

# SHORT TALK

## LENT 2025

Good morning/evening everyone and thank you [priest's name] for this opportunity to invite you all to join CAFOD's mission in this holy Jubilee Year.

Pope Francis has called us to be 'Pilgrims of Hope' this year. This is to be a Jubilee Year of hope for a world suffering the impacts of war, global debt, and climate change. This is CAFOD's mission!

We bring your love of neighbour to people facing the world's biggest challenges, to give them the support, skills and tools they need to find their hope for the future.

And through our global Caritas Church family, we can show love of neighbour even in the most overlooked regions, and be on the ground as soon as emergencies strike.

Pope Francis urges us to look for signs of hope as we work for peace and justice. Lokho and her community [**hold up poster**] are living witnesses to hope in the Marsabit region of Kenya.

When Lokho's animals died in the drought, she had no other way to feed her family. But, Lokho teamed up with a group of women and reached out to Wakera – who is one of our local experts – to make sure that the next time disaster struck, no one would lose hope.

Wakera shared his skills for growing food in harsh climates and provided them with seeds and tools to plant their own kitchen garden. He gave them shade nets, which protect plants from the scorching sun, whilst still allowing every drop of precious rain through.

By selling produce she grows in this reverse greenhouse, Lokho is saving for when there are no more rainy days. She's gained resilience and hope, knowing she can feed her family.

***Insert optional gospel reflection (see overleaf)***

CAFOD's Family Fast Day is on Friday 14 March. By praying, eating simply and giving, you'll be supporting local experts to provide simple, effective solutions to the toughest problems facing people around the world.

Collect a CAFOD envelope as you leave church to make a Lent offering, and please consider pledging a monthly gift this Jubilee year. You can scan the QR code or search 'CAFOD envelope' to give online. If you can Gift Aid your donation, you'll add a free 25 per cent to anything you give!

***[If you have contactless, please add:*** You can also give to the CAFOD collection using contactless today.]

Please be a pilgrim of hope with us in the Jubilee Year by supporting communities worldwide to fight poverty and injustice, and so restore their hope. Thank you.

## **GOSPEL REFLECTIONS THAT CAN BE INCLUDED IN THE TALK**

### **First Sunday of Lent: 9 March (Luke 4:1-13)**

In today's gospel, we hear how Jesus went out into the desert. Just like Lokho and her community, Jesus knew what it was like to live in harsh conditions and at the end of the forty days he was hungry. During this difficult time, Jesus was not alone. He was filled with the Holy Spirit, who strengthened him throughout his time of preparation and prayer. Knowing that we are never abandoned – that God is always with us – let us also stand alongside and support those who are facing serious challenges in our world today.

### **Second Sunday of Lent: 16 March (Luke 9:28-36)**

In today's gospel, Jesus is transfigured on the mountain. Peter, James and John are finally able to see him in his glory. It brings us joy when we see someone flourishing in life – someone who is able not just to meet their needs, but to thrive and to be filled with hope for the future. Today's gospel also reminds us to listen to the Son of God, who calls us to love one another, especially those like Lokho, who face such challenging situations. Together we can strive to build a world transformed, which reflects the glory of God.

*See overleaf for Short talk >*