



## Lenten Commission for 2020

The Project Compassion theme for 2020 is *Go Further Together*.

I commission you to take up the Caritas Compassion Project with the love and compassion of the first disciples Jesus sent to proclaim the kingdom of heaven by their words and actions.

This Lent I commission you to ...

- Contemplate: be aware of God's presence with you and God's love for you and the world.
- Pray: it is the responsibility of everyone who is baptised to pray for others.
- Listen: to the Word of God and the stories that Project Compassion offers each week of Lent. What is God saying to us through these stories?
- Act justly: in all your relationships and in your care for our earth.
- Be generous: give as much as you can to the poor via the Project Compassion boxes I will give you, and give of yourself wherever you are.
- And fast: go without – don't consume so much; live more simply; and fast from the things in your life that are unjust.

Most Reverend William Wright  
*Bishop of Maitland-Newcastle*

