



# PROJECT COMPASSION

**UNITE  
AGAINST  
POVERTY**  
this Lent



 [projectcompassion.org.au](https://projectcompassion.org.au)

## School's Guide

# Contents

Welcome from Caritas Australia's Mission Facilitator	3
Project Compassion Planner	4
Resources Guide	6
Fundraise Online and The Big Water Walk	8
Live Caritas Q&As Sessions. Register your class today!	9
Project Compassion Prayer	11
Catholic Social Teaching (CST) Guide	12
Fundraising for Social Justice	13
Student Action Planner	14



**IMPORTANT** Please consider your audience when selecting which stories and activities you wish to share with your class. Students may have personally experienced the social justice issues that are explored throughout the resources.

## GOVERNMENT NOTICE

All fundraisers, participants and volunteers agree to abide by and comply with all relevant legislation, regulations and best practice guidelines (as appropriate) in each State and/or Territory of Australia.

Individuals and other legal entities who fundraise for Caritas Australia (Fundraisers) are responsible for (but not limited to):

- Complying with relevant fundraising laws and regulations in each jurisdiction where they fundraise (and complying with the fundraising laws in every Australian State and Territory if donations are accepted on the internet).
- 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 2025**.

For full fundraising responsibilities, please refer to our website: [www.caritas.org.au](http://www.caritas.org.au).

# Welcome

Let's all *Unite Against Poverty!* There is no time like 2025! This year is an exciting time in the life of the church.

A Jubilee year only comes around once every quarter of a century, and it brings with it a special invitation for each one of us. That invitation is close to the heart of Caritas Australia's Project Compassion. The theme of Jubilee 2025 is Pilgrims of Hope. It is hope which calls us to come together and Unite Against Poverty.

The idea of a jubilee goes right back to biblical times and is closely linked to our call to a faith that does justice. It stems from the idea of a Sabbath. Once a week, from the beginning of our relationship with God, we stopped work to rest. Every seven years, at least part of the land was allowed to rest and recover, something that modern science happens to appreciate as part of caring for Earth. During a jubilee year, all the land was allowed to lie fallow and debts were called off. It was seen as a fresh start. The word jubilee shares its origin with our word jubilation.

In Chapter 4 of Luke's Gospel, when Jesus returns to his hometown, he announces the 'year of the Lord's favor.' This is the meaning of jubilee: 'he has sent me to bring good news to the poor and freedom for those in captivity'.

Inaugurating the Holy Year, Pope Francis wrote:

We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision... This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity.



During Lent, we are called to be good news for the poor. Project Compassion is a wonderful way to do this. This year, as always, we will be sharing several stories. They represent just a fraction of the work you support through Project Compassion. We will meet Toefuata'iga in Samoa, Lam from rural Vietnam, and Irene from the Democratic Republic of the Congo. I am sure you will find them challenging and inspiring.

Caritas Australia reminds us of our Christian vocation to Unite Against Poverty. Pope Francis has spoken about the culture of indifference. We are so very grateful that our Catholic community is far from indifferent to our sisters and brothers around the world. Even with the rising cost of living and other pressures, Catholics in Australia are so generous. For this we are deeply thankful.

On the night before he died, Jesus prayed 'may they all be one.' (John 17:21). Let us come together once again in this Year of Jubilee and *Unite Against Poverty!*

Peace and blessing to all!

**Michael McGirr**

Mission Facilitator, Caritas Australia

# Project Compassion Planner

Caritas Australia invites schools to join us for Project Compassion 2025.

Lent is a special time of year. It is a time of prayer, fasting and almsgiving. As individuals we can help others, but when we come together through Project Compassion, our good becomes great. Our combined kindness grows. And when we unite with each other – and with people living in poverty – we can create BIG, lasting change.

Let's all *Unite Against Poverty!* There is no time like 2025!

We hope that the resources we provide help you bring Project Compassion to life in your school, making it an inspiring and rewarding experience for everyone.

## CHECKLIST

- ❑ **CREATE your school fundraising page.** Go to [caritas.org.au/fundraiseonline](https://caritas.org.au/fundraiseonline) to set up your online fundraising page for an event or as a way of collecting donations as a school/class.
- ❑ **REVIEW resources** and familiarise yourself with all the teaching, reflection and fundraising resources available online at [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion).
- ❑ **SHARE the Project Compassion resources** with your colleagues, by sending the links to key resources
- ❑ **SELECT students and teachers** who will help drive Project Compassion. They might be class representatives, school leaders or your social justice group.
- ❑ **PLAN your school's Ash Wednesday Liturgy.** Resource are available at [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)
- ❑ **REGISTER for online fundraising** and plan a [Big Water Walk](#) or other engaging fundraising activities. See the [Fundraising Booklet](#) for more ideas.
- ❑ **REGISTER your class for live Caritas Q&A sessions** at [caritas.org.au/project-compassion/caritas-q-a/](https://caritas.org.au/project-compassion/caritas-q-a/) These are live Q&A sessions with Caritas staff and partners. Sessions are available for Y4–6 and Y7–12.
- ❑ **DISTRIBUTE individual or class boxes.** If possible, offer these to students and teachers individually, either as people leave the Ash Wednesday Mass or after Communion, signifying the link between saying 'Amen' to the Body of Christ and 'being' the Body of Christ in the world today.
- ❑ **WATCH films before showing students** to ensure they are suitable for your audience. We have suggested audiences listed below. [Project Compassion Introduction Film](#)  
'Day in the Life' films for primary schools: [Samoa](#), [Vietnam](#) and [DRC](#)  
Story films [Toefuata'iga](#) (upper primary and secondary), [Lam](#) (upper primary and secondary) and [Irene](#) (secondary only)  
*Note: The films are subtitled for students with hearing impairments.*
- ❑ **DISPLAY posters** prominently in your school reception, other meeting rooms and classrooms.
- ❑ **MEET with your student/teacher organisers** to plan a 'whole school' approach to raising awareness and fundraising during Project Compassion this year.

# Project Compassion Planner

## DURING THE 6 WEEKS OF LENT

We offer three stories to share with your school community. The stories highlight how Caritas Australia is working together with vulnerable communities around the world, empowering them to develop their strengths and create lasting change.

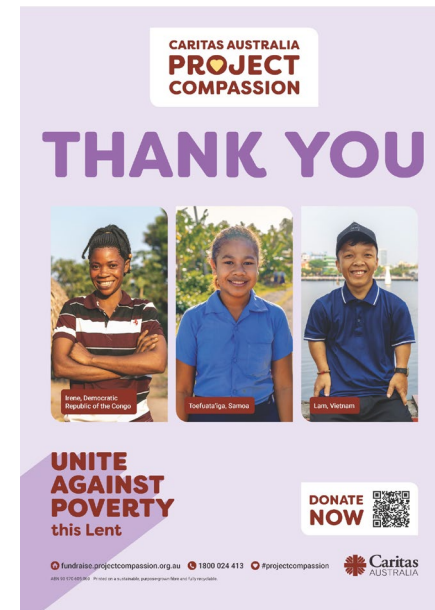
- ❑ **SHARE stories.** Insert the Project Compassion [School Newsletter Notice](#) in your weekly school newsletters.
- ❑ **USE the [Weekly Staff Reflections](#)** for staff meetings/prayer.
- ❑ **SHOW the PC25 films.** A popular time is during assemblies, Religious Education classes or homeroom. (**Note:** be sure to watch the films before you show your students to ensure they are suitable.)
- ❑ **SHARE** your school or class fundraising activities on your social media channels. The Social Media Kit is available at [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)

## HOLY WEEK

- ❑ **USE the 'Way of the Cross' resource ([Primary](#) or [Secondary](#)),** which comes with leader's notes, as a prayer and reflection activity for the whole school.

## AFTER EASTER

- ❑ **THANK the school community.** Turn over your Project Compassion poster to display the 'Thank You' poster on the back and place a Thank You notice in your school newsletter and on social media. Encouraging families to return all donations as soon as possible.
- ❑ **FORWARD your donations** and Record of Receipts sheet to Caritas Australia before 31 May 2025.
- ❑ **SHARE your fundraising total** with your school community and thank them once again.

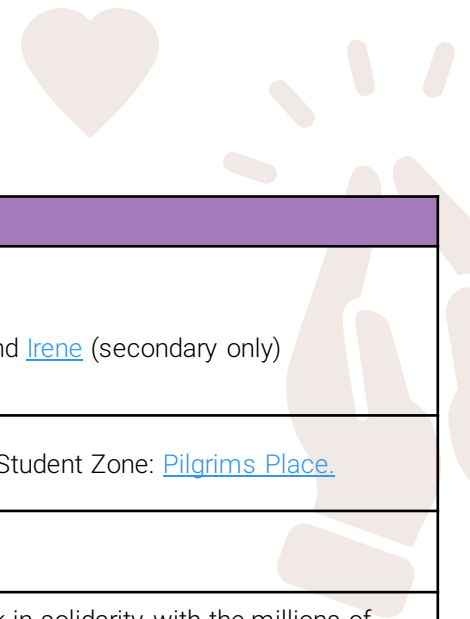


# RESOURCES GUIDE

**All our resources are online!** Access the films and written stories, teaching materials, and our fundraising and awareness raising ideas at [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion). Find links to online resources in the table below.

	Resource	Description / Suggested Use
For Students	Upper primary: <a href="#">Pilgrim Pathways Journal</a> (Student workbook)	A printable/fillable PDF journal (workbook) where students record their work as they encounter, learn, reflect, pray and take action to <i>Unite Against Poverty this Lent</i> .
	Upper primary: <a href="#">Pilgrims Place</a> (Online student zone)	An interactive image with films, photos, stories and information for students to use to complete their Pilgrim Pathways Journal.
	<a href="#">Photo Storybooks</a>	A Photo Storybook for each Project Compassion story, designed especially for Primary (F-2) students.
	<a href="#">Colouring Pages</a>	Use these colouring pages promoting Project Compassion by creating a classroom or school display or using them for a colouring competition to raise money for Project Compassion.
	<a href="#">Audio Described Stories</a>	A story for each week with included audio descriptions.
	Secondary Student Workbook: <a href="#">Pilgrim Journal</a>	A fillable PDF for students to record their learning and reflections as they journey through Project Compassion as <i>pilgrims of hope</i> .
	<a href="#">Secondary Virtual Pilgrimage</a>	An interactive image with links to stories and information to help students complete their student workbook (Pilgrim Journal)
	<a href="#">Caritas Q&amp;As</a>	A chance to interact online with our staff and partners in Australia and overseas! 30-minute sessions hosted by Caritas Australia on Zoom. A unique opportunity for students to connect with the people positively affected through Caritas-supported programs and to learn more about the impact of their generous donations. Registrations open to Years 4-12 class groups and available across all time zones.
For Teachers	<b>Teacher Handbook PDF</b>	Available in <a href="#">Lower Primary</a> , <a href="#">Upper Primary</a> and <a href="#">Secondary</a> versions, provides an explanation of the Project Compassion resources. Briefly explores the curriculum and learning opportunities within Project Compassion.

# RESOURCES GUIDE continued



	Resource	Description / Suggested Use
Media	Films	<a href="#">Project Compassion Introduction Film</a> 'Day in the Life' films for primary schools: <a href="#">Samoa</a> , <a href="#">Vietnam</a> and <a href="#">DRC</a> Story films <a href="#">Toefuata'iga</a> (upper primary and secondary), <a href="#">Lam</a> (upper primary and secondary) and <a href="#">Irene</a> (secondary only) <i>Note: The films are subtitled for students with hearing impairments.</i>
	Photo Galleries	View photos from the field. Photos for each story are available through the interactive Primary Student Zone: <a href="#">Pilgrims Place</a> .
All Purpose	Introducing Project Compassion (PPT)	Available in <a href="#">Primary</a> and <a href="#">Secondary</a> versions. Overview of all 3 featured Project Compassion
	<a href="#">The Big Water Walk</a>	This schools guide with accompanying resources will assist teachers to run the Big Water Walk in solidarity with the millions of people who walk for water each day.
	<a href="#">Fundraising Booklet</a>	Ideas to inspire fundraising and awareness raising activities linked to the Project Compassion stories. visit <a href="http://caritas.org.au/fundraiseonline">caritas.org.au/fundraiseonline</a> to register your fundraising activities!
Prayer and Reflection	Ash Wednesday Liturgy	Available in <a href="#">Primary</a> and <a href="#">Secondary</a> versions, this Liturgy of the Word includes distribution of the ashes.
	<a href="#">Prayer (PPT)</a>	The Project Compassion prayer with beautiful images. Use as a daily or weekly prayer for students or staff, or at an assembly.
	<a href="#">Weekly Scripture Reflection for Teachers</a>	Weekly reflections for staff, linking the Project Compassion stories to the Sunday Scripture readings. Use for weekly staff reflections during Lent.
	Way of the Cross (PPT)	Available in <a href="#">Primary</a> or <a href="#">Secondary</a> versions. A reflection following the Way of the Cross, to use during Holy Week. Leaders' Notes included.
Telling Others	<a href="#">Newsletter Notices</a>	A brief insert for your weekly school newsletter, explaining the week's Project Compassion story. Include in print/online school communications. Use on school social media and website.
	<a href="#">Social Media Toolkit</a>	Content and assets to share your support of Project Compassion through your social media channels.

# FUNDRAISE ONLINE

Raise funds the easy way - online!

No cash at your school? *No problem!*

Setting up your schools online fundraising page is simple!

Visit: [www.caritas.org.au/fundraiseonline](http://www.caritas.org.au/fundraiseonline)

## 💡 Tips for success at your school:

- Create teams for classes or houses to add a little friendly competition! 🏆
- Share your fundraising page and QR code with your school community to spread the word!
- Access awesome tools and resources to make Project Compassion at your school the best yet!

## Register your fundraiser

1. VISIT: [www.caritas.org.au/fundraiseonline](http://www.caritas.org.au/fundraiseonline)
2. SEARCH for your school's name
3. SELECT 'ACTIVATE YOUR SCHOOL'S PROFILE - FOR TEACHERS'
4. FILL in your school details, add a profile picture (maybe your school logo) and choose your schools fundraising goal
5. CREATE teams/classes for your students to join (*only a teacher can set up teams!*)
6. SHARE your school page to encourage participation and support
7. START your school fundraising!

# THE BIG WATER WALK

Unite your whole school community and take on **The BIG Water Walk** at your school this Lent. Your school will raise funds to bring *clean, safe drinking water to communities around the world!*

## How to host your School's BIG Water Walk:

1. **Pick a date:** Choose a day during Lent that works for your school.
2. **Set your route:** You could plan laps around your school oval, circuits through your school grounds, or even a walk to a local park!
3. **Consider adding a challenge:** Consider carrying water during the walk to simulate the daily journey faced by vulnerable communities.
4. **Promote the Event:** Share details with students, parents, and staff to build excitement and support.

Join The Big Water Walk for schools



Step 1

Register now



Step 2

Choose your walk day and distance



Step 3

Raise funds and have fun

Download The Big Water Walk Guide





# Live Caritas Q&As

Explore the different stories, programs and issues for each week of Project Compassion with our Caritas Q&As.

## WHAT ARE CARITAS Q&As?

During Project Compassion, Caritas Australia is offering the chance to interact online with our staff and partners in Australia and overseas!

Caritas Q&As are 30-minute sessions hosted by Caritas Australia on Zoom. The sessions are a unique opportunity for students to connect with the people positively affected through Caritas-supported programs and to learn more about the impact of their generous donations.

Caritas Q&As are open to students in **Years 4–12** and are available across all time zones.

## HOW WILL IT WORK?

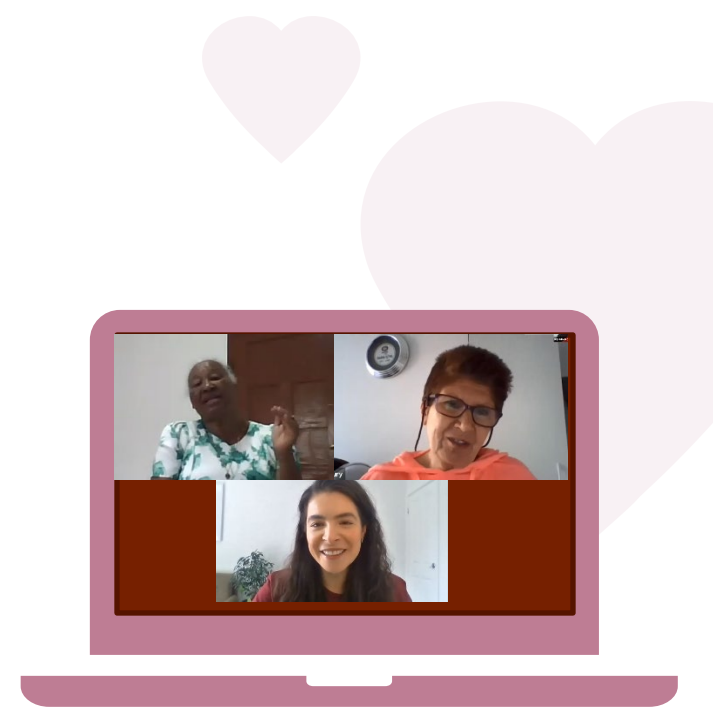
Caritas Q&As run across Lent during school term and will focus on a different Project Compassion story and program each week.

Help prepare your students for a Caritas Q&A by:

- showing them the relevant Project Compassion video
- working through our Project Compassion school resources or relevant social justice resources
- guiding them to create a question to ask Caritas staff/partners.

## HOW DO I REGISTER?

Go to <https://www.caritas.org.au/project-compassion/caritas-q-a/> to register your class in the session that suits you.



**Register your class  
for Caritas Q&As**



# Q&A TIMETABLE

All times listed below are AEDT. Please adjust for your time zone.

Note: Times are subject to change prior to Lent, depending on our program partners' availability.

<b>Toefuata'iga's Story</b> (Samoa)	<b>Primary (Y4-6)</b>	<b>Wednesday 12 March</b>	<b>Thursday 13 March</b>
		9:15 am 2:15 pm	10:30 am 12:15 pm
	<b>Secondary (Y7-12)</b>	<b>Wednesday 12 March</b>	<b>Thursday 13 March</b>
		11:00 am 1:00 pm	9:00 am 2:00 pm

<b>Lam's Story</b> (Vietnam)	<b>Primary (Y4-6)</b>	<b>Monday 17 March</b>	<b>Thursday 20 March</b>
		10:30 am 12:15 pm	9:15 am 2:15 pm
	<b>Secondary (Y7-12)</b>	<b>Monday 17 March</b>	<b>Thursday 20 March</b>
		9:00 am 2:00 pm	11:00 am 1:00 pm

<b>Irene's Story</b> (Democratic Republic of the Congo)	<b>Primary (Y4-6)</b>	<b>Monday 24 March</b>	<b>Wednesday 26 March</b>
		9:15 am 2:15 pm	10:30 am 12:15 pm
	<b>Secondary (Y7-12)</b>	<b>Monday 24 March</b>	<b>Wednesday 26 March</b>
		11:00 am 1:00 pm	9:00 am 2:00 pm

Register at <https://www.caritas.org.au/project-compassion/caritas-q-a/>

# PROJECT COMPASSION LENTEN PRAYER

God of our journey  
we are all pilgrims of hope  
brought together by your love  
and your wish that we may all be one.

We pray that in this Year of Jubilee  
when we are called to greater justice  
and care for our common home  
that we may *Unite Against Poverty*.

May we work in unity for the freedom  
of the oppressed and the renewal of creation.

May our compassionate minds  
and generous hearts help bring about a  
world where all can live in peace.

May our Lenten pilgrimage of  
fasting, almsgiving and prayer  
bring us closer to your loving heart.

We ask this in the name of Jesus.

Amen



**PROJECT  
COMPASSION**



**UNITE  
AGAINST  
POVERTY**  
this Lent

# Catholic Social Teaching (CST) Guide

Catholic Social Teaching (CST) principles cover all spheres of life – the economic, political, ecological, 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 believe every human being is created in the image and likeness of God and therefore has inherent dignity that should always be safeguarded.



## SUBSIDIARITY AND PARTICIPATION

We believe all people have the right to participate in decisions that affect their lives. Subsidiarity requires that decisions are made by people closest and most affected by the issues and concerns of the community.



## SOLIDARITY

We believe we are part of one human family and have a responsibility to help each person achieve their full potential.



## THE COMMON GOOD

We believe the good of each human person is intimately related to the good of the whole community. We are all responsible for each other.



## PREFERENTIAL OPTION FOR THE POOR

We believe in prioritising the women, men and children most vulnerable to extreme poverty and injustice.



## CARE FOR OUR COMMON HOME

We believe that care for our common home is vital for the common good of all people. We believe a true ecological approach is a social approach. We are to be protectors of creation and of one another.



For more on Catholic Social Teaching, including classroom activities, short films and other resources, visit our [CST Toolkit](#).

Photo credits: Arlette Bashizi/Caritas Australia (Top right, bottom left, bottom right). Caritas Australia (remaining photos).

# Fundraising for social justice

Caritas Australia believes that fundraising should be FUN! It's also an opportunity to raise awareness about important issues, and a chance for the community to take part in a social justice action. Everyone who contributes is empowered and able to stand in solidarity with the communities we serve and those who benefit from our actions.

## STEP 1: ACT CHARITABLY

Donate to Project Compassion and inspire others to help you fundraise too. You'll help support long-term programs that help communities lift themselves out of poverty, and support emergency relief programs around the world.

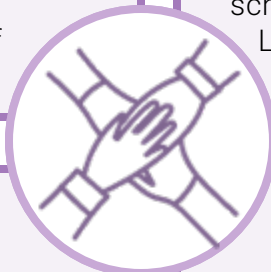
**Suggested action:** set-up your own online fundraising page and share your URL with others or collect funds using your Project Compassion donation box. Funds collected go to long-term integral human development programs and emergency relief programs.

## STEP 2: RAISE AWARENESS

Help others understand the issues that people experiencing extreme poverty are faced with. Inform your community about how their donations can help communities gain access to clean water, food security, basic healthcare and safety.

**Suggested actions:** Show the Project Compassion films, display printed materials around your school and include notices in your school newsletter. Share information on social media.

Learn more at [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion)



## STEP 3: ACT IN SOLIDARITY

Actions like walking a long way – in solidarity with those who walk a long way to collect water, or those fleeing conflict zones to safety, promote empathy and understanding. When you walk in the shoes of the world's most vulnerable, you start to understand, with compassion, the injustices these communities face.

**Suggested action:** Complete The Big Water Walk in solidarity with the millions of people who walk every day to access clean water.

## STEP 4: ACT FOR SOCIAL JUSTICE

Take social justice actions to address underlying issues and make a global impact. Using the knowledge and tools you have learnt through Project Compassion, raise your voice and push for lasting change, helping to create a more just and sustainable world.

**Suggested action:** Take action for social justice by supporting climate justice. Many of our partners are experiencing the harsh impacts of climate change.

# Student Action Planner

## PLANNING GROUP MEMBERS:

**1. THINK** – What is the focus of your campaign? Why is this issue important?

**2. LEARN** – What facts and figures do you need? Where can you get this information? Make it real with an example of a Caritas Australia community development program.

**3. TOOLS** – For example, setting up a Project Compassion online fundraising page, social media, posters, stalls, newsletter items, slides from the Caritas Australia website, music, an event or assembly presentation, etc.

**4. CONTACTS AND PERMISSIONS** – Make an appointment to see your Principal to talk about what you have learnt and how you would like to engage the rest of the school community. Who else do you need to speak to? (E.g. teachers, parish priest, participants, others)

Have a chat with your school media person as they might have some good contacts with local newspapers. Get your justice agenda out into your wider community! Share the good news!

## 5. SET A DATE

When will your main event take place?

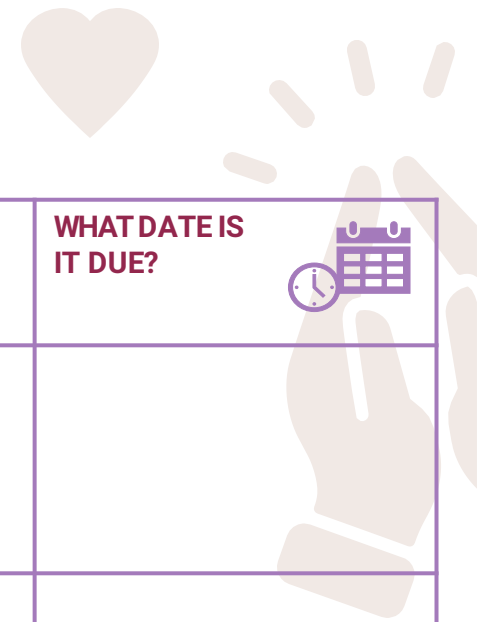
When will you start preparations?










When do you need to start promotion?

**JUSTICE BEGINS WITH ME!** – What personal action will each member of your group take? How will you lead by example?

**REFLECT ON FAITH AND ACTION** – What Catholic Social Teaching principles guide you to take action for people who experience poverty?


# Student Action Planner



	<b>WHAT TASKS NEED TO BE DONE?</b> 	<b>WHY IS THIS A GOOD IDEA?</b> 	<b>WHO WILL DO IT?</b> 	<b>WHAT DATE IS IT DUE?</b> 
<b>FUNDRAISING ACTION</b>  				
<b>AWARENESS RAISING ACTION</b>  				
<b>SOLIDARITY ACTION</b>  				
<b>JUSTICE ACTION</b>  				

CARITAS AUSTRALIA  
**PROJECT**  
**COMPASSION**

Unite Against Poverty this Lent

 1800 024 413

 #projectcompassion

 [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)