ordinary people — are the real victims in every conflict, who pay for the follies of war with their own skin.”

Vatican News:

He also prayed, “All the parties involved refrain from any action that would cause even more suffering to the people, destabilizing coexistence between nations and bringing international law into disrepute.”

America the Jesuit Review:

“I am thinking of the old people, of those who at this hour seek refuge, of the mothers fleeing with their children,”

“They are brothers and sisters for whom it is urgent to open humanitarian corridors and to give them welcome.”

Twitter:

“I invite everyone to make March 2, Ash Wednesday, a day of prayer and of fasting for peace in Ukraine.”

“Today we enter the time of Lent. Our prayer and fasting will be a plea for peace in Ukraine, bearing in mind that peace in the world always begins with our personal conversion, following Christ.”

OTHER QUOTES

1434 The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, fasting, prayer, and almsgiving, which express conversion in relation to oneself, to God, and to others. Alongside the radical purification brought about by Baptism or martyrdom they cite as means of obtaining forgiveness of sins: effort at reconciliation with one's neighbour, tears of repentance, concern for the salvation of one's neighbour, the intercession of the saints, and the practice of charity which covers a multitude of sins. (Catechism of the Catholic Church <http://www.vatican.va/archive/ENG0015/P4B.HTM>)

When we sacrifice something for the sake of another, we show love.

“A sacrifice to be real, must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in His love than in your weakness.” Saint Teresa of Calcutta

