

Dare to care: hope for the future

This week's theme is about hoping for the future. Many people are making that a reality by taking part in our [Summer of Hope](#) campaign, sowing seeds of hope for poor communities around the world, helping them to grow a better future beyond the pandemic. And speaking of sowing seeds... let's get planting!

"Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking."

Wangari Maathai (1940 – 2011),
Kenyan founder of the Green Belt Movement,
and the first African woman to win the Nobel Prize

This week's dare is to believe in hope for the future so much that you plant a tiny seed from one of the fruits in your family's shopping bag, and commit to care for it so that it grows into a tree for the years to come.

You could plant an apple or pear seed, or go for something more unusual like an apricot. But choose a seed that will eventually become a tree, rather than something smaller like a chilli pepper or a tomato. Who knows, one day the next generation might sit under its shade!

There are plenty of instructions and videos online that will show you how to plant and care for your seed. It will happily begin sprouting on a windowsill.

When it is big enough, plant it in a pot on a balcony or in your garden if you have one, or gift it to someone who has. Remember, it's about hoping for the future and thinking of other people, many years from now, who will benefit from your tree!



"He [or she] who plants a tree, plants a hope."

Lucy Larcom (1824 – 1893),
American teacher, poet, and author.

To tell us how you got on, tag #CAFOD or @cafod on social media or send a note to us at youth@cafod.org.uk. Check back next week for a new dare!