

Proposal for an appeal from the bishops and the secretary general

Dear brothers and sisters in Christ,

Lent is a time of grace. The Church calls us to repentance, prayer and fasting – and to works of mercy. Jesus' love was never just words, but a concrete and present love. He lifted up the vulnerable, gave hope to the discouraged and dignity to those who stood outside society. As disciples of Christ, we are called to do the same.

In our time, millions of people are affected by war, displacement, poverty, hunger and climate crises. Many lose their homes, security and future. At the same time, solidarity is being challenged. Aid to the world's poorest is steadily declining. That is precisely why the Church must now be particularly clear in its charitable mission.

We therefore invite you to support **Caritas Norway's Lent Campaign in 2026**. This year's theme is: "**Hope that changes lives.**" This hope is not naive optimism, but springs from Christ's resurrection. It is a hope that can sustain us in times of hardship and suffering and should be shared with our fellow human beings in love.

Through Caritas, the Church's and our own desire to show care is concreted, both internationally and in Norway. The Lent Campaign contributes to emergency aid in crises, to food and opportunities for families living in poverty, and to support and reach people in vulnerable situations here at home. When we give, we bear witness to our faith in action – and allow Lent to shape us into greater freedom, community and responsibility.

We encourage you to support the Lent Campaign with prayer, commitment and offerings according to your ability. Donations can be made via **Vipps to 93082 or to Caritas' donation account: 8200.01.93433 (note: faste).**

Thank you for your desire to help and show solidarity. May God bless you during Lent and that we all may be signs of hope through our actions – hope that changes lives.

In Christ,

b. Erik Varden

Bishop of Trondheim

b. Fredrik Hansen

Bishop of Oslo

Ingrid R. Joys

Secretary General

Apostolic Administrator

Caritas Norway

of Tromsø