

Presenting the Symbols of Solidarity is an optional activity that will help illustrate the 2026 Share Lent campaign theme, **On Track for Justice**. These symbols can be presented in Christian communities during an activity or during the entrance procession of Solidarity Sunday—the fifth Sunday of Lent—which will be celebrated this year on March 22. It is important that leaders of the pastoral team in your community be informed beforehand about the arrangements needed for presenting the symbols. In schools, the symbols can be presented at a meeting in a gymnasium, an auditorium or some other appropriate place. Below are some suggestions to help you facilitate this activity.

Organization

- Adapt the presentation of the Symbols of Solidarity to the time you have available.
- Choose the people who will present the symbols to the assembly.
- Determine with the person presiding over the celebration where the symbols will be placed after they have been presented.

Procedure

The Symbols of Solidarity can be presented by one person while another shows them to the assembly. It can also be done by four groups of two people (one group per symbol). While one person presents a symbol, the other holds it up and shows it to the assembly. Once a symbol has been presented, the person holding it can keep it in the designated place and stand aside to let the next symbol be presented. When all the symbols have been presented, the presenters return to their seats.

Suggested Symbols of Solidarity



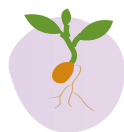
A **mask** to represent how difficult it is to live healthily for rural communities whose air is contaminated by mining and industrial pollution.



A **nail** to symbolize the sacrifices of communities in Brazil, the disruption of whose lives by the Carajás railway is a heavy cross to bear, like the one on which Jesus was nailed.



A **empty basket** to illustrate the loss of crops and biodiversity in communities affected by climate change, land grabbing and pollution. These communities give a lot and receive little in return.



A **mustard seed and young sprout** to demonstrate hope for tomorrow and how small gestures (or small donations), made with a lot of love, can really make a BIG difference.

Introduction

Lent is a time of conversion that invites us to draw closer to God, to Jesus and to our neighbours. For Development and Peace — Caritas Canada, the official international development organization of the Catholic Church in Canada, it is an opportunity to draw closer to our sisters and brothers in the Global South. This Lent, let us walk alongside them, **On Track for Justice**, and ensure that our gifts and actions create a bridge of solidarity, echoing the words of Pope Leo XIV in *Dilexi te* (§75): **“The Church, like a mother, accompanies those who are walking. (...) where walls are built, she builds bridges.”**



1st SYMBOL
A mask

This **mask** represents how difficult it is to live healthily for rural communities whose air is contaminated by mining and industrial pollution. Three hundred and twelve families of Piquiá do Baixo in Brazil know this all too well. Their daily lives—and their lungs—were filled with toxic dust from industries and freight trains near their homes along the Carajás railway. After 20 years of struggle, the 1,300 people in the community were able to relocate away from the pollution to a new development called Piquiá da Conquista, with the support of Development and Peace — Caritas Canada’s partner, *Justiça nos Trilhos* (Justice on Rails).



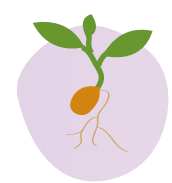
2nd SYMBOL
A nail

This **nail** symbolizes the sacrifices of communities in Brazil whose lives are disrupted by the Carajás railway. Stretching over 892 kilometres, the railway connects one of the world’s largest open-pit iron mines in Pará state to the port of São Luis in Maranhão state. Trains with more than 300 open wagons transport iron ore constantly, causing numerous problems: noise, dust, pollution and vibrations so strong that they crack the walls of houses. The communities are also affected by industrial agriculture, which transforms forests into huge monoculture fields where planes spraying pesticides cause additional pollution. All this is a heavy cross to bear, like the one on which Jesus was nailed.



3rd SYMBOL
A empty basket

This **empty basket** illustrates the loss of crops and biodiversity in communities affected by climate change, land grabbing and pollution. These communities give a lot and receive little in return. In Brazil, Development and Peace — Caritas Canada’s partner *Justiça nos Trilhos* (Justice on Rails) works with rural, peasant and Indigenous communities to develop alternatives to mining and industrial agriculture by strengthening family farming and agroecological practices. They work to strengthen existing economies, defend traditional ways of life and enhance autonomy so that communities can remain on their territories and address the climate emergency.



4th SYMBOL
A mustard seed and young sprout

This **mustard seed** and sprout represent hope for tomorrow. As the Gospel says in Matthew 13:32, “It is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree...” This parable illustrates how small gestures or small gifts, made with great love, can really make a BIG difference. Together, let’s build a world of justice so that our sisters and brothers in the Global South and future generations can live in peace and dignity. During Share Lent, we are invited to place our gifts of solidarity in this basket (3rd symbol’s empty basket) to build a bridge of global solidarity. On behalf of all the partners of Development and Peace — Caritas Canada and the communities they support, **thank you for your solidarity and generosity!**

Share
Lent 2026



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