



MAKE BIG CHANGES HAPPEN WITH YOUR WEE BOX

WEE BOX

Big change

This Lent, we're focusing our attention on the country of Uganda and the thousands of vulnerable young people who, with your support, are being helped to work their way out of poverty.

Uganda has one of the youngest and fastest growing populations in the world. It's a beautiful country with astonishing wildlife, which attracts around one million tourists every year. However, the legacy of war and a high rate of HIV and AIDS has left many orphans and a generation of young people without hope, trapped in extreme poverty.

Working with our local partners we're providing seeds, farming tools and training to help vulnerable young people to learn how to grow more food and to set up small businesses. We are also raising awareness of HIV

and AIDS by providing health and hygiene training. We are giving people a hand up, so that they can live life with dignity, support themselves and their families and build a brighter future.

By supporting SCIAF this Lent you can help this vital work to continue.

In your WEE BOX pack you will find links to a Stations of the Cross Resource, written by Fr Stephen Reilly. There are also links to prayers and reflections for you and your parishioners to use during Lent. We've also included some fundraising ideas; please let us know if you would like help to organise an event!



LENT CHECK LIST

The following small actions can help make big changes around the world. Please join us and:

- Hand out WEE BOXES on Sunday 10th March
- Display the WEE BOX poster in your parish
- Join us in prayer for our sisters and brothers around the world
- Remind people about the special collection on the 4th Sunday of Lent
- Ask people to return their WEE BOXES during Holy Week and send your parish Lenten donations to SCIAF.



Please ask parishioners to complete our campaign postcard (included in their packs) and act for climate justice.



TOGETHER, WE CAN END POVERTY



LYDIA'S FAMILY

Lydia is a young, single parent, who struggled to provide her five children with enough food to eat. Working with our local partner, Caritas Lugazi, we provided Lydia with seeds, banana plants and lots of training. The family can now eat three times a day and Lydia has saved enough money to set up a mobile hairdressing salon.

Lydia said: "With my first maize harvest I paid school fees. With my second harvest I started the mobile salon. It feels great to be a business woman. I also teach other community members."

Pray for the people of Uganda - Lord's Prayer in Luganda

Kitaffe ali mu ggulu,
(Our father who art in heaven)

erinnya lyo litiibowe,
(hallowed be thy name)

obwakabaka bwo bujje,
(thy kingdom come)

by'oyagala bikolebwe mu nsi
(thy will be done on earth)

nga bwe bikolebwa mu ggulu.
(as it is in Heaven)

Tuwe leero emmere yaffe eya buli lunaku,
(Give us this day our daily bread)

tusonyiwe ebibi byaffe,
(and forgive us our trespasses)

nga naffe bwe tusonyiwa abatukola obubi.
(as we forgive those who trespass against us)

Totutwala mu kukemebwa,
(Lead us not into temptation)

naye tulokole mu bubi.
(but deliver us from evil)

Amiina.
(Amen)

To help with your prayer and reflection this Lent we have:

- A Stations of the Cross booklet and an accompanying PowerPoint presentation
- A downloadable Children's Liturgy for the 4th Sunday of Lent
- A selection of prayers and reflections online
- A video reflection
- SCIAF speakers who'd be delighted to visit your parish and say thank you to the parish
- Suggested bulletin notices for each Sunday in Lent.

BULLETIN UPDATES FOR EACH SUNDAY IN LENT

Please try to include some of our suggested notices in your parish bulletin this Lent. A full list is available to download from our website at www.sciaf.org.uk

31ST MARCH (4TH SUNDAY OF LENT) SCIAF SUNDAY

On this SCIAF Sunday please pray for women around the world. Today, we especially think of Lydia and her family, who are on our WEE BOX. May their story continue to inspire us in the fight against poverty. Please give what you can to the SCIAF collection today.

You'll find prayers, video clips and stories about how your parish is helping young vulnerable people in Uganda at www.sciaf.org.uk. If you have any questions about our WEE BOX appeal, want to book a SCIAF speaker, or would like to order more resources, please call us on **0141 354 5555** or email parishes@sciaf.org.uk

Scottish Catholic International Aid Fund

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. Scottish Charity No: SC012302 Company No: SC197327. Registered Office: 19 Park Circus, Glasgow, G3 6BE. Tel: 0141 354 5555. Email: SCIAF@sciaf.org.uk. Web: www.sciaf.org.uk. Photos: Colin Hattersley.