

# PROJECT COMPASSION

GO FURTHER TOGETHER

## Children's Liturgy 2020



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Each week, students will follow five stories with accompanying Gospel readings, reflections and activities. A guide to making the story booklets is at the back of this document.



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## FIND US ONLINE

Visit the Caritas Australia website for more information about Project Compassion 2020, including useful resources:

[lent.caritas.org.au](http://lent.caritas.org.au)

Scripture taken from The New Revised Standard Version, Catholic Edition.

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Photo Credits:

Richard Wainwright – Shirley, Phany and Barry

Patrick Hansda - Sakun

Pilirani Chimombo - Tawonga

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- Ensuring that all monies raised via fundraising activities will be donated to the stated purpose of the appeal.
- Ensuring that all donations are forwarded to Caritas Australia by 31 May 2020. For full fundraising responsibilities, please refer to our website: [www.caritas.org.au](http://www.caritas.org.au).

**PROJECT  
COMPASSION**  
GO FURTHER TOGETHER

 **Caritas**  
AUSTRALIA



# Catholic Social Teaching Principles



**Catholic Social Teaching (CST) principles cover all spheres of life- the economic, political, personal and spiritual. The principles are inspired by scripture and the writings of the Pope and other Catholic leaders about social issues.**

**Caritas Australia's work is shaped by the tradition of Catholic Social Teaching.**

## HUMAN DIGNITY

**We are all special because God made us. We have to make sure other people are treated with respect and fairness because God made them too.**



Saun, India

## SOLIDARITY

**We all need each other. We are one big human family. It's about working together.**



Indigenous and non-indigenous children in the Philippines

## PREFERENTIAL OPTION FOR THE POOR

**The Bible teaches us to take extra special care of the most vulnerable people in society. We should try to create a fairer world.**



Tawonga, Malawi

## SUBSIDIARITY

**People who make decisions should listen to everyone and give everyone the chance to share their opinions.**



Saun, India

## PARTICIPATION

**Everyone should be able to work and use the talents God gave them.**



Phary, Cambodia

## THE COMMON GOOD

**We should always try to think about what is good for everyone, not just ourselves. It's about living together in a community.**



Shakey, Philippines

## CARE FOR OUR COMMON HOME

**We need to take care of the earth because it is for everyone.**



Berry and daughter, Australia

# SHIRLEY, PHILIPPINES

1<sup>st</sup> Sunday of Lent



## PREPARING THE SPACE

Colour: **Purple**

Print: Poster (if using).

Worksheet for each child. 3 options are given each week depending on the age of the audience.

## WELCOME

Today when we listen to Matthew's gospel, we will hear about how Jesus fasted in the desert for forty days. He was tempted but stayed strong in his decisions.

## OPENING PRAYER

God of all people,  
You created our one human family and fill your people with hope. You gave Jesus strength in the desert. Walk with me on my Lenten journey and fill me with your courage. May your spirit strengthen and guide me to know what is right in the actions of my head, heart and hands. I ask this prayer in your name, Amen.

## GOSPEL

Matthew 4: 1-11

A reading from the holy Gospel according to Matthew.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ.

## GOSPEL REFLECTION

- How do you think Jesus was feeling after being in the desert for 40 days?
- Jesus was tempted when he was in the desert. Why do you think the desert was chosen for this? What features of a desert make it a place where Jesus may have felt tempted?
- When have you had to be strong and make the right choice rather than an easier choice?
- Who can you talk to if you are uncertain about a choice you have to make?
- What was the Good News Jesus was talking about?
- How can we be the Good News of God?
- How can we show we are believers in Christ?



# SHIRLEY, PHILIPPINES

1<sup>st</sup> Sunday of Lent



Have you ever been left out of an activity? How did it make you feel?

Some people are not treated with respect because they are indigenous. They are left out of many things and it is difficult for them to go to school, the doctor or to get a job.

Shirley is an indigenous woman who lives in the Philippines who was left out. But after she joined a Caritas Australia supported program, she learned ways to make her life better.

Shirley and her family are from the Manide tribe in the Philippines. She is 36 years old and lives in a rural area of the Philippines called Camarines Norte. Shirley lives with her four children and her husband.

Shirley's husband is sick with tuberculosis, so Shirley needs to earn money to provide for her family. In the Philippines, approximately 12 million people live on less than \$1.90 a day. This is called extreme poverty. Poverty is most severe in rural areas, with almost 80% of the country's most vulnerable people living there.



Life is even harder for the nearly 17 million indigenous people who live in the Philippines. They often face discrimination and are excluded. Many children and families cannot access medical care, and many preventable diseases like tuberculosis, dengue fever and measles are common in their communities.

Indigenous people in the Philippines are often bullied at school, which forces many children to leave school early. Approximately 2.8 million children in the Philippines do not go to school.

Shirley decided to join a program run by Caritas Australia's partner in the Philippines, an organisation called SPACFI (this stands for Socio Pastoral Action Centre Foundation Inc). In this program, Shirley learned many things that have helped to improve life for her family and community. Shirley trained to become an indigenous health worker.

She can now earn an income as a health worker and that has helped Shirley and her husband pay for their children's school fees, uniforms and supplies.

In the Caritas Australia program, Shirley also learnt about the rights she has as an indigenous person. Shirley now knows that she doesn't have to face discrimination, and that she deserves to be treated with respect, and has the right to earn an income, access medical care and send her children to school. Many other indigenous people like Shirley also learnt about their rights. The program has helped nearly 1200 people from the Manide tribe.

 **There are good things that happened here in our tribe. Our kids are now healthier. I want to take care of my kids, I want them to study and finish school. I am proud of what I have done for my tribe.**   
**Shirley**

When you support Caritas Australia's Project Compassion you are sharing what you have with your one human family - that includes indigenous people around the world. You are working for the common good of everyone!



# SHIRLEY, PHILIPPINES

1<sup>st</sup> Sunday of Lent



## STORY REFLECTION

1. What were some challenges for Shirley?
2. What does it mean to live in 'extreme poverty'?
3. Shirley knows that lives change when we work in service to others. When have you given up your time to help others?
4. How is Shirley helping others in in her village?
5. What have you learned from Shirley's story?
6. What would you like to ask Shirley?
7. Imagine you and your family were not treated the same as everyone else, how would this make you feel?



## FAITH IN ACTION

- Collect a Project Compassion box from your Parish and place it somewhere important in your house.
- With the help of Caritas Australia, Shirley trained to become an indigenous health worker to help others. What are two ways that you are going to help someone this week?



## CATHOLIC SOCIAL TEACHING

### *Subsidiarity*

We believe people who make decisions should listen to everyone and give everyone the chance to share their opinions

- How is Shirley's story a great example of this?
- How does your support of Project Compassion show that you believe that all people should be given the chance to make decisions about their community?



## WORKSHEETS

There are 3 optional worksheets you may choose to use with the participants at this stage:

- Reflection
- Small Book
- Gratitude Journal



## CLOSING PRAYER

Loving God,  
You made us all in your image. Enliven your spirit in us as we work towards equality for all peoples. We pray that all communities around the world have access to healthcare, quality education and employment opportunities. We ask this prayer in your name.  
Amen



**Shirley, PIlippines**

**We all have the right to be participate and have access to healthcare, education and employment. In Shirley's indigenous community, many people have been discriminated against and left out from receiving these basic human rights.**

**When have you been left out of something?  
How did this make you feel?**



**Draw a picture of how you can treat others equally.**

**Loving God,  
You made us all in your image. Enliven your spirit in us as we work towards equality for all peoples. We pray that all communities around the world have access to healthcare, quality education and employment opportunities. We ask this prayer in your name.  
Amen**

**How can I put my faith into action this week?**

- **Collect a Project Compassion box from your Parish and place it somewhere important in your house.**
- **With the help of Caritas Australia, Shirley trained to become an indigenous health worker to help others. What are two ways that you are going to help someone this week?**



Shirley, Pllippines

Have you ever been left out of an activity? How did it make you feel?

Some people are not treated with respect because they are indigenous. They are left out of many things and it is difficult for them to go to school, the doctor or to get a job.

Shirley, 36, is an indigenous Manide woman living in a remote province in the Philippines. She is a mother of four and the sole breadwinner of the family, as her husband is sick.

God of all people,  
You created our one human family and fill your people with hope. You gave Jesus strength in the desert. Walk with me on my Lenten journey and fill me with your courage. May your spirit strengthen and guide me to know what is right in the actions of my head, heart and hands. I ask this prayer in your name,  
Amen.

Shirley was struggling to support her family and keep their children in school. She faced regular discrimination and disadvantage, limiting her family's access to food, education, employment and healthcare.



- FAITH IN ACTION**
- Collect a Project Compassion box from your Parish and place it somewhere important in your house.
  - With the help of Caritas Australia, Shirley trained to become an indigenous health worker to help others. What are two ways that you are going to help someone this week?

With Caritas Australia's support, Shirley trained to become an indigenous health worker. She has learnt to supplement her income and is able to feed her family



*"The human heart is always drawn by love."*  
St Catherine of Siena  
What thoughts and images come into your mind when you hear this?

. The program has also empowered Shirley to send her children to school. Each week during Project compassion, spend 10 minutes reflecting upon what you have learned and on all the blessings in your life.







**Shirley, Philippines**

Shirley, 36, is an indigenous Manide woman living in a remote province in the Philippines. She is a mother of four and the sole breadwinner of the family, as her husband is sick. Shirley was struggling to support her family and keep their children in school. She faced regular discrimination and disadvantage, limiting her family's access to food, education, employment and healthcare.

With Caritas Australia's support, Shirley trained to become an indigenous health worker. She has learnt to supplement her income and is able to feed her family. The program has also empowered Shirley to send her children to school.

Each week during Project compassion, spend 10 minutes reflecting upon what you have learned and on all the blessings in your life.

**This week I am grateful for...**



**How can I share my blessings this week?**

**Three good things from this week are...**

1.

2.

3.

# PHANY, CAMBODIA

2nd Sunday of Lent



## PREPARING THE SPACE

Colour: **Purple**

Print: Poster (if using).

Worksheet for each child. 3 options are given each week depending on the age of the audience.

## WELCOME

Today when we listen to Matthew's gospel, we will hear about how Jesus appeared with Moses and Elijah before Peter, John and James.

## OPENING PRAYER

God of all people,  
We are all part of your one human family. Walk with me on my Lenten journey as I reflect on my choices and actions. May your spirit guide me to know what is right in the actions of my head, heart and hands.  
I ask this prayer in your name.  
Amen.

## GOSPEL

Matthew 17: 1-9  
A reading from the holy Gospel according to Matthew.

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear.<sup>v</sup> But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ.

## GOSPEL REFLECTION

- How did you show others you are a believer in Christ, in the last week?
- Why do you think Peter wanted to set up tents on the mountain top?
- What do you know about Moses and Elijah? Have you heard any stories about them?
- Last week Jesus was tempted in the desert, a dry, hard and lifeless place. This all occurred on a high mountain, why do you think this is important?
- What are the features of a mountain to make it a special place for Jesus to be transfigured?
- Why do you think the disciples were afraid?
- How do you think you would have felt if you were up on the mountain with Jesus?
- God spoke to Jesus during prayer. What can you do to make sure your heart is open to hearing messages from God?





# PHANY, CAMBODIA

2nd Sunday of Lent



What are your hopes and dreams for the future? Do you have the support you need to start pursuing your dreams?

This is a story about Phany (pronounced par-nee) – a mother, wife and talented farmer living in a beautiful rural village in western Cambodia. Phany's dream was to stay at home in her village raising chickens and growing vegetables and, with the support of Caritas Australia and the Environment Protection and Development Organisation (EPDO), this dream has now come true.

Life for Phany and her family has not always been easy. Unlike Australia, most people in Cambodia live in villages in the countryside. Traditionally, farmers in Cambodia have made a living by growing and selling rice. In recent years the weather in Cambodia has been changing – it has been getting hotter and there hasn't been enough rain to water crops. When families cannot grow enough food to eat and sell, they are forced to borrow money to help look after their family. Once you get into debt it can be very hard to get back out again.

Six years ago, this is the situation Phany and her husband were in. They had no choice but to leave their two year-old daughter at home in the village with a sick grandparent and travel to the city in search of work. Phany found work in the construction industry in Phnom Penh – the capital city of Cambodia. Unfortunately, building sites in Cambodia do not have the same safety rules as they do in Australia.

For five years, Phany worked long hours, carrying heavy lime and bricks. The work was dangerous and she didn't earn much money, but it was the only way she could help care for her daughter back home.

In 2016, Phany joined the Upholding Community Dignity Together program, run by Caritas Australia and EPDO. Through the program, Phany learnt new farming techniques, such as drip irrigation – which delivers water slowly, drip by drip, to the base of the plants so that none of it is wasted. Simple water saving techniques like this have made a huge difference. Phany has learnt to grow a variety of vegetable crops, and is also raising chickens and ducks, just like she'd dreamed.

Phany is a role model for other farmers and an inspiration to her community. She can now earn enough money from farming all year round and no longer needs to travel to the city to find extra work. Her family can now afford a small house, they have enough food and clothes, and can afford to send their daughter to school. "I am proud that I was a farmer who had no skills and now I can earn and improve my living, share my knowledge and also improve solidarity in the family and amongst our neighbours," Phany says.

In addition to learning new farming techniques, Phany and her community have been trained in health, nutrition and hygiene, as well as how to prepare for disasters and cope with the environmental changes that are taking place. Phlong Sokly, EPDO's Program Coordinator, says "climate change is a problem, but the community lacked knowledge and had no strategy to deal with it. The community now thinks more about water management and adaptation to the change of season... People work better together when they need to mobilise resources for the community's common good."

Phany continues to have hopes and dreams for the future.

👉 For my family, I hope to own a plot of land to expand my vegetable and animal raising activity. For the community, I hope we have enough water for all year-round, to reduce migration to the cities, and that no one is trapped in debt. 💬

Your support of Project Compassion can continue to support more people like Phany and her family.

# PHANY, CAMBODIA

2nd Sunday of Lent



## STORY REFLECTION

1. What were some of the challenges for Phany?
2. How did Phany's community work together?
3. Has your community had to work together towards a common goal? If so, what was it?
4. What were some of the skills Phany learnt with the help of Caritas Australia?
5. Why is it important for us to look after our environment?
6. What would you like to ask Phany?



## FAITH IN ACTION

- In Cambodia, there are times when there is not enough rain to water the crops. Try to take a shower in the time it takes for your favourite four minute song to finish!
- Phany's community were taught strategies to cope with environmental changes. What other environmentally-friendly choices can you make during Lent?



## CATHOLIC SOCIAL TEACHING

*Care for our common home*

We believe that we need to take care of the earth because it is for everyone.

1. How is Phany showing care for our common home?
2. Where is this spoken about in the Gospels?

3. How does your support of Project Compassion show you believe we are to care for our common home as protectors of creation and one another?

**"Land is a gift from God."**

**Pope Francis**



## WORKSHEETS

There are 3 optional worksheets you may choose to use with the participants at this stage:

- Reflection
- Small Book
- Gratitude Journal



## CLOSING PRAYER

Loving God,  
You made us all in your image.  
Enliven your spirit in us as we work towards equality for all peoples. We pray that all communities around the world have access to healthcare, quality education and employment opportunities. We ask this prayer in your name.  
Amen





Phany, Cambodia

**We are all called to care for one another and for our common home.**

**Phany and her community are working together to improve water management and conservation. With the help of Caritas Australia they were able to conserve water for drier periods.**

**How can you show care for all of God's creation?**

**Write down some examples of how you can show care for all of God's creation.**



### **How can I put my faith into action this week?**

- **In Cambodia, there are times when there is not enough rain to water the crops. Try to take a shower in the time it takes for your favourite four-minute song to finish!**
- **Phany's community were taught strategies to cope with environmental changes. What other environmentally-friendly choices can you make during Lent?**

**God of all people,  
We are all part of your one human family. Walk with me on my Lenten journey as I reflect on my choices and actions. May your spirit guide me to know what is right in the actions of my head, heart and hands.**

**I ask this prayer in your name.  
Amen.**



Phany, Cambodia

What are your hopes and dreams for the future? Do you have the support you need to start pursuing your dreams?

Twenty-seven-year-old Phany, lives in a village in western Cambodia. Struggling to earn a living as a farmer, she was forced to leave her daughter behind in the village, to take up construction work in the city.

God of all people,  
We are all part of your one human family. Walk with me on my Lenten journey as I reflect on my choices and actions. May your spirit guide me to know what is right in the actions of my head, heart and hands.  
I ask this prayer in your name.  
Amen.

In 2016, Phany joined the Upholding Community Dignity Together program, where she learnt new farming techniques, such as a drip irrigation system, which enabled her to get a better yield from her vegetable crops and to conserve water in her drought-stricken region.



Phany's community also took part in training in health, nutrition, hygiene and disaster preparedness, arming them with better strategies to cope with environmental changes.



#### FAITH IN ACTION

- In Cambodia, there are times when there is not enough rain to water the crops. Try to take a shower in the time it takes for your favourite four-minute song to finish! Phany's community were taught strategies to cope with environmental changes. What other environmentally-friendly choices can you make during Lent?

**"Land is... a gift from God."**

**Pope Francis**

How can you show others that you see land as a gift from God?

With your help, mothers like Phany can continue to uplift their communities, and provide food for their families. A brighter future for women, men and their families can start today. Let's Go Further, Together.





**This week I am grateful for...**

**How can I share my blessings this week?**

**Three good things from this week are...**

- 1.
- 2.
- 3.



**Shirley, Philippines**

**Twenty-seven-year-old Phany, lives in a village in western Cambodia. Struggling to earn a living as a farmer, she was forced to leave her daughter behind in the village, to take up construction work in the city.**

**In 2016, Phany joined the Upholding Community Dignity Together program, where she learnt new farming techniques, such as a drip irrigation system, which enabled her to get a better yield from her vegetable crops and to conserve water in her drought-stricken region.**

**Phany's community also took part in training in health, nutrition, hygiene and disaster preparedness, arming them with better strategies to cope with environmental changes.**

**With your help, mothers like Phany can continue to uplift their communities, and provide food for their families. A brighter future for women, men and their families can start today. Let's Go Further, Together.**

# BARRY, AUSTRALIA

3rd Sunday of Lent



## PREPARING THE SPACE

Colour: **Purple**

Print: Poster (if using).

Worksheet for each child. 3 options are given each week depending on the age of the audience.

## WELCOME

Today when we listen to John's gospel, we will hear Jesus having a conversation with a woman who was seen as an outsider in society.

## OPENING PRAYER

God of all people,

You sent Jesus your son to show us how to live our lives. Walk with me on my Lenten journey as I work to follow in the footsteps of Jesus. May your spirit guide me to know what is right in the actions of my head, heart and hands.

I ask this prayer in your name, Amen.

## GOSPEL

John 4: 5-15

A reading from the holy Gospel according to John.

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water."

The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ.

## GOSPEL REFLECTION

- Why did the Samaritan woman find it strange that Jesus was asking her for water?
- Why is it important to treat everyone equally in society?
- Who are groups in our world that are not treated equally or left out?
- What are the different ways that we help these groups of people?
- Why do you think Jesus spoke to people using stories like this?
- What other parables do you know?





# BARRY, AUSTRALIA

3rd Sunday of Lent



Can you think of a time when you have felt very sad, or you have lost something or someone who was very special to you? Hopefully you received the love and support you needed to get through this difficult time.

This is a story about Barry – a strong, resilient and committed father of four. Barry is a Gamilaroi man, originally from western NSW. Today Barry facilitates workshops with Caritas Australia-supported program, Red Dust Healing, and works as a mental health professional at a regional hospital.

Connected to his culture and at peace within himself, Barry is a role model for his daughters and others in his community. But this peace has been hard-won for Barry.

Barry remembers his early years as a time of enormous hardship. He didn't have a stable home or support network and was mostly brought up by his grandparents.

"My mother went through a tough period in her life. I sort of moved around a lot as a young boy," Barry says. "I had a lot of bad periods and I then lost my younger brother in a car accident."

This trauma and loss had a big impact on Barry's life as he grew up. He became a father at a young age and struggled in this new role.

health and other related problems are common. Thankfully, Barry and others like him, have been able to take part in Red Dust Healing – a cultural healing program, which encourages participants to reflect on their own personal hurt and begin to heal from within. Family and personal relationships are addressed, alongside unhelpful patterns of behaviour that have developed over a long period of time to help "cope" with the difficulties of life.

"I don't think I'd be where I am today without the program," said Barry. "It's taught me to deal with my problems. I can't change what I've lived through, I can just make myself a better person today."

Red Dust Healing has provided a safe space to talk and connect with others who've supported each other in their healing journey. The program has also helped Barry and others to reconnect with their culture, language and stories.

"It's a cultural healing program written from an indigenous perspective, but it is for everyone, no matter what your background is," said founder, Tom Powell. "It gives people tools to better understand their lives and to deal with some of the hurt, and some of the rejection."

**“Red Dust Healing is basically everything to me. It empowers me and gives me tools for everyday problems,”**  
Barry says. **“It has also had a positive ripple effect. With me changing, I can change my children's lives, and my grandchildren's and so on.”**  
Barry

"Thank you to those who support Caritas Australia and Red Dust Healing," says Barry.

# BARRY, AUSTRALIA

3rd Sunday of Lent



2. How does your support of Project Compassion show that you believe every person is special?

## WORKSHEETS

There are 3 optional worksheets you may choose to use with the participants at this stage:

- Reflection
- Small Book
- Gratitude Journal



## STORY REFLECTION

1. What were some of the challenges for Barry?
2. What did you find interesting about Barry's story? Why?
3. How did Caritas Australia help?
4. What is the Red Dust Healing Program?
5. How did the Red Dust Healing Program help Barry?
6. What is one key message you can take away from Barry's story?

## FAITH IN ACTION

- Barry's story is different to the previous stories, as it focuses on the personal journey he has taken to turn his life around for the better. What are some ways that you could show love to others?
- Try saying sorry to a friend or family member for something you may have said or done that might have upset or hurt them.



## CATHOLIC SOCIAL TEACHING

*Human Dignity*

We believe every person is special because God made us.

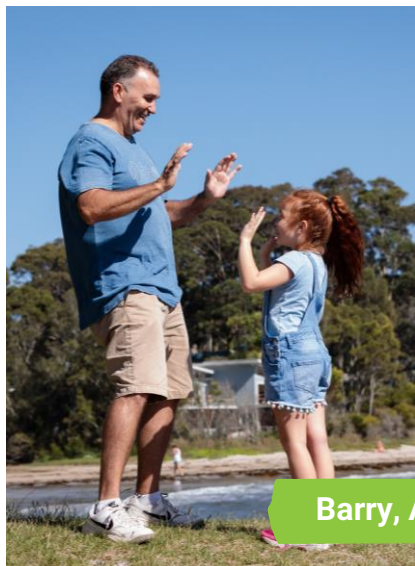
1. Why is it important to forgive others when they have done something wrong in their lives?



## CLOSING PRAYER

Loving God,  
You hear all the prayers we offer here today. We thank you for all of the blessings in our lives. We ask you to journey with us as we walk with our sisters and brothers who are experiencing hardships in their lives. We pray for Barry, that he is able to work toward his future full of hope and healing. We ask this prayer in your name.  
Amen





Barry, Australia

**Barry experienced some hardships in his life that left him hurt, leading him down the path of some unhelpful patterns of behaviour.**

**As God created us in his image, it is important to not only forgive others, but forgive ourselves for times when we have not done the right thing so that we may heal.**

**With the help of the Red Dust Healing Program and Caritas Australia, Barry can focus on a bright and happy future with his daughter.**

**Draw some ways that you could make someone feel special during a tough time.**

### **How can I put my faith into action this week?**

- **Barry's story is different to the previous stories because it focuses on the personal journey, he has taken to turn his life around for the better. What are some ways that you could show love to others?**
- **Try saying sorry to a friend or family member for something you may have said or done that might have upset or hurt them.**

**Loving God,  
You hear all the prayers we offer here today. We thank you for all the blessings in our lives. We ask you to journey with us as we walk with our sisters and brothers who are experiencing hardships in their lives. We pray for Barry, that he is able to work toward his future full of hope and healing.  
We ask this prayer in your name.  
Amen**





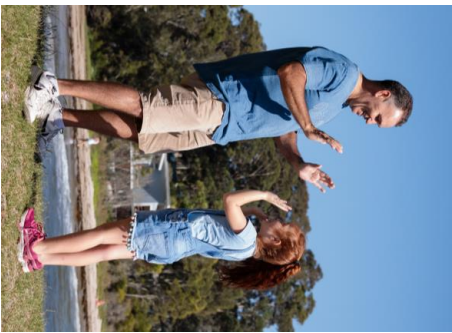
Barry, Australia

Can you think of a time when you have felt very sad, or you have lost something or someone who was very special to you? Hopefully you received the love and support you needed to get through this difficult time.

Father of four, Barry, embodies resilience and strength. Growing up in a tough environment, he had to look inside himself to make the right choices for himself and his family.

God of all people,  
You sent Jesus your son to show us how to live our lives.  
Walk with me on my Lenten journey as I work to follow in the footsteps of Jesus. May your spirit guide me to know what is right in the actions of my head, heart and hands.  
I ask this prayer in your name, Amen.

Barry, and others like him, were able to take part in a cultural healing program called Red Dust Healing.



- Barry's story is different to the previous stories, as it focuses on the personal journey he has taken to turn his life around for the better. What are some ways that you could show love to others?
- Try saying sorry to a friend or family member for something you may have said or done that might have upset or hurt them.

FAITH IN ACTION

Red Dust Healing has provided a safe space to talk and connect with others who've supported each other in their healing journey. The program has also helped Barry and others to reconnect with their culture, language and stories.



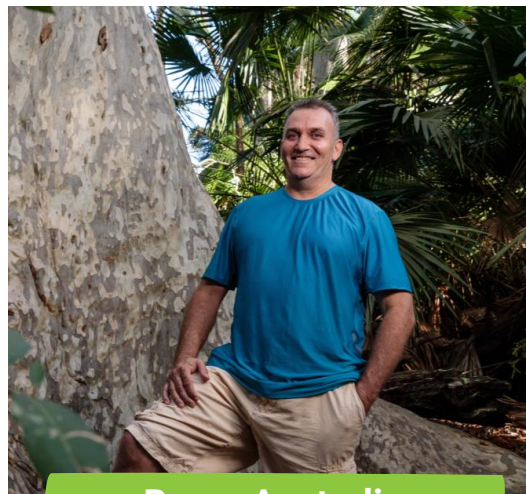
alone cannot change the world, but I can cast a stone across the waters to create many ripples."  
St Teresa of Calcutta

How can you use your gifts and talents to create ripples?

Today, thanks to the Caritas supported Red Dust Healing program, he's an inspirational father to his four girls and a leader in his community. A brighter future for men, women and their families can start today. Let's Go Further, Together.



**This week I am grateful for...**



**Barry, Australia**

**Father of four, Barry, embodies resilience and strength. Growing up in a tough environment, he had to look inside himself to make the right choices for himself and his family.**

**Barry, and others like him, were able to take part in a cultural healing program called Red Dust Healing. The program has provided a safe space to talk and connect with others who've supported each other in their healing journey. The program has also helped Barry and others to reconnect with their culture, language and stories.**

**Today, thanks to the Caritas supported Red Dust Healing program, he's an inspirational father to his four girls and a leader in his community. A brighter future for men, women and their families can start today. Let's Go Further, Together.**

**How can I share my blessings this week?**

**Three good things from this week are...**

- 1.
- 2.
- 3.



## PREPARING THE SPACE

Colour: **Purple**

Print: Poster (if using).

Worksheet for each child. 3 options are given each week depending on the age of the audience.

## WELCOME

Today when we listen to John's gospel, we will hear about Jesus healing a blind man.

## OPENING PRAYER

God of all people,  
You gave your only Son to show us how to live our lives. Continue to walk with me on my Lenten journey as I work to follow in this footsteps. May your spirit guide me to know what is right in the actions of my head, heart and hands. I ask this prayer in your name,  
Amen.

## GOSPEL

John 9: 1-41

A reading from the holy Gospel according to John.

As he walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world."

When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."





So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from."

The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a

person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains.

**The Gospel of the Lord.**

**Response: Praise to you, Lord Jesus Christ.**



## GOSPEL REFLECTION

- What message have you taken from this story?
- Why do you think Jesus chose to heal a beggar?
- Why did the Jews not believe Jesus?
- How would the blind man's life have changed after he was healed?
- Can you think of times when you have ignored a problem? For example, picking up rubbish when you see it on the floor.
- What are some problems in our world that are sometimes ignored or unnoticed?
- What are some ways that we can bring some of these problems to the world's attention?



# SAKUN, INDIA

## 4th Sunday of Lent



Who inspires you most? Can you think of someone who has achieved great things in life even though they have faced significant challenges?

This is a story about Sakun, a 32-year-old Gond indigenous woman living in a village in central east India. She has a thriving small business and is actively involved in leadership and decision-making within her community. But this has not always been the case.

Sakun developed polio as a child and now finds it difficult to walk. She lives with her sister in a rural area of Chhattisgarh, which is the poorest state in India. They belong to the Gond tribal community – a group who have long been disrespected and disregarded by the broader population. Being unmarried, poor, belonging to a tribal group and having a disability – Sakun has had to face more obstacles than most people. To say that life has been difficult is an understatement.

“Being physically challenged, I was incapable of doing any kind of work. I felt disregarded in my community,” Sakun said. Unable to work, Sakun depended on her sister to care for her and meet her basic needs. Unable to walk, Sakun was extremely isolated – limited to the places she could walk to on crutches. Having a disability is difficult wherever you live, but it is extra hard if you live in a poor community.

In 2018, Sakun joined a Caritas Australia-funded program, which is being run by Caritas India and its local partner, Samarthan. This program aims to support the poorest and most vulnerable members of the community, especially women and people living with a disability.

One of the ways it does this is by training people in skills so that they can start a small business and begin to earn an income of their own.

The program first helped Sakun to get a special custom-made tricycle. This has made a huge difference in Sakun’s life, enabling her to move around more freely and feel much less isolated. The program also trained Sakun in how to run a small business. They gave her a small amount of money to get started and Sakun set up a kiosk, selling food near the local school.

Sometimes in India people don’t know what kind of help they are entitled to receive from the government. This Caritas-supported program has also tried to help strengthen the local village-level government, so they can in turn support the people in their community. Sakun’s confidence has increased so much that she now participates in local village governance meetings, speaking up and sharing her opinions as an equal. Sakun is a role model and an inspiration within her community, especially motivating others who are living with a disability. Many are following her lead and seizing their own opportunities to make a living and take hold of their basic rights. Now that Sakun can move freely around her village, she says, “it has given me the opportunity to keep in contact with other people living with disabilities which enabled me to express solidarity with them. Today I am given due respect in the village and community.”

Sakun’s kiosk is always busy, as she sells to around 900 students. Sometimes she even has to ask her cousin to help out. Sakun is feeling extremely proud of her achievements and has hopes and plans for the future.

🍌 For the future, I am planning to extend the shop and to establish a permanent shop so that I don’t need to carry all the items from my house. I feel happy and my social life and network has improved. 🍌

**Sakun**

When you support Project Compassion you are helping sisters and brothers around the world work towards their dreams!

# SAKUN, INDIA

4th Sunday of Lent



- How does your support of Project Compassion show that you believe we should think about what is good for everyone?

## WORKSHEETS

There are 3 optional worksheets you may choose to use with the participants at this stage:

- Reflection
- Small Book
- Gratitude Journal



## STORY REFLECTION

1. What were some of the challenges for Sakun?
2. What did you find interesting about Sakun's story? Why?
3. How is Sakun using her strengths to contribute to the community?
4. How does the Caritas Australia supported program help individuals like Sakun?
5. Why is it important to treat everyone equally, regardless of their abilities?
6. What is one key point you can take away from Sakun's story?



## FAITH IN ACTION

- People of all abilities deserve equal treatment and respect. What is one way that you can assist someone less able than you?
- Everyone has the right to feel included. If you notice someone sitting alone at school, invite them to sit with you and your friends.



## CLOSING PRAYER

God of justice and peace,  
You call us all to be the best we can be. We pray that we always stand in solidarity with our brothers and sisters of all abilities. Walk with us towards justice and equality with open hearts.  
We ask this prayer in your name.  
Amen



## CATHOLIC SOCIAL TEACHING

*Common Good*

We should always think about what is good for everyone, not just ourselves

- How is Sakun an example of working towards the common good?







Sakun, India

**Sakun felt isolated and disregarded in her community. With the help of Caritas Australia, she is now an active member of her community.**

**She hopes to grow her business and continue to express solidarity with other individuals with disabilities.**

### **How can I put my faith into action this week?**

- **People of all abilities deserve equal treatment and respect. What is one way that you can assist someone less able than you?**
- **Everyone has the right to feel included. If you notice someone sitting alone at school, invite them to sit with you and your friends.**

**God of justice and peace,  
You call us all to be the best we  
can be. We pray that we always  
stand in solidarity with our  
brothers and sisters of all abilities.  
Walk with us towards justice and  
equality with open hearts.  
We ask this prayer in your name.  
Amen**



With your help Sakun now earns her own income and makes a small profit which goes towards her family's basic needs. She is more resilient, more confident and more independent. A brighter future for women, men and their families can start today. Let's Go Further, Together

**"Hope requires that we spin a few dreams for ourselves that are possible, doable and desirable."**

**Joan Chittister OSB**

**What has helped you overcome obstacles in your own life?**



In 2018, Sakun joined a Caritas Australia-funded program which is implemented by Caritas India and its local partner, Samarthan.

#### FAITH IN ACTION

- People of all abilities deserve equal treatment and respect. What is one way that you can assist someone less able than you?
- Everyone has the right to feel included. If you notice someone sitting alone at school, invite them to sit with you and your friends.



Until now Sakun, an indigenous Gond woman, has been isolated in her community, unable to earn a livelihood and without knowledge of government schemes that could help her.

#### Sakun, India



God of all people,  
You gave your only Son to show us how to live our lives.  
Continue to walk with me on my Lenten journey as I work to follow in this footsteps.  
May your spirit guide me to know what is right in the actions of my head, heart and hands.  
I ask this prayer in your name, Amen.

Who inspires you most? Can you think of someone who has achieved great things in life even though they have faced significant challenges?

Thirty-two-year-old Sakun lives in a village in central east India. She developed polio as a child and has difficulty walking.



**Sakun, India**

**Thirty-two-year-old Sakun lives in a village in central east India. She developed polio as a child and has difficulty walking. Until now Sakun, an indigenous Gond woman, has been isolated in her community, unable to earn a livelihood and without knowledge of government schemes that could help her.**

**In 2018, Sakun joined a Caritas Australia-funded program which is implemented by Caritas India and its local partner, Samarthan.**

**With your help Sakun now earns her own income and makes a small profit which goes towards her family's basic needs. She is more resilient, more confident and more independent. A brighter future for women, men and their families can start today. Let's Go Further, Together.**

**This week I am grateful for...**

**How can I share my blessings this week?**

**Three good things from this week are...**

- 1.
- 2.
- 3.



# TAWONGA, MALAWI

5th Sunday of Lent



## PREPARING THE SPACE

Colour: **Purple**

Print: **Poster** (if using).

**Worksheet** for each child. 3 options are given each week depending on the age of the audience.

## WELCOME

Today when we listen to John's gospel, we will hear about Jesus bringing a man back to life.

## OPENING PRAYER

God of all people,  
You gave your only Son to show us how to live our lives. Continue to walk with me on my Lenten journey as I work to follow in this footsteps. May your spirit guide me to know what is right in the actions of my head, heart and hands.

I ask this prayer in your name, Amen.

## GOSPEL

John 11:3-7, 17, 20-27, 33-45

A reading from the holy Gospel according to John.

So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again."

When Jesus arrived, he found that Lazarus had already been in the tomb four days.

When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.

Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?"

So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.



# TAWONGA, MALAWI

5th Sunday of Lent



## GOSPEL REFLECTION

1. What does the word 'resurrection' mean?
2. How do you think Mary and Martha felt when Jesus did not come?
3. How do you think they felt when he brought Lazarus back to life?
4. This Gospel passage is not so much about the death of Lazarus, but more about bringing him back to life. Why do you think Jesus brought Lazarus back to life?
5. What does this Gospel passage tell us about having faith in Jesus?
6. How can you take the message from this Gospel into your life?

When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

The Gospel of the Lord.

Response: Praise to you Lord Jesus Christ.



# TAWONGA, MALAWI

5th Sunday of Lent



Do you know someone who has a disability? Do they get some extra help at home or school so that they can join in games and activities with their friends?

This is a story about Tawonga, a 10-year-old girl who loves school and playing with her friends. Tawonga also has a disability – when she was born, one of her legs was weaker than the other, so now she needs crutches to help her walk. Growing up in a poor village in Malawi, Tawonga has not always been able to get the extra help she needs so she can go to school and join in with her friends. But thanks to support from Caritas Australia's partner CADECOM (Catholic Development Commission in Malawi), Tawonga is now thriving in a disability-friendly school and dreaming of becoming a nurse in the future so she can help people in her community.

Growing up with a disability is hard wherever you live, but it is extra hard if you live in a poor community. Tawonga is the youngest of six children. Her parents are farmers, but until recently they have not been able to grow enough food to feed the family. Sometimes they would go without food for four days at a time. Tawonga often missed school due to hunger and sickness. Getting to school was also tricky. There is no bus, so children have to walk long distances to get to school. Tawonga's siblings used to push her to school in a donated wheelchair – 3km along a bumpy road.

In addition, people in Tawonga's community didn't really understand why some people were born with a disability. If you had a disability, you would

often be ignored, teased or left out.

But everything changed a few years ago when Tawonga's parents heard about the A+ program, run by CADECOM. Through the program they were given fertiliser and better seeds, and also taught improved ways of farming. Thanks to the A+ program, Tawonga's parents are now able to grow three times as much food as before and provide three meals a day for their family.

Tawonga, whose name means 'thank you', says her community is blessed with many resources, rivers, fertile soil and hills. With the support of CADECOM, the community now sees their greatest resource – each other. The program has helped people to appreciate and support people living with a disability. Tawonga says, "My community now understands that my living with a disability is not inability."

The community now works together to support each other in many ways. They have dug boreholes, which means they have safe water much closer to home. They have also started a seed bank, so people can save extra seed and borrow seed for planting when needed. Tawonga's mother has joined the village savings and loans group and has started her own small business, selling fish, rice and vegetables. The money she earns helps pay for Tawonga to attend a special live-in school with disability-friendly facilities.

Tawonga is grateful for the support of people in Australia.

👏 Your support has brought a positive change in my family and community 🗨️  
Tawonga

When you support Project Compassion you are helping to create positive change for more families like Tawonga's.



# TAWONGA, MALAWI

Palm Sunday, 5th Sunday of Lent



## STORY REFLECTION

1. What were some of the challenges for Tawonga?
2. What surprised you from Tawonga's story?
3. How did Tawonga's life change with the help of Caritas Australia?
4. How did the community benefit?
5. What have you learned from Tawonga's story?
6. What would you like to ask Tawonga?



## FAITH IN ACTION

- Tawonga was often unable to attend school as it was not accessible or 'disability friendly'. What is something easily accessible to you that you can go without for one day or one week?
- Tawonga and her family would often go hungry as there was no food to eat. What is one food that you enjoy that you can go without this lent?



## CATHOLIC SOCIAL TEACHING

*Preferential Option for the Poor*

We believe that some people need extra help, particularly those who are living in poverty.

- How is this story an example of this Catholic Social Teaching principle?



## WORKSHEETS

There are 3 optional worksheets you may choose to use with the participants at this stage, depending on their age or ability:

- Reflection
- Small Book
- Gratitude Journal



## CLOSING PRAYER

God of hope,  
You gave life to all your children on earth. Guide us Lord as people of hope to keep the needs of others in our thoughts and actions. As we look ahead to the joyful celebration of new life at Easter, we think of children like Tawonga and others around the world who go without basic needs.

We pray that we can go forward together, supporting them as they move towards a life full of hope and opportunity. We ask this prayer in your name.  
Amen





**Tawonga, Malawi**

**Tawonga is a 10-year-old girl, living with a disability. She lives in a village in northern Malawi in an area where they haven't always had enough food.**

**Since participating in a Caritas Australia supported program, Tawonga's life has transformed.**

**Write down some of the ways your parish or school is 'disability friendly'.**

### **How can I put my faith into action this week?**

- **Tawonga was often unable to attend school as it was not accessible or 'disability friendly'. What is something easily accessible to you that you can go without for one day or one week?**
- **Tawonga and her family would often go hungry as there was no food to eat. What is one food that you enjoy that you can go without this Lent?**

**God of all people,  
You gave your only Son to show us  
how to live our lives. Continue to walk  
with me on my Lenten journey as I  
work to follow in his footsteps. May  
your spirit guide me to know what is  
right in the actions of my head, heart  
and hands.**

**I ask this prayer in your name,  
Amen.**



**Tawonga, Malawi**

**Do you know someone who has a disability? Do they get some extra help at home or school so that they can join in games and activities with their friends?**

**Tawonga is a 10-year-old girl, living with a disability. She lives in a village in northern Malawi in a region plagued by food insecurity and poverty.**

God of hope,  
You gave life to all your children on earth. Guide us Lord as people of hope to keep the needs of others in our thoughts and actions. As we look ahead to the joyful celebration of new life at Easter, we think of Children like Tawonga and others around the world who go without basic needs.

We pray that we can go forward together, supporting them as they move towards a life full of hope and opportunity.

We ask this prayer in your name.  
Amen.

**For most of her life, her parents have struggled to provide food for the family.**



**FAITH IN ACTION**

- Tawonga was often unable to attend school as it was not accessible or 'disability friendly'. What is something easily accessible to you that you can go without for one day or one week?

- Tawonga and her family would often go hungry as there was no food to eat. What is one food that you enjoy that you can go without this Lent?

Since participating in a Caritas Australia supported program, Tawonga's life has transformed. Her family now grows enough food to provide three meals a day, ending the struggle of malnutrition, and helping her thrive at school.



**"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." St Francis of Assisi**

What have you achieved that you thought initially would be impossible?

With your help, this transformational program can continue to empower vulnerable women, men and children, and strengthen the communities around them. Let's Go Further, Together.







**Tawonga, Malawi**

**Tawonga is a 10-year-old girl, living with a disability. She lives in a village in northern Malawi in a region plagued by food insecurity and poverty. For most of her life, her parents have struggled to provide food for the family.**

**Since participating in a Caritas Australia supported program, Tawonga's life has transformed. Her family now grows enough food to provide three meals a day, ending the struggle of malnutrition, and helping her thrive at school.**

**With your help, this transformational program can continue to empower vulnerable women, men and children, and strengthen the communities around them. Let's Go Further, Together.**

**This week I am grateful for...**

**How can I share my blessings this week?**

**Three good things from this week are...**

- 1.
- 2.
- 3.

# BOOKLET FOLDING INSTRUCTIONS

**Follow these six steps to create your story booklet each week during Lent.**



**Step One:**  
Cut out the worksheet.  
Fold the paper in half and then fold along each solid line of the booklet.



**Step Two:**  
Unfold the page and lay flat. Bring the shorter edges of the page to meet one another, the dotted lines should be on the fold.



**Step Three:**  
Cut from the fold along the dotted line only. This will create a flap as pictured.



**Step Four:**  
Unfold and lay the booklet flat. There should be a gap in the middle of the page.



**Step Five:**  
Fold the page in half again along the long edge.



**Step Six:**  
Pinch each end of the page and push them toward one another. When they meet in the middle fold so you have a front and back cover.