

LENT: CHARITY



Word of the Week: Matthew 12: 41-44

Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents.

Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.”

Click the link to watch:

<https://www.youtube.com/shorts/KXJPo-T9i7s>



Reflection

As we begin the season of Lent we are asked to incorporate the three pillars of faith into our lives more for the next forty days. These pillars are Almsgiving, Fasting and Praying. In this weeks Word we hear about almsgiving (giving to charity) an important part of our Lenten journey. Giving our time or money is an important part of our Lenten journey, especially when we give to those who need it the most.

In the passage from Matthews Gospel, we encounter the rich and the poor. The rich have put their money into the pots – making sure that those around them are aware of just how much is going in – the noisier the clang of coins, the more coins were deposited. Were these people doing it for affect? Trying to impress the high priests and those around them? What a contrast to the widow – she probably felt shame and embarrassment when there were no loud clangs from the two coins she put in. Yet Jesus recognises that she has put in the most. She has given as much as she can in her poverty. She has humbly brought her offering towards God – not boastfully or like the hypocrites who want everyone to see them, but in a decent and quiet way – in a way where she is not seeking praise from others, but in a truly generous way where only God knows what she has done. This act of selfless giving is what Jesus values most – it is not that he has anything against the rich, just the selfishness they portray. As we journey through Lent may we consider what we can contribute to our Lenten charity appeal. We pray this week for those that we aim to help with our giving, and pray that we can give generously from the heart just as the widow did.

Actions for the week ahead

- Participate in the non-uniform day this Friday – raise money for CAFOD in a fun, cool way!
- Spend some time in stillness and gratitude reflecting on all the good things happening in your life.
- Offer your time to someone when they need you.
- Pray for a stranger living in poverty.
- As a form group raise as much money as you can through a cake sale or sponsored silence.

Reflect

- Am I like the rich people? Am I boastful and make everything about me? Do I do things so that others are aware of me? Do I make a big deal out of everything that I do? Am I a hypocrite and do things for effect?
- Am I like the widow? Do I go about my day barely noticed by others yet doing more than they are? Do I avoid the limelight and am happy to do so? Do I conscientiously focus on the needs of others rather than being selfish? Do I give generously and from the heart?

[Click the link and scroll down for daily prayer and reflection during Lent](https://www.cafod.org.uk/pray/lent-calendar)

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“Dear Friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us”.

Pope Leo’s Lenten Message

<https://www.youtube.com/watch?v=aluMLXnJl4>

Lent Appeal 2026

CAFOD’s Big Lent Walk!!! Challenge yourself to walk 200km in 40 days. Get sponsored for each km you walk.

OR

Join the All Hallows Community as we do the Big Lent walk together! **See Mr Burbidge for details.**



Prayers for the Week

Lord

Protect us in our daily struggles as we begin our journey through Lent. Help us make this season holy by reflecting on our own lives and living your Word through our actions of prayer, fasting and almsgiving.

Amen

Lord

Give us the courage and humility to be a part of doing something for others. May we be aware of those who live in poverty in our local community and across the world that we may treat them with dignity and respect. May we give to others selflessly and from our heart.

Amen

Lord

Help us to work together to share what we have so that everyone has what they need. Help us to build a better world where each of us can become the best person we can be.

Amen

In the Parable of the Sheep and Goats, Jesus told his disciples that those who do basic good deeds such as feeding the hungry or giving drink to the thirsty, would be rewarded.

“I was hungry and you gave me food.”
Matthew 25:35



A nourishing sesame seed

CAF#



A picture of the Catholic women who organised the first Family Fast Day in 1960, with Sister Alicia who ran the mother and baby clinic in Dominica. In 1962 CAFOD was declared a charity by the Bishops of England and Wales.

“We weren’t doing anything special, we were just doing what we thought we ought to do, remembering that we are all God’s children” Elspeth Orchard.