



Lent resource kit 2021

Dear supporter,

Thank you for supporting Million Minutes' Lenten silence! Your help enables Million Minutes to continue championing young people. Our theme this year is: **'It's time for young people'**.

We are greatly inspired by Pope Francis's Letter to all Young People in *Christus Vivit*. He says **"Dear young people, make the most of these years of your youth. Don't observe life from a balcony. Don't confuse happiness with an armchair, or live your life behind a screen. Whatever you do, do not become the sorry sight of an abandoned vehicle! Don't be parked cars, but dream freely and make good decisions. Take risks, even if it means making mistakes. Don't go through life anaesthetized or approach the world like tourists. Make a ruckus! Cast out the fears that paralyze you... Live!** Give yourselves over to the best of life! Open the door of the cage, go out and fly!"

This message is needed now more than ever, with young people today facing unprecedented challenges. Young people of 'Generation Z' will be some of the worst-affected by the impact of Covid-19. Not only has their education suffered, but so have their employment, housing, economic prospects, and more. Yet as society plans beyond the pandemic, predictably it is adults going back to the same old ways of working. As usual, young people's voices are not being heard. Instead of being included as part of the solution, they are often blamed as part of the problem.

There is a chance to do things differently. As Pope Francis has said in *Fratelli Tutti*:

'Anyone who thinks that the only lesson to be learned was the need to improve what we were already doing [before the pandemic] ... is denying reality.'

In the Church we can stand together as young and old to look to the future with hope. We can include all our voices. Our communities can support young people to be prophets of hope and heroes and heroines of society and restore our world.

We can support young people to be the change they want to see in the world, and with your generosity this Lent, Million Minutes will be able to continue our grant-giving, awards and networks, which all support young people.

Everything you need to get siLENT off the ground can be found in this resource pack. This includes:

- Notes for speaking at Mass
- Newsletter Insert
- Social media templates
- Liturgical Resources
- Instructions for managing donations, cheques, and online fundraising

Please feel free to pass on the relevant information to those responsible in your parish (including any other Mass centres or communities).

We hope these will inspire and motivate you and your fellow parishioners to fully participate during this time of prayer, fasting and almsgiving in preparation for Easter.

If you have any questions at all, please feel free to contact us

Email: info@millionminutes.org

Website: www.millionminutes.org/silent

In *Fratelli Tutti*, Pope Francis calls on us to build the *'heroes of the future'* – with your support, Million Minutes can help build a Church that shapes these heroes and heroines in the light of our Catholic values, and be empowered through discovering their God-given gifts.

With blessings for your important work,

Daisy Srblin
Director
Million Minutes



Suggested newsletter notice for 17 February to the 3 April 2021:

Million Minutes says: It's time for young people!

This Lent stay siLENT!

We are invited to come together in support of young people this Lent, and to do something different: join siLENT, with Catholic youth social action charity, Million Minutes.

Young people today are facing unprecedented challenges. They will be the ones picking up the pieces of a climate emergency and paying for the cost of Covid-19. They are losing out on education, jobs, and their future hopes. Yet as society plans beyond the pandemic, predictably it is adults going back to the same old ways of working. As usual, young people's voices are not being heard. But young people's voices are needed now more than ever. The world needs to hear young people's vision for the future. They deserve support to make their vision a reality.

This Lent the Catholic youth charity Million Minutes is inviting us to join a collective 1,000,000 minutes of silence! It is a way of creating a deafening 'noise' in solidarity with young people. It is also a chance to reflect, pray for young and raise money to help young people restore our world. Each minute is sponsored to raise money for young people to change their lives and their local communities.

Your sponsored silence will support young people like Shanea. At just 18, Shanea has committed her life to supporting young people in her local community of Newham, where unemployment, poverty, and unfair treatment are plaguing the young, especially young people of colour. Despite facing setbacks in reaching out to young people who need support during the pandemic, money raised through siLENT is supporting Shanea to adapt and meet young people where they are. She is building an online community to continue her peer-to-peer accompaniment, and empowering young people to use their voice and and raise awareness of the issues impacting their community.

For more examples of how your silence will make a difference visit: millionminutes.org/silent.

Sign up today at millionminutes.org/silent

SOCIAL MEDIA TEMPLATES TO PROVIDE TO THOSE STAYING siLENT

Facebook:

GIVING UP FACEBOOK FOR LENT – SPONSOR ME!

I'm off Facebook for six weeks and individually spending a total of 24 hours in silence! I'm spending time in silence in solidarity with young people who today face unprecedented challenges – and taking some time in reflection. Today's 'generation Z' will likely be the ones picking up the pieces of a climate emergency and paying for the cost of Covid-19. They are losing out on education. Young workers are losing jobs. Their future hopes are being crushed. They will not have the same opportunities as older generations and will face greater hurdles.

Our silence shows we care for young people and we want to invest in their hopefulness. Our silence not only speaks up for young people but will raise money and support. Sponsor us £1/min. It's all for young people, via [@MillionMinutes](https://twitter.com/MillionMinutes) grants, networks, awards and more for young people. Check out our fundraising page [\[insert link here\]](#)! #SiLENT

Twitter:

This Lent we are joining with communities, and individuals together in action, as we pledge our silence in solidarity with young people. By praying and reflecting we are giving voice to those we don't usually hear. Sponsor us today! Check out our fundraising page for [@millionminutes](https://millionminutes.org) important work! #SiLENT



Email: I'm giving up Facebook/Twitter/Instagram/LinkedIn and staying siLent this Lent in solidarity with the Catholic national youth charity Million Minutes. You might be asking, why silence? Silence has always been an important part of our Christian tradition. It allows us all time to pray, reflect and listen. When we listen rather than speak, we allow space for the voices we don't usually hear. Young people today face unprecedented challenges. They will be the ones picking up the pieces of a climate emergency and paying for the cost of Covid-19. They are losing out on education. Young workers are losing jobs. Their future hopes are being crushed. They will not have the same opportunities as older generations and will face greater hurdles.

Yet as society plans beyond the pandemic, predictably it is adults going back to the same old ways of working. As usual, young people's voices are not being heard. Instead of being included as part of the solution, they are often blamed as part of the problem. This Lent join me in creating a deafening silence in solidarity with them.

Will you sponsor me to shut me up for the day? I am aiming to raise £1/minute. Why not sponsor me for 20 minutes? - that will cost you just £20!

Check out my fundraising page here:

Promotional animation to use: <https://tinyurl.com/silent2021>

NOTES FOR SPEAKING AT MASS

(NB: These are intended only as a guide. Adapt to your own purposes and style.)

Thank you, Father **[Insert name]**, for the opportunity to speak for a few minutes today.

[Introduce yourself]

I am here today to talk to you about one of our parish's chosen charitable initiatives for Lent. This year we will be supporting the national Catholic youth charity, Million Minutes.

Million Minutes was founded in 2011 by a group of young people from the catholic youth work community and social justice organisations. They had positive experiences of the Church and were being supported to make a difference in the world. This motivated them to carry on this legacy, realizing that not all young people were granted the same opportunities. They decided to extend the reach of the Church to enable every young person to build a world based on the principles at the heart of Catholic social teaching – the principles of dignity and equality, of service to the poor and the oppressed, of care for the world and the promotion of peace and solidarity.

One of the ways we can help Million Minutes champion young people this year is through siLENT. Lent is a great time to come together in action and do something different: we can participate in **silence**. Silence has always been an important part of our Christian tradition. It allows us time and space to pray, reflect and listen. When we listen rather than speak, we allow space for the voices we don't usually hear.

They say silence can also be deafening. When communities and nations stop on Remembrance Sunday each year, the two-minute silence rings loud. Imagine a normally noisy House of Commons staying silent to listen to young people. Or a Sunday homily, filled with silence for reflection on how young people are not heard. That sort of silence, that amplifies the voices that aren't usually heard, can be powerful.

In the words of Pope Francis: *'only in the silence of prayer we can listen to the voice of God'*

This Lent, to mark ten years of Million Minutes, we are asking you to join us in creating a million minutes of collective silence:

- it will be a deafening 'noise' as an act of solidarity with young people
- it is an opportunity to reflect on and pray for young people
- We will raise money to help young people be the change they want to see in our world

Since, Million Minutes started in 2011 they have created nearly two million minutes of silence and are on the way to hundreds of thousands more in 2021. The funds raised over siLENT go directly to youth action projects across the country, which are inspired by catholic social teaching principles. All the projects that they support enable young people to change their life and their world.

For example, siLENT is supporting young changemakers, like Shanea, who is empowering her peers to speak up. At just 18, Shanea has committed her life to supporting young people in her local community of Newham, where unemployment, poverty, and unfair treatment are plaguing the young, especially young people of colour. Despite facing setbacks in reaching out to young people who need support during the pandemic, siLENT is supporting Shanea to adapt and meet young people where they are. She is building an online community to continue her peer-to-peer accompaniment, and empowering young people to use their voice and and raise awareness of the issues impacting their community.

By staying silent, you will be standing in solidarity with – and helping to raise money for – young people who don't have a voice, for whom silence isn't a choice.



Details of how to take part are in the newsletter – and you can visit millionminutes.org/silent to find out more. I will be at the back of the parish, to answer any questions you may have. Thank you for allowing me to speak Father and to you all listening, for your prayers and your generosity.

LITURGICAL RESOURCES

IDEAS FOR HELPING FOCUS ON THE MEANING OF LENT

Lent is a time of prayer, fasting and almsgiving. As it is such a significant time in the liturgical calendar, we are aware that most parishes will have your own arrangements and traditions for your liturgical celebrations during this time.

As you plan for Lent, you may like to incorporate some of the following suggestions and ideas to continue to remind parishioners that Lent is a time when we reach beyond ourselves to assist people in need, particularly those who are ignored and vulnerable members of our local and global communities. At Million Minutes, we know that this also includes young people.

Suggestions:

PowerPoint – a Meditation PowerPoint is available on Million Minutes website reflecting on the theme of silence. Some parishes use this as a background for quiet reflection before or after Mass, and others use it as a reflection after Communion, accompanied by quiet music. Individual slides from the PowerPoint can also be incorporated into your own parish PowerPoints.

Focal point – some parishes create a space in the church during Lent, highlighting our concern for people in need. Consider creating a visual display of the challenges faced by young people and the difference young people make in the world. You may provide an opportunity to light a candle and offer prayers. You might also dedicate a space on the parish notice board that highlights information about how the parish's donations are being used to support Million Minutes.

Prayer of the faithful – please consider including a prayer for the project featured in the Lent Appeal within your Prayers of the Faithful each week. For example:

Lord, we pray for young people.

That we may recognise and encourage young people in our communities to be the person that you have created them to be. Grant us the courage to walk alongside young people, supporting their needs and learning from their experience and vision for the world. May we be reminded that all young people are in your heart, Lord, and therefore must be fully included in the heart of the Church.

Lord, in your mercy...

Hear our Prayer

INSTRUCTIONS FOR SENDING OFF YOUR SILENT DONATION

Thank you for considering supporting Million Minutes this Lent. Here are a few ways your parish can donate:

By Bank Transfer:

Bank: CAF BANK Ltd

Account name: Million Minutes

Account Number: 00030316

Sort Code: 40-52-40



By cheque:

Payable to 'Million Minutes'

Address: Million Minutes, 55 Westminster Bridge Road, South Bank, London

Online:

We receive digital donations through Virgin Money Giving. [Follow this link to donate.](#)

Thank you for your support and generosity.

Email: info@millionminutes.org

Website: www.millionminutes.org

Please support us too on the following platforms:

