

SCIAF EDUCATION

# LEARN, PRAY, ACT IN YOUR PARISH

Mass in Adigrat,  
Ethiopia



# SCIAF EDUCATION WEE BOX 2026

2

This Lent, we invite parishes across Scotland to use their WEE BOX to learn, pray and act for global justice.

SCIAF are committed to faith-filled Development Education in schools and parishes across Scotland because we believe that understanding and acting on global injustices is an essential part of living out our Catholic faith.

This year's WEE BOX appeal focuses on our work in Ethiopia where conflict, climate change, and deep aid cuts are driving a devastating water crisis, reversing decades of progress.

Because of your support, SCIAF's partners in Ethiopia and around the world are bringing life-giving water to those who need it most.

Thank you for your continued prayers and fundraising this Lent.

God Bless,



**Jenna and Michael**  
Community Engagement Team



# WATER IS LIFE

Yet for millions of people in Ethiopia, clean and safe water remains dangerously scarce.

Every day, people walk for hours under the scorching sun in search of water – often from unsafe, distant sources. This daily task, which usually falls to women, girls and boys, exposes them to danger and traps families in poverty. Time spent fetching water means children miss school and parents lose vital hours needed to work or care for the family.

Ethiopia has made great strides in development over the past decades: improving education, health, and livelihoods. But this progress is now at risk. Recent conflicts, fragile ceasefires, and major cuts to international aid have pushed millions back into extreme poverty. In a country already suffering from the effects of the climate crisis, these pressures are devastating.

**Even in the midst of these struggles, hope endures.**

SCIAF, through our partners in Ethiopia, are working with communities to bring life-giving water and support to those who need it most. Together, with your support we:

- Dig and repair wells so that water flows near people's homes.
- Provide clean, safe water for drinking, cooking, and sanitation.
- Provide skills training and small business support.
- Help young people receive an education.
- Support families recovering from conflict and disasters.

Hirit, Ethiopia



Use the WEE BOX  
Parish PowerPoint and  
notes to learn more  
about SCIAF's work in  
Ethiopia.



**In Ethiopia,  
one in six children  
under five die from  
diseases linked to  
drinking dirty water  
and poor  
sanitation.**

# WHAT IS DEVELOPMENT EDUCATION?

Development Education (DE) is about helping our Catholic community understand the causes of poverty and injustice, and inspiring action rooted in compassion, solidarity, and hope.

At SCIAF, our DE programme supports community learning in light of sacred Scripture and Catholic Social Teaching. Through our resources, talks, and parish partnerships, we help our community to learn, pray and act together by:

- Deepening their understanding of global issues such as poverty, conflict, and climate change.
- Reflecting on these challenges through the lens of faith.
- Taking meaningful action – as individuals, families, and parishes – to build a better world.

Development Education is not simply about learning facts or statistics – it is about ongoing conversion – allowing our hearts and minds to be shaped by the Gospel call to love our neighbour and seek justice.



Collecting water,  
Borena, Ethiopia



# INTEGRAL HUMAN DEVELOPMENT

## DISCUSSING DIFFICULT TOPICS

Speaking with others about issues like international aid, water scarcity, poverty, and global justice can sometimes be challenging. These are deeply human issues that stir strong emotions – and many people in your parish may have lived experience of them.

In parish life, conversations about charitable giving, fundraising, and campaigning can also

raise difficult questions. Some parishioners may feel frustrated or unsure about how much difference their support really makes.

Our goal is not to avoid these conversations, but to turn them into moments of encounter, dialogue, and hope, rooted in the Gospel and in Catholic Social Teaching.

## WHAT IS AN INTEGRAL HUMAN DEVELOPMENT APPROACH?

There are many ways to think about global issues such as poverty or climate change – through the lens of human rights, law and policy, or social responsibility. These are all valuable.

However, our Catholic faith requires us to bring a distinct perspective: the approach of Integral Human Development (IHD), a holistic model of human flourishing rooted in the inherent dignity of each person, and every person. This approach goes beyond the frameworks of rights or law by considering the whole person and the whole community – their physical, emotional, social, spiritual, and environmental

wellbeing. It is rooted in Catholic Social Teaching, affirming the dignity of every human being, the interconnectedness of creation, and the pursuit of the common good.

An IHD approach helps us move from asking only:

‘What’s fair?’ to ‘What’s just and loving?’ and ‘What does our faith requires of us?’

It reminds us that aid and development are not simply acts of charity, but a partnership rooted in solidarity and the “burning heart of the Church’s mission” (Pope Leo XIV, *Dilexi Te*)

Use our ‘**Promoting Integral Human Development in the light of the Gospel**’ resource to learn more about IHD and how it works in practice for SCIAF.



## HAVING HOPEFUL CONVERSATIONS

We know that some conversations about aid, development and charity can feel difficult. As a SCIAF volunteer, and supporter, some parishioners might ask tough questions about why we focus on certain countries or why the situation doesn't seem to improve.

In this resource, we offer a simple but effective dialogue tool that supports balanced, compassionate conversation, especially when views diverge: the acknowledge-explain-reassure-redirect framework.

**ACKNOWLEDGE      EXPLAIN      REASSURE      REDIRECT**

<b>ACKNOWLEDGE</b> their concern	Show empathy and respect for feelings or viewpoints without judgement.
<b>EXPLAIN</b> the benefits or context	Share clear information, facts or insight. Linking to Catholic Social Teaching and real examples from SCIAF's work is a good way to do this.
<b>REASSURE</b> by connecting to shared values	Affirm the values your parish community have in common – fairness, dignity, compassion, and hope.
<b>REDIRECT</b> frustration toward empathy and action	Help others see how they can respond constructively through learning, prayer, and action like fundraising or campaigning.

Use this conversation guide if you need some quick support when using these WEE BOX resources in your parish.

Concern/Question	Acknowledge	Explain	Reassure / Redirect
<b><i>"We've been helping Ethiopia for years – why are people still struggling?"</i></b>	That's a fair question. People have worked hard and progress has been made.	Ethiopia was on a journey of development, but recent war, droughts, floods, high government debt repayments, and aid cuts have undone much of that progress.	It's not about failure – new and complex problems have emerged and it's pushing many people back into extreme poverty. It's about standing with people as they rebuild.
<b><i>"We've already supported building hundreds of wells in Ethiopia, so why does it never seem to fix things?"</i></b>	It can feel frustrating when change seems slow or when progress is halted.	SCIAF's work isn't about quick fixes. We work with local partners to repair pumps which have been damaged where there haven't been any resources to fix them.	We don't just provide water: we stand with people for the long term. That's real partnership, rooted in faith. Remember the WEE BOX stories are only one perspective from Ethiopia. Not everyone in, or from, Ethiopia has had the same experience as those who feature in this resource.
<b><i>"Water is an SDG priority so shouldn't governments be doing this?"</i></b>	You're right – global governments have a duty to act.	But international aid budgets have been cut drastically. The UK's funding for water and sanitation has dropped from £110m in 2020 to £26m in 2024. The Ethiopian government is also trapped in making big debt repayments to richer countries.	That's why we call for justice as well as generosity. Our Lent campaign asks the UK to not cut aid, and people in Scotland can lend their voices to this petition.
<b><i>"Why focus on Ethiopia when there are so many crises elsewhere?"</i></b>	It's true there are many urgent needs worldwide.	Ethiopia's crisis is less visible in the media but deeply serious. Drought, conflict, and aid cuts are putting millions of people at risk.	Supporting communities in Ethiopia doesn't mean ignoring others. It means standing with those who are forgotten, as Christ calls us to do.

Concern/Question	Acknowledge	Explain	Reassure / Redirect
<b><i>"Aid is just charity - shouldn't countries help their own people?"</i></b>	It's good to want sustainable development and for people to be self-reliant.	Aid programmes fill vital gaps and SCIAF provides skills training for people to start small businesses and supports building lasting peace, this is sustainable and long lasting.	Our faith teaches us that true charity empowers others. It's about justice and solidarity, not dependency.
<b><i>"The world's problems are too big."</i></b>	It's understandable to feel overwhelmed.	Every act of compassion makes a difference: every donation, every prayer.	You are not expected to do it all alone, there are already changes for good happening at a global level and our actions add to this movement.
<b><i>"Charity starts at home."</i></b>	It's true that many people here in Scotland need support too.	SCIAF's work is part of the same calling – to love our neighbour, wherever they are.	Caring globally doesn't take away from local needs; it strengthens our shared humanity.
<b><i>"Can our parish really make a difference?"</i></b>	It can seem like our efforts are small.	Each Lent, schools, parishes and individuals across Scotland raise around £1million through the WEE BOX.	Together, we help people not just survive, but flourish. That's faith in action and powerful faith witness.





LEARN

# WEE BOX PARISH RESOURCES

9

## WEE BOX VIDEOS

If you have AV equipment available, use some of our videos during Lent.



[youtube.com/sciaf](https://youtube.com/sciaf)



## SCIAF SPEAKER

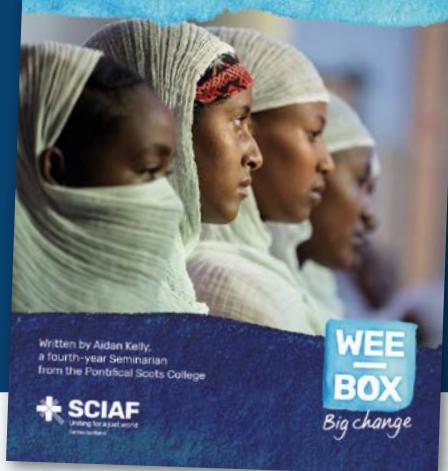
Invite SCIAF to your parish to lead a WEE BOX talk during or after Mass.  
[getinvolved@sciaf.org.uk](mailto:getinvolved@sciaf.org.uk)

## STATIONS OF THE CROSS

Use the SCIAF Stations of the Cross booklet and PowerPoint. This year the Stations have been written by Aidan Kelly, a fourth-year Seminarian from the Pontifical Scots College who recently completed a placement at SCIAF.

## STATIONS OF THE CROSS

Lent 2026





# LIVING WATER

You can run this session with a young adult group, chaplaincy, or as a Lenten reflection evening. It can be led by a parish volunteer or SCIAF representative.

**Timing:** 45–60 minutes

**Materials:** Bibles, large paper/whiteboard, pens, projector

**Read John 4:14** “Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” (ESV-CE)

Pause for a moment of silence, then ask:

- What does this passage mean to you?
- How does this image relate to physical access to water?

## PART 1: DISCUSS

Display this fact on a whiteboard, or using a projector:

**Globally, about 2.1 billion people still lack access to safely managed drinking water – meaning safe water at home, available when needed and free from contamination. Of these, over 100 million people are drinking untreated water from rivers, lakes or springs.**

**Prompt a quick discussion:**

- What do you think ‘safe water at home’ means?
- What do you think ‘available when needed’ means?



Collecting water,  
Borena, Ethiopia

## PART 2: ACTIVITY

Divide into small groups and assign each phrase to one group.

Encourage discussion, personal reflection, or quick online research using reliable sources such as World Health Organisation (WHO), UN Children's Fund (UNICEF), UN Food and Agriculture Organisation (FAO), or Global Goals.

### Explore these key ideas:

- 1. Safe water** – What makes water safe or unsafe? Think about contamination, treatment, and maintenance.
- 2. At home** – Why does proximity matter? How might collecting water take time away from school, work, or caring responsibilities?
- 3. Available when needed** – What happens during drought, when pumps break, or when water is rationed?
- 4. Free from contamination** – What kinds of pollutants or bacteria make water unsafe? How can communities prevent this?
- 5. Untreated water** – Why is water from rivers or lakes not always clean or reliable?

### SDG ladder for drinking water services

SERVICE LEVEL	DEFINITION
SAFELY MANAGED	Drinking water from an improved source that is accessible on premises, available when needed and free from faecal and priority chemical contamination
BASIC	Drinking water from an improved source, provided collection time is not more than 30 minutes for a round trip, including queuing
LIMITED	Drinking water from an improved source, for which collection time exceeds 30 minutes for a round trip, including queuing
UNIMPROVED	Drinking water from an unprotected dug well or unprotected spring
SURFACE WATER	Drinking water directly from a river, dam, lake, pond, stream, canal or irrigation canal

**Note:** Improved sources include: piped water, boreholes or tubewells, protected dug wells, protected springs, rainwater, and packaged or delivered water.

## PART 3: PRAYER

Share the WEE BOX prayer for 2026 with the group:

God of Life-Giving water, we give You our praise.  
 We lift to you all those that seek water but do not find.  
 Quench their thirst and provide all that they need.  
 May we, the SCIAF family, continue to be a voice for those unheard;  
 A pillar of hope for our sisters and brothers.  
 We ask that You help us to play our part in building a world  
 where justice flows like a mighty river.

**Amen**





# INVESTIGATING WATER JUSTICE USING AN INTEGRAL HUMAN DEVELOPMENT APPROACH

You can run this session in a parish meeting, with a young adult group, or Lenten reflection evening. It can be led by a parish volunteer or SCIAF representative.

**Timing:** 45–60 minutes

**Materials:** Bibles, large paper/whiteboard, pens, projector.

## PART 1: DISCUSS

Read Amos 5:24 together: 'Let justice roll down like waters, and righteousness like an ever-flowing stream.' (ESV-CE)

**Discuss:** What do you think justice means here? What helps justice flow in the world? What might block justice flowing? How might this relate to water?



## PART 2: INVESTIGATE

Read out the statement below, use a projector, or print this page.

### What do we mean by Water Justice?

Justice can be understood in different ways. For some people justice means fairness, and the principle that people receive what they deserve, although the interpretation of 'deserving' might vary from one person to another. For others, justice means the imposition of the rule of law, although the interpretation of what is lawful or unlawful can vary from country to country. For us, living our faith as Catholics, justice is not dependant on human laws or what people 'deserve' but is rooted in the principle that every person, made in the image of God, can flourish when their physical, emotional, social, spiritual, and environmental wellbeing needs are met.

Water justice is the idea that every person, everywhere in the world, should have the same access to sufficient supplies of safe water, that is fully accessible and affordable, giving them the power to make decisions that affect their daily lives. For many people around the world, however, this does not happen. People experience water injustice when their right to water is denied.

There are many issues that might be considered barriers to water justice and water security, such as weak laws, infrastructure, lack of co-operation between governments, financing, and peace and stability.

## PART 3: ACTIVITY

How do these issues link together?

Brainstorm as a group the interconnected issues associated with water scarcity.

#### Examples might include:

- Climate change – droughts or floods
- Conflict – wells destroyed or unsafe to reach
- Poverty – can't afford repairs or water pipes
- Lack of clean water – disease spreads
- Gender inequality – women/girls spend hours collecting water
- Aid cuts – fewer community projects started or abandoned
- Missed education – children can't attend school
- Livelihood loss – crops fail, income falls

#### Add positive connections (justice and hope flowing):

- Advocacy – for increased aid funding
- Global Church – SCIAF's work to provide safe clean water
- Participation – Solidarity from Scotland; prayers and fundraising

## PART 4: PLENARY

**Discuss:** Where did you see the biggest blockages to justice? Where do you see hope? What would help justice flow more freely? What does this look like in our parish, our community, our world?

**Optional:** Write individually or as a group a short reflective piece, prayer or poem entitled 'Justice flows when everyone can flourish.'





LEARN

# INTERNATIONAL AID

This activity explores the role of aid, the impact of cuts, and SCIAF's aid and development approach.

You can run this session in a parish meeting, with a young adult group, or as a Lenten reflection evening. It can be led by a parish volunteer or SCIAF representative.

**Timing:** 45–60 minutes

**Materials:** Bibles, printed factsheets and infographic or a projector.



## PART 1: UNDERSTANDING AID

Recent years have seen significant cuts to global aid budgets in both the UK and the USA. These decisions affect not only communities abroad but also global stability and wellbeing. This can be a complex and political issue, so we will explore it through the lens of Catholic Social Teaching, Scripture, and Integral Human Development.

## FACTSHEET

1. International aid is when governments set aside part of their national wealth to support programmes in less wealthy countries – to reduce poverty, improve health and education, and respond to crises.
2. The UK Government manages the main aid budget through the Foreign, Commonwealth and Development Office (FCDO).
3. The Scottish Government oversees a smaller devolved International Development Fund, which supports specific countries such as Malawi, Rwanda, and Zambia, often through organisations like SCIAF.
4. During the mid-to-late 2010's the UK maintained its commitment to spend 0.7% of Gross National Income (GNI) on aid (about £19 billion).
5. From 2021 UK spending on aid was cut to 0.5 % of GNI, and the government has announced a further reduction to 0.3 % of GNI (around £9 billion) by 2027.
6. The UK Government spends around £1.28 trillion a year on all public services – so aid is less than 1% of total spending.
7. Globally, funding for water, sanitation and hygiene programmes (WASH) fell from £110 million (2020) to £26 million (2024) – a reduction of around 76%.
8. At that 2027 level, UK aid would cost each working-age adult around 62p a day – less than half of what it once was, and less than half the support reaching people in need.
9. Returning to spending 0.7% (about £1.30 a day) would restore the promise of justice, not charity.

## WHY THIS MATTERS

Aid is not just about survival – it's about stability, peace, and shared progress. When people have clean water, food, education, and healthcare, communities can rebuild and thrive.

Stable societies mean less conflict, less forced migration, and greater global security – benefits that extend to us here in Scotland too.

Aid puts the principle of solidarity into action: recognising that our wellbeing is connected to the wellbeing of others and actively working for their good.



**Aid that invests in clean water, education, and livelihoods nurtures human potential, creativity, and dignity – the seeds of a better future.**

## PART 2: DISCUSS

Explore these questions as a group or in pairs:

- Should wealthier countries give aid to poorer countries? Why or why not?
- Why might governments reduce aid?
- What impact might this have on communities relying on long-term projects?
- What kind of aid builds independence? How does partnership (like SCIAF's approach) support sustainable aid and development?
- How can aid reduce conflict over resources such as water or food?
- Is aid an act of charity, or a form of re-balancing justice – remembering how wealthy nations gained wealth through colonialism / resource extraction etc?
- How do modern trade systems still favour richer countries today?

## PART 3: LINKING TO OUR FAITH

How does sacred Scripture and Catholic Social Teaching challenge us to think about global justice, development and aid?

### Read:

- Matthew 25:35 '...I was thirsty and you gave me drink...' (ESV-CE)
- Amos 5:24 '...let justice roll down like waters, and righteousness like an ever-flowing stream.' (ESV-CE)

**Discuss:** International aid is not a charitable after thought in Catholic Social Teaching (CST) – it is a concrete expression of the Church's call to solidarity, the universal destination of goods, and the preferential option for the poor. CST grounds the obligation to help the needy in Scripture ('the least of these' Matthew 25:40) and in Papal documents such as *Caritas in Veritate* and *Fratelli Tutti*.

From these foundations emerges a clear moral imperative. Share these infographics either individually or with small groups to read and discuss.



## **Solidarity with the poor**

Aid is a concrete way of living the Church's preferential option for the poor, turning "charity toward the poor... into a more solicitous, more effective, more generous" reality.

(Pope John Paul II, 1988)

## **Integral Human Development**

Assistance must promote not only material well being but also cultural, spiritual, and social dimensions, reflecting the 'integral development of man' highlighted in *Populorum Progressio*.

(Pope Paul VI, 1967)

## **Peace and security**

By reducing poverty and its structural causes, aid contributes to global peace, a point Pope Benedict XVI links to the market's need for 'mutual trust' and to Pope Francis's observation that fighting poverty builds peace.

(Caritas in Veritate, Pope Benedict XVI, 2009)

## **Reciprocal gifts**

Fratelli Tutti reminds us that 'development aid for poor countries... creates wealth for all,' urging a sharing of decision making and market access that benefits both donors and recipients.

(Pope Francis, 2020)

## **Promotion of dignity**

"The Church views international aid as an essential tool for promoting dignity, reducing poverty, advancing global solidarity, and enhancing peace and security throughout the world. International assistance is a moral responsibility to assist 'the least of these' (Matthew 25). Assistance must be an expression of our solidarity with all people living in poverty"

(United States Conference of Catholic Bishops, 2020)



## PART 4: TAKE ACTION

This Lent you can take action on aid cuts.

We are asking supporters to sign our petition to the UK Government to return aid to 0.7% immediately.

Sign petition here:  
[sciaf.org.uk/aidcuts](http://sciaf.org.uk/aidcuts)

**TAKE ACTION**



## PART 5: VIDEO

Watch a short SCIAF video about our work in Ethiopia and reflect on how SCIAF respond to the needs of the world, as part of the global Catholic Church.



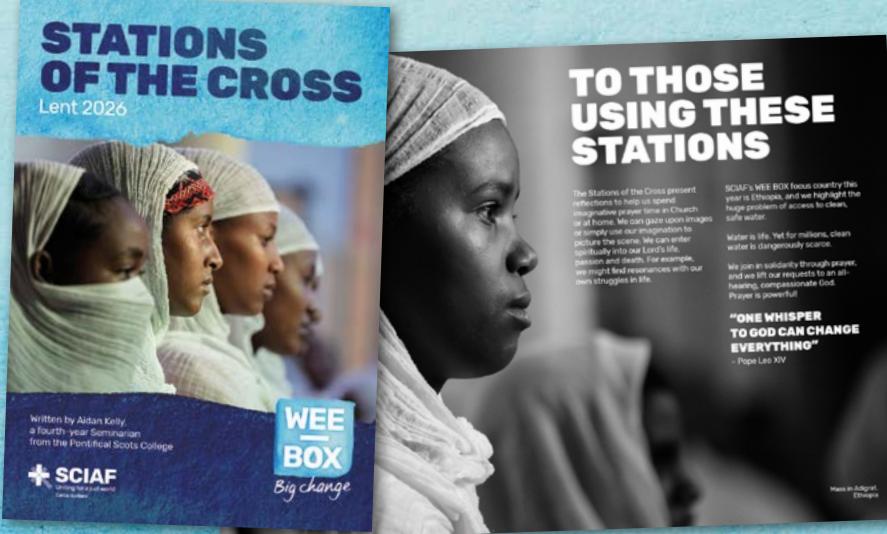
[youtube.com/sciaf](https://youtube.com/sciaf)



# STATIONS OF THE CROSS

Remember our Stations of the Cross are available at [sciaf.org.uk/resources](http://sciaf.org.uk/resources).

These present reflections to help us spend time in prayer at Church or at home. We can gaze upon images, use the PowerPoint or simply use our imagination to picture the scene. We can enter spiritually into our Lord's life, passion and death. For example, we might find resonances with our own struggles in life...



## WEE BOX PRAYER FOR 2026

God of Life-Giving water, we give You our praise.  
We lift to you all those that seek water but do not find.  
Quench their thirst and provide all that they need.  
May we, the SCIAF family, continue to be a voice for those unheard;  
A pillar of hope for our sisters and brothers.  
We ask that You help us to play our part in building a world  
where justice flows like a mighty river  
**Amen**

Fr Tesfay, Ethiopia

# SCIAF BIDDING PRAYERS FOR LENT 2026

## For the Holy Church, that she may be a prophetic voice for water justice this Lent.

Lord, grant Pope Leo, the Bishops, Clergy and all the faithful, the courage and wisdom to proclaim and act for the right to clean water, especially for the poorest and most vulnerable in Ethiopia.

Lord, in Your mercy: Hear our prayer.

## For the people of Ethiopia, where clean and safe water remains dangerously scarce.

Lord, look with mercy on those in Ethiopia whose daily lives are marked by water scarcity. Open the way for fresh water to flow to their fields, homes and wells, sustaining their bodies and spirits.

Lord, in Your mercy: Hear our prayer.

## For SCIAF and its partners.

Lord, bless the work of SCIAF, may their efforts in Ethiopia and around the world secure safe, reliable water for families, and may their collaboration with the global Church family continue to bear lasting fruit.

Lord, in Your mercy: Hear our prayer.

## For all communities worldwide suffering from water scarcity.

Almighty God, inspire leaders and decision makers everywhere to recognise water as a common good and essential for all life. May they enact policies that protect this resource and ensure it is shared equitably with those who lack it.

Lord, in Your mercy: Hear our prayer.

## For the faithful, that they may support SCIAF this Lent

Lord, stir in us a generous spirit, that we may contribute through prayer, offering, and advocacy this Lent to support SCIAF in building a better world.

Lord, in Your mercy: Hear our prayer.





# SCIAF BULLETIN ENTRIES



We ask that you share this QR code in your bulletin during Lent to allow supporters to learn more about the WEE BOX Appeal this year.

## Sunday 15th February:

### WEE BOX, BIG CHANGE LAUNCHES

On Ash Wednesday, SCIAF launches the WEE BOX, BIG CHANGE Appeal. This year's Lent Appeal focuses on the country of Ethiopia. Water is life. Yet, for many, clean water is dangerously scarce. Conflict, climate change, and deep aid cuts are driving this devastating water crisis, reversing decades of progress and leaving millions at risk. This Lent, let hope flow and use your WEE BOX to help bring clean water, dignity, and opportunity to those who need it most.

To find out more, please visit [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox) call **0141 354 5555**.

## Sunday 22nd February:

### WEE BOX PRAYER

This Lent, let us unite in prayer, asking God to bring hope, healing, and the life-giving gift of water to communities in greatest need:

God of Life-Giving water, we give You our praise. We lift to You all those that seek water but do not find.

Quench their thirst and provide all that they need. May we, the SCIAF family, continue to be a voice for those unheard; A pillar of hope for our sisters and brothers. We ask that You help us to play our part in building a world where justice flows like a mighty river.

**Amen**

If you don't yet have your WEE BOX, please pick one up today, visit [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox), or call **0141 354 5555**.

## Sunday 1st March:

### RESTORE LIFE-SAVING AID

This Lent, SCIAF invites you to stand with the world's poorest communities as UK aid faces further devastating international aid cuts. Life-saving support is now under threat, including clean water provision, sanitation, healthcare, and recovery for families affected by conflict and climate change. As people of faith, we are called to act against injustice.

Please visit [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox) to take action and urge the UK Government to protect life-saving aid.

## Sunday 8th March:

### SUPPORT SCIAF THIS LENT

Across Ethiopia, families are facing the impacts of drought, conflict, and the growing water crisis. With your support, SCIAF can help communities access clean water, restore livelihoods, and build a future free from poverty.

To learn more about how your generosity is changing lives this Lent, please visit [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox)

## Sunday 15th March:

### SCIAF SUNDAY

On this SCIAF Sunday, we pray for families around the world who long for safety, stability, and clean water. We give thanks for the courage of mothers in Ethiopia who walk miles each day to care for their children, often at great risk.

Please give what you can in today's collection for SCIAF. You can also donate at [sciaf.org.uk/donate](http://sciaf.org.uk/donate) or by calling **0141 354 5555**.

Thank you.

### **Sunday 22nd March: Reflect with SCIAF**

This Lent, your prayers and donations are making a BIG DIFFERENCE to families in Ethiopia and in vulnerable communities worldwide. As we prepare for Easter, SCIAF has created prayers and reflections to support your Lenten journey.

Please visit [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox) to download your prayer resources today.

### **Sunday 29th March: WEE BOX, BIG CHANGE**

With your support, a fairer and more peaceful world is possible. In this final week of Lent, please continue to pray for SCIAF's work – and keep using your WEE BOX to make BIG CHANGE.

### **Sunday 5th April: WEE BOX, BIG THANKS**

From everyone at SCIAF, we wish you and your family a joyful and blessed Easter filled with peace and hope. Thank you for your generous support of this year's WEE BOX Appeal. Please return your WEE BOXES as soon as you can.

You can also donate at [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox) or by calling **0141 354 5555**. Thank you again for your wonderful generosity.



Mass in Adigrat,  
Ethiopia



# USE YOUR WEE BOX TO MAKE A BIG CHANGE THIS LENT

THE  
**BIG  
LENT  
WALK**  
*for water*

23



Through Lent, you can use your WEE BOX to collect change and donate to SCIAF. These vital funds given by generous supporters across Scotland ensure we can continue our work to reach out to our sisters and brothers across the world who continue to struggle with injustice and poverty.

You can also support SCIAF on the Fourth Sunday of Lent through the annual nationwide collection at Mass.

There are other ways to fundraise in your community. You could hold a coffee morning in your parish or get sponsored by taking on a physical challenge!

This year, we are excited to ask supporters across the country to take part in the **Big Lent Walk for Water**. You set your challenge and walk each week of Lent, joining thousands of others across the UK to fundraise and be in solidarity with our sisters and brothers.

If you have a group of friends, you may also want to take part together. With our online resources, you can share steps along a route of 1450km following the Blue Nile River from Ethiopia to Sudan. You can find out more information about this in our resource here

**Join the Big Lent Walk today**  
[sciaf.org.uk/biglentwalk](http://sciaf.org.uk/biglentwalk)