

# SideSide by



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Deaths at sea prevented thanks to your generous support. P4

## **"I FEEL I AM ALIVE"**

The Syrian women starting again after losing everything to war. P12

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We are the official aid agency of the Catholic Church in England and Wales.

We are an international development charity who reach out to people living in poverty with practical help, whatever their religion or culture.

**Front cover photograph:**  
Tekon, a fisherman in Liberia, stands proudly with his boat.

**Photographs:**  
Hernando Bazurto, Thom Flint, Sayed Hassan for Catholic Relief Services, Joe Newman, Louise Norton, Evilene Paixão, Hutukara Associação Yanomami, Louis Junior Saad, Siembra, UBINIG (Unnayan Bikalper Nitinirdharoni Gobeshona), Natalie Thornley/ Harter/ Imran Molla/ Nick Fewings/ Unsplash, and Women Now.

**Illustrations:**  
Per José Karlén

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## FOREWORD



Hello and welcome to the Spring issue of *Side by Side* magazine.

Before you turn the page and immerse yourself in stories of hope, courage and compassion, I wanted to take a moment to celebrate our collective efforts throughout this past Lent. This Lent we stood together alongside our partners and communities around the world against the injustice of poverty.

Perhaps, like me, you put your best foot forward and joined the *Big Lent Walk*, taking one step at a time towards a fairer world.

Maybe you've given to our Lent appeal to help hard working families all around the world, like James in Liberia, whose story we heard this *Family Fast Day*. You can read an update from another family in James' community on the next page.

Perhaps you deepened your faith through our daily Lenten reflections, stood up against injustice, or called for peace. However you chose to get involved, thank you – you shared your kindness, compassion, and love with your brothers and sisters worldwide.

Another way many people have chosen to help is by leaving a gift in their Will to CAFOD. These generous donations fund one third of our long-term support around the world. We've enclosed a free prayer bookmark with this magazine, a symbol of the importance of these generous gifts in planting seeds that will flourish for generations. If you would like to know more, call Lily Bliss on 020 7095 5367 or email her at [legacy@cafod.org.uk](mailto:legacy@cafod.org.uk)

Alongside all of this, our vital work responding to emergencies around the world continues, with your support. On page 12 you can read how our partners in Lebanon are helping Syrian refugees find new ways to earn a living, and on page 26 you can read an update on the work your donations have enabled in response to the terrible conflict in Gaza.

Thank you so much for all that you do – and thank you, in this Year of Prayer, for being with us, together in unity with our global family and our common home.

**Christine Allen**  
CAFOD Director



# LIBERIA:

Deaths at sea prevented thanks  
to your generous support

BY MARK CHAMBERLAIN

***“We were shouting to each other to hold on. We had to pray  
and hope that we would make it through.”***



***We’re sharing a ‘thank you’ to everyone who supported our Lent appeal. This is the amazing story of how a fisherman kept his friends alive at sea thanks to his skills and knowledge and the kindness of people like you.***

“The sky was black. I was panicking, everyone was panicking,” says 42-year-old Tekon. The kind, quiet, father-of-two shares the trauma of living through a storm at sea.

“We knew to tie our canoes together. You come over to me and tie yours, then our friend over there, he comes over here and ties to us.”

Tekon is one of the fishermen here in Monrovia, Liberia. Like most of the fishermen, he makes a living by going to sea in a homemade canoe. While leaning against his small boat, he tells me about the trauma of a storm.

“We were shouting to each other to hold on. We had to pray and hope that we would make it through.”

## FAMILIES LEFT ADRIFT

Local estimates say five men a month had died at sea off the coast of Monrovia, Liberia. This bleak statistic doesn’t explain the impact of the deaths. The families and communities that had lost loved ones – fathers, brothers, sons, best friends. Then the economic hit that a family might take – the main breadwinner might be the fisherman. How would that family buy food, clothes or pay school fees?



Sampson Benin, CAFOD's country officer in Liberia says, "The fishermen just didn't have the equipment to survive. It's hard to overstress the skill and knowledge of the fishermen. They can feel the wind blow through their home and know if there is good fishing at sea. They can navigate using the position of the sun on their back.

"But if you get blown out to sea in the middle of the ocean, miles from shore, you struggle to get back home alive. Many fishermen die because of dehydration, they spend so long lost at sea.

### WE HAD BEEN BLOWN TO ANOTHER COUNTRY

"When it passed, everyone was looking around at each other. We were glad to be alive.

Tekon continues: "Then people said to me about the GPS fishfinder, 'You've been talking about this device a lot. You say you trust it! You need to put it on so we can get back home!'"

"I used the fishfinder to find a way home and it told me how long it would take."

"The guys said: 'Are you sure you know where you're going?' I admit, I had doubts, but I said, 'Yes! We're going home!'"

"I think we'd been carried out into the ocean and we were closer to Sierra Leone than Liberia."

### HOME FROM THE SEA

The GPS fishfinder is a device the fishermen needed to stay safe. They worked with skilled local teams funded

by your *Fast Day* donations. The teams learned alongside the fishermen – how to fish, how to mend nets, how to navigate at sea.

This ensured that the teams understood what the fishermen needed to not only get a better catch, but to stay alive.

"I knew we were getting closer to the shore because at two o'clock in the morning, I could finally call Vivienne – my wife. 'I'm coming home,' I said. She couldn't believe it, she thought we had all died.

"It was 24, nearly 25 hours before we got home," Tekon continues.

"When we finally landed on the beach, there were a lot of families there. People were cheering and shouting. We thanked God. And some people shouted my name to thank you!"

*During Lent, we shared the story of James the fisherman in Liberia and how he was catching more fish because of the kindness of people like you.*

*Tekon's testimony is a way of saying thank you to all of you who donated money and time over Lent. Your kindness and generosity really are helping people around the world to help themselves.*

**Thank you so much!**

### PRAY

Use our prayer resources to pray for people like James and Tekon:  
[cafod.org.uk/pray](http://cafod.org.uk/pray)



**Previous:** Fishermen brave the sea off the coast of Liberia.

**This page (top):** Sampson Benin outside his office.

**This page (bottom):** Tekon and Vivienne with their sons, Lue and Rickyross.





# A **BIG** thank you this Lent

**Thousands of you braved the British weather to take on this year's Big Lent Walk! You laced up your boots and embraced the challenge of 200km in 40 days. From priests and parishioners, to teachers and children, each one of you told global poverty to take a hike.**

At CAFOD, we took the 'big' and made it bigger! We teamed up with SCIAF, Scotland's official Catholic relief and development agency, so we could march across Great Britain in solidarity together.

"Everyone has been so enthusiastic about stepping outside and doing their bit," said Neil Roper, who leads CAFOD's fundraising events. "I'd like to say a big 'thank you' to all of you, you've really made a difference!"

Whether you sponsored a runner, walked as a group or took to the streets with your pooch, you challenged yourself to make a real difference. Together, you raised over £400,000 – and for that we'd like to say a huge thank you!

Now stride forward with pride, or kick your feet up for a well earned rest, as together we've made a stand to support families in their fight against poverty.

## **THANK YOU**



**Sam walked the length of Hadrian's wall – he said it allowed for "plenty of challenging self-reflection, whilst raising money for those in need at the same time!"**



**In Goma, in the Democratic Republic of the Congo, volunteers Merveille, Gentil, and Toms decided to do the #BigLentWalk in the city while sharing messages promoting peace and cohesion.**



**Clare said doing the walk alongside her daughter, Alana, made the challenge even more special.**



**The children and teachers from St Albert's primary teamed up and got marching together for their Big Lent Walk!**

We are grateful to CCLA Investment Management for supporting CAFOD's Lent Appeal this year. CCLA's partnership has allowed us to spend more of your donations resulting in an even greater impact, helping people like James the fisherman feed their families not just for today, but for good.

CCLA is the UK's leading investment manager for charities. They aim to deliver consistent, risk-adjusted returns to clients in a way that aligns with their values, beliefs and furthers their mission.

**CCLA**

**GOOD INVESTMENT**

CCLA Investment Management Limited is authorised and regulated by the Financial Conduct Authority. The Charity Finance surveys 2021, 2022 & 2023 named CCLA as the number one asset manager for charities in the UK.



# SEEDS OF HOPE

BY FARIDA AKHTER

**Last year more than 70,000 of you signed a letter from Salina, a small-scale farmer from Bangladesh, demanding that the World Bank protect farmers' rights to use, store and share their own seeds. Farida, from our local partner organisation UBINIG,<sup>1</sup> went back to Salina's village to tell them about the incredible impact they'd made.**

I had the opportunity to attend the World Bank Annual meeting in Marrakech in October last year. I spoke about women in Bangladesh who are taking the lead in preserving the local varieties of seeds and enhancing diversity through sharing and exchanging among farmers. I spoke about Salina, a farmer who has earned self-sufficiency in her family and in the community.

I also had the opportunity to hand over the letter signed by more than 70,000 Catholics demanding the right to preserve seeds to Martien Van Nieuwkoop, Global Director, Agriculture and Food Practice, World Bank.

## THE PRIDE OF THE COMMUNITY

After my return from Morocco, I visited the community in Gorasin village to meet Salina and her neighbours. It turned into a big meeting of over 150 women, men and children and a very happy occasion as they heard that Salina's letter was signed by 70,000 people. It was such a big

show of support for their work. They were all very happy for Salina and for themselves. They said: "We are proud that our work on seeds is known to the other countries and that they have appreciated it so much."

Salina was overwhelmed after hearing my description of CAFOD events in the UK and in Morocco with the signature sheet. I handed over a copy of *Side by Side* magazine to Salina and showed it to the other members of the community.

## "I HAVE TO SHARE THIS HAPPINESS WITH ALL OTHERS"

"It is a big and pleasant surprise to me and to my community that there can be so much support from people in other countries," Salina said. "I am a simple farmer. What I have done is keep seeds, grow crops in different seasons, share with neighbours and relatives.

I cannot be happy alone, I have to share this happiness with all others.

"This work is very much necessary for our survival. If we keep seeds, then we will not need to buy seeds from companies."

## ACT

Help to bring seeds back into the hands of farmers like Salina.  
[cafod.org.uk/worldbank80](http://cafod.org.uk/worldbank80)

**Below:** Farida visited Salina in her village to share the news that 70,000 people in England and Wales had signed her letter.

<sup>1</sup> Unnayan Bikalper Nitinirdharoni Gobeshona – Policy Research for Development Alternatives







# “I FEEL I AM ALIVE”

## THE SYRIAN WOMEN STARTING AGAIN AFTER LOSING EVERYTHING TO WAR

BY JACK ELLINAS

***“When the war started, everything I established was lost.”***

It has been over a decade since Emm Mahmoud, 43, left her home. She is one of the millions of Syrians who felt they had no choice but to flee as war tore their country apart. 13 years since the conflict began, more than 5.6 million refugees are still unable to return.

“We didn’t sleep, we were terrified and afraid,” she remembers, “scared of everything. There was no security and safety. Before the war, as women, we used to go out at night but during the war, it wasn’t safe. We left Syria in 2012. There was no hope to return anymore so we stayed in Lebanon.”

Emm Mahmoud and her family were safe – but their problems were far

from over. She’d left behind not only her home, but her community, and a successful sewing business she’d built herself. Here, alone in a foreign country, she had to start again from scratch.

“You feel like you’ve hit rock bottom,” she sighs. “We couldn’t find jobs when we came. We couldn’t open businesses. We were scared because we didn’t know if we will be staying in Lebanon or not. The economic situation and the high prices affected us a lot. Renting houses is very expensive. You feel like there’s no stability.

“That’s why we started accessing Women Now’s centre to empower and support ourselves mentally.”

### BUILDING BACK FROM ROCK BOTTOM

Emm Mahmoud heard about a centre offering courses to help women who had fled the conflict in Syria come together, build on their skills, and find new ways to earn a living. Generous donations to CAFOD have helped our partner, Women Now, provide psychosocial support for women and children recovering from trauma, as well as English language and computer skills classes. At the moment, Emm Mahmoud is learning to make soap from household materials like used cooking oil and orange peel, and plans to use these skills to start her own soap business.

“After the first session I attended, I returned home and told my family that I feel I am alive,” she beams. “You don’t

feel like you’re in class, but you feel like you’re with a family at the centre.

“I used to be very shy before. Now, my personality got stronger, I can have conversations and discussions. You feel like you are an important person, doing something useful and benefiting from this. Also, gaining experience and providing advice to others using what you learn.”



### ACT



Women Now can help more mums like Emm Mahmoud thanks to your donations. Please give today to support their work and the work of our partners around the world at [cafod.org.uk/skillsforlife](https://cafod.org.uk/skillsforlife)

**Opposite and above:** Your support is helping refugees learn vocational skills like soap making so they can start afresh.





# Solace in Nature

BY CHARLOTTE NICHOLLS

*Around the world, families are living in harmony with our common home, from farming sustainably in Bangladesh to campaigning about the climate crisis in Britain. Nature, wherever we are, can improve our wellness in many ways. As we mark Mental Health Awareness Week in May, we're feeling inspired by people across the globe who find peace and solace in the natural environment.*



## Ivanilde, Brazil

**“The Amazon is a mirror. It is a mirror because we feel it is a peaceful place – silent, tranquil, safe. It is a mirror of life, because we live inside her and we are safe.”**

In a small area of the Amazon, Ivanilde has re-planted native plants and crops after a devastating fire.

With support from CPT<sup>1</sup> and CAFOD, she has grown trees from ashes, and now she thrives by selling lemons, jack fruit and more!



## Jerry, England

**“There is a great feeling of solidarity here today as we march against fossil fuels in support of taking action against climate change.”**

Jerry joined hundreds of people to campaign against fossil fuels with CAFOD last year.

As a beekeeper in South Hampshire, he understands the importance of wildlife diversity in Britain. For him, nature brings joy to his life, such as “walking in the forest at sunset” with friends.



## Shukla, Bangladesh

**“My life was plunged into darkness until they (CAFOD’s local partner) brought me into the light, and it was by holding their hands that I stepped into this new phase in my life. It feels like I’ve been through a really long journey.”**

After her husband died, Shukla found solace in nature through sustainable farming.

Now, Shukla’s son enjoys nurturing the plants too, as Shukla told us: “He loves watering the trees, and he’s such a happy and healthy child.”



## Sister Anthonia, Sierra Leone

**“God has really blessed this environment with good soil and good naturally produced local foods.”**

At Handmaids Catholic Clinic, Sister Anthonia supports mothers through educating them on the nutritional values of food.

She hopes for a future where women are supported and valued within their communities.

## BE MINDFUL...

As we admire those finding solace in nature, it’s important to remember sometimes more help is needed. If you, or someone you know, are struggling with issues related to mental health, you can find support through the NHS at [nhs.uk/mental-health](https://www.nhs.uk/mental-health)

<sup>1</sup> Comissão Pastoral da Terra - the Pastoral Land Commission





**This page:** Through our partner in Brazil, Hutukara Associação Yanomami, young indigenous people have been trained to use drones to capture high resolution imagery of deforestation in their territory in the Amazon rainforest.

These images will provide evidence for reports and official public denouncements to local, state, and national authorities, with calls to remove these illegal invaders.

Cidiclei, pictured above, said: "I learnt the coordinates to get the drone, back and forth. We got the drones up to 120m. Then we mapped the communities. There's a lot of violence in our community. Mining is continuing to destroy our land. The suffering continues, so for me, I'm going to go to my community to map out my community, my land, to see how my community is doing."







# Election 2024: Catholics are called to promote the common good

*“[No] one can demand that religion should be relegated to the inner sanctum of personal life, without influence on societal and national life...”* Pope Francis, *Evangelii Gaudium*, #183

With more than 60 countries joining the UK in holding an election this year, over half the world’s population will be casting a vote in 2024. Here at home, our upcoming general election is a crucial opportunity for us to come together as Catholics and raise our voices to remind politicians that we expect them to tackle poverty and work for the common good.

At CAFOD, we’re working with our friends at the St Vincent de Paul Society (SVP) to equip Catholics across England and Wales with the tools to engage their candidates ahead of an election.

## CREATING A CULTURE OF ENCOUNTER IN THIS ELECTION YEAR

This joint initiative, known as the *Year of Encounter*, invites parishes to reach out to their local candidates on the issues that matter. This is not about political affiliations, but rather about strengthening community participation as local faith groups and practising the culture of encounter that Pope Francis talks about.





**“... with our faith we must create a “culture of encounter,” a culture of friendship, a culture in which we find brothers and sisters, in which we can also speak with those who think differently...”** Pope Francis, 2013

CAFOD and SVP are calling on Catholics to work with others in their parishes to get ready to engage with candidates in three key ways – by email, on the doorstep and by attending local hustings. In each of these spaces, we can raise issues that matter directly with those candidates seeking to be our next representatives in Parliament.

We’ve come up with eight suggested topics: some with a

domestic focus such as the cost of living crisis, and some with an international focus, such as climate change and the global food system. Your parish can choose which topics you’d like to raise with candidates. See [cafod.org.uk/encounter](http://cafod.org.uk/encounter) for a briefing on each of the issues, and more detailed guidance about ways to engage your candidates.

As candidates prepare for election day, they will want to hear from local

people about what matters to them, and by acting together, we have a chance to put a spotlight to some of the issues most affecting our sisters and brothers around the world.

### CALLING FOR ACTION AS CATHOLICS

We hope the Year of Encounter initiative will build on a strong Christian tradition of being actively involved in the big issues of our time.

The lives of many saints show us that the greater their devotion to the Lord, the deeper their commitment to addressing the problems of their time: During a period of violent crusades, St Francis of Assisi went all the way from Europe to Africa to engage the Sultan

of Egypt in dialogue, and St Vincent de Paul, moved by the plight of peasants in 17<sup>th</sup> century France, started a mission to reach out to those on the periphery in a spirit of justice and solidarity.

The greater the number of parishes contacting local candidates, the stronger the Catholic voice will be in your area.

Let’s not miss this opportunity to put our faith into practice!

### ACT

For more information visit [cafod.org.uk/encounter](http://cafod.org.uk/encounter) or contact the CAFOD team at [yearofencounter@cafod.org.uk](mailto:yearofencounter@cafod.org.uk)

Find resources for children and young people: [cafod.org.uk/schools](http://cafod.org.uk/schools)







**“Loving what we have,  
loving what we are, loving  
what we do.”**

**Meet the family of farmers fighting  
injustice together**

**BY CLAUDIA NAVARRO**

***In Colombia, four generations of the Vargas family  
have been farming and nurturing their land. Now  
they work together to resist a mining project that  
threatens to destroy their territory.***



**Opposite:** Bernain carrying some of his produce.

**Top:** Bernain's grandfather, who started farming on this land.

**Bottom:** Martha, a farmer and Bernain's wife.



**B**ernain Vargas is a small-scale farmer from the town of Cajamarca, in the Colombian central Andes. Cajamarca is known as the agricultural pantry and water reserve of the country and has historically been dedicated to food production. Its crops are transported and sold to other cities and territories across Colombia.

The Vargas family farming heritage stretches back to the time when Bernain's grandparents arrived at the region from the Sabana de Bogotá, a high altitude Andean plateau.

**THE FUTURE IS IN THE COUNTRYSIDE**

"My grandparents discovered that the land here was very productive," says Bernain.

Bernain's grandparents started growing arracacha (Andean parsnip) in a small vegetable plot at first. Then his parents began to expand the plantation so they could also sell their crops. According to Bernain, throughout the years his family has used ancestral wisdom and knowledge to grow better, more valuable harvests – especially arracacha, their flagship crop. As part of a small-scale farmers' association Bernain leads, they are selling washed arracacha to a chain of restaurants that buy directly from the producers – and the family tradition continues.

"Now my children, the fourth generation, have transformed the product to make it known," explains Bernain proudly.

Bernain has three children, who are 6, 11, and 15-years-old. The oldest, Samuel is already very involved in the family farming business and has started a small entrepreneurship selling arracacha as a fried snack locally, and even to some nearby tourist shops. But Samuel is also very active in defending his family's territory and resisting those who would destroy it.

**NO TO MINING AND YES TO AGRICULTURE!**

"The earth, to me it means everything, it is life, the earth gives us life," says Martha, Bernain's wife and Samuel's mother, who has also worked the land in Cajamarca all her life.

Samuel inherited his mother's love for the land and agriculture. He has been involved in a community campaign against a gold mining project since he was eight years old, defending the territory and making videos to show the world what Cajamarca means to his family.

"The biggest threat to our territory at the moment is the AngloGold company, it is a mining project," explains Martha. "It has come after these hills that are the most precious thing to me, because this is where the precious water is, which irrigates not only the municipality of Cajamarca, but also part of the Tolima area. A lot of food is produced here, and that is why this company has set its sights on Cajamarca, because what they want is gold, and behind the water is gold – but this is what our potential is here in Cajamarca: the water."

The community's resistance has been key in the defence of Cajamarca. In March 2017, the people worked together to gather signatures demanding a binding referendum (known officially as a Consulta Popular, or 'Popular Consultation') on whether mining should be allowed in the area. In a historic first for Colombia, they were successful, and an enormous 97.9% of voters voted against the mine. Since then, our Colombian partner Siembra provided legal support to ensure that the outcome of this consultation is observed and offers workshops at a farmers' school supporting communities to have their voices heard.

Like many in Cajamarca, Samuel continues to be part of the resistance, but he wants to motivate young people who are leaving for the town, for the cities, to stay.

"The future is in the countryside because the future is in food," says Martha.

**ACT**

Inspired by the Vargas family? A gift in your will is a way to plant seeds that will flourish for generations. Call Lily Bliss on **020 7095 5397** to find out more.

**Below:** Arraracha, a kind of Andean parsnip, is the Vargas family's main crop.



# WHO SAID WHAT

## AN UPDATE ON THE ISRAELI-PALESTINIAN CRISIS

The conflict in Gaza has cost tens of thousands of lives, the majority of those women and children. Civilians, trapped in overcrowded conditions, are suffering from severe shortages of food and other essentials.

With your support, together with partners we have reached more than 40,000 families with vital help.

Our partner in Gaza City has established a new medical centre near the Holy Family Church after their clinic was damaged by shelling. They are providing medical care and sending out mobile medical teams.

Another local partner, displaced from Khan Younis, has established new shelters in the southern city of Rafah where they are providing food and water and places to sleep, as well as supporting children traumatised by the months of war.

We are supporting community groups in southern Israel helping those impacted by the Hamas attacks of 7 October.

We continue to call for a ceasefire, echoing the call of our partner staff



**This page:** CAFOD partners unload a shipment of bedding for displaced people in Gaza.

member who said: “We are still hopeful that a ceasefire will come, with a miracle from God, to end this nightmare.”

But thanks to supporters like you, we’ll continue to stand in solidarity with people in Israel and the occupied Palestinian territory.

Thank you.

**Lizzie Funnell, CAFOD’s Country programme representative for the Middle East.** [cafod.org.uk/IPcrisis](https://cafod.org.uk/IPcrisis)



“The concept of human dignity – and this is central – requires us to recognise and respect the fact that a person’s fundamental value cannot be measured by data alone... Such data can be contaminated by societal prejudices and preconceptions... We cannot allow algorithms to limit or condition respect for human dignity, or to exclude compassion, mercy, forgiveness, and above all, the hope that people are able to change.”

**Pope Francis urges that technology, including AI (Artificial Intelligence), be used in a way that respects human dignity in an address to scientists and industry experts.**



“In Aleppo, buildings are deserted, shops closed, and roaring silence lurks through the streets and along the frontline. Water and electricity are rare and are delivered to communities irregularly.”

**Louis Junior Saad, CAFOD’s Emergency Programme Officer for Syria, reflects on his visit to Aleppo as the war in Syria enters its 14<sup>th</sup> year.**



“At a time when we should be preparing to celebrate 25 years since the success of the Jubilee 2000 debt campaign, we are instead witnessing a new debt crisis across Africa, with consequences even more severe than in the past. The impact and magnitude of this debt is tragic, as ordinary people miss out on essential public services as money is funnelled to pay rich Western banks.”

**Mwila Mulumbi, CAFOD’s Programme Manager for Africa Church Partnerships, based in Zambia**



# Come Rain or Shine:

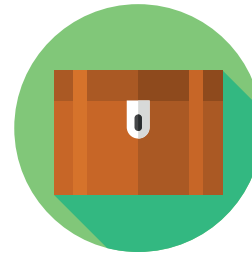
## Free Activities for the bank holidays and beyond

*Now the finishing line of the Big Lent Walk is behind us, we thought we'd share some ideas for all those of you looking forward to a well-deserved break this spring and summer. Whether you're seeing your grandchildren or entertaining the little ones at home, we understand that family time is precious – so here are some fun, free ways to make the most of your time together.*



### 1. TREASURE HUNT

Round up your little pirates to search for gold...or sweets. Draw a map of your garden or local park and mark the spot for them to find. Dip the map in teabags for an authentic antique feel!

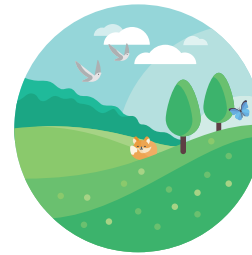


### 2. TIME TRAVEL

Collect memories together. Draw pictures, take photos and write letters to place into a time capsule for them to open when they're all grown up. You could encourage them to think about their hopes for the future and our planet too!

### 3. BECOME A PILGRIM

Reflect, explore and pray together at our family pilgrimage. Join CAFOD at a local holy site near you over the month of June. Find out more and start your spiritual adventure at [cafod.org.uk/pilgrimage](http://cafod.org.uk/pilgrimage)



### 4. GO EXPLORING

Discover the wildlife around you by venturing to your local nature trail or park. Challenge each other to find five animals!

### 5. JUNIOR BAKE OFF

A delicious and fun activity for your little chefs. Bake cupcakes and decorate them with imagination. If you're real star bakers, you could even set up a bake sale to raise money for CAFOD!



### 6. COOL OFF

Take a stroll to your local river, beach or canal. Feed the ducks, teach your children to skim stones, or find a peaceful moment to pray together in nature. Find family prayer ideas at [cafod.org.uk/familyprayers](http://cafod.org.uk/familyprayers)





## 7. GET CREATIVE

Release your inner artist! Take the stones you found on your walk, give them a wash, and decorate them as you wish.

## 8. VISIT YOUR LOCAL SITES

Make a trip to a nearby place of interest – explore a historic castle, or say a prayer in a church or cathedral you haven't visited before. Or take a pen and paper to your local art gallery to get creative.



## 9. HAVE A SPRING CLEAN

Get the children to help with that big clear out you've been putting off. While you're at it, why not turn your cleaning into an opportunity to help others? Sell anything you no longer need on eBay or a similar platform, and donate what you raise to CAFOD.

## 10. KIDZ ZONE

There's a new kid on the block! Check out our brand new **Kidz Zone** on the next page. Help your kids learn with our free games and quizzes, or pass it along to anyone with little ones to entertain this summer.



# Kidz Zone



Help your kids learn with our free games and quizzes. [cafod.org.uk/KidzZone](http://cafod.org.uk/KidzZone)

N	Y	O	S	E	E	D	S	I	S
C	A	L	O	U	N	F	C	T	L
E	D	T	B	L	M	A	C	M	S
N	R	N	U	V	I	M	L	G	O
C	O	C	A	R	O	I	E	S	S
C	L	M	E	T	E	L	N	R	F
I	T	B	P	L	M	Y	T	C	R
F	I	S	H	I	N	G	U	E	C
L	C	O	L	O	M	B	I	A	L
E	L	E	C	T	I	O	N	O	M

## Get creative

Find some stones, give them a wash, and decorate them as you wish.

### INSTRUCTIONS

- 1) Wash the stones.
- 2) Add a layer of white primer paint to the stones (optional).
- 3) Draw your chosen design directly onto the stone in pencil.
- 4) Colour in your stone. You can use acrylic paint or sharpies (or both!)



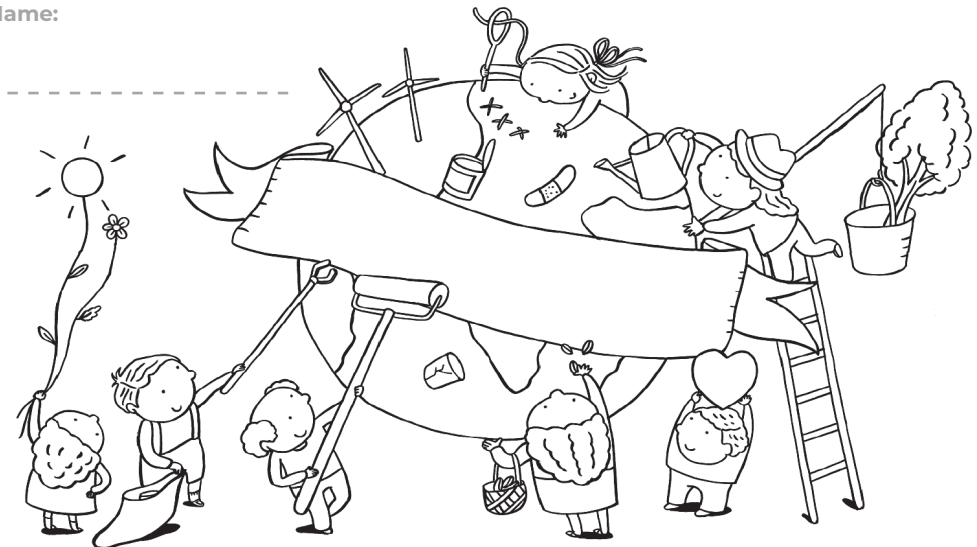
## Find these words

COLOMBIA, ELECTION, FAMILY, FISHING, LENT, LIBERIA, NATURE, SEEDS, SUMMER

## Colour in this picture

Write how we can all care for God's world on the banner. Why not cut this out and display it at home?

Name: \_\_\_\_\_





Come Holy Spirit,  
blow away division and despair.  
Light your flame of courage and hope in us  
and warm our hearts with wisdom and love.

Be our Helper, as we seek your ways of justice.  
Be our Comforter, as we share your peace  
with our wounded world.

Be our Advocate, as we call for the fullness of  
life for all.

Amen.



**PRAY**



Prayer taken from our Pentecost  
Novena. Sign up to join the Novena  
[cafod.org.uk/PentecostNovena](https://cafod.org.uk/PentecostNovena)

**cafod.org.uk**

Registered office: Romero House, 55 Westminster Bridge Road,  
London SE1 7JB Tel: 020 7733 7900 Email: [cafod@cafod.org.uk](mailto:cafod@cafod.org.uk)  
Charity no 1160384 and a company limited by guarantee no 09387398.

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