

"Start by doing what is necessary;  
then do what's possible; and suddenly  
you are doing the impossible."

– Saint Francis of Assisi

**WEEK 4**  
**INDONESIA**

**4TH SUNDAY OF LENT**  
**WEEKEND OF 14 MAR**

## REFLECTION / FAMILY NOTES

In today's Gospel reading, we heard Nicodemus's humbling encounter with Jesus. Nicodemus was asking Jesus how it is possible for one to renew themselves, or to be born again from sin. As Jesus responds, he makes numerous references to "the light".

Jesus invites us to "be a light in the world, a light to others". We are all made in the image and likeness of God and thus all possess God-given gifts that we are called to share. Christ was made man to shine a light onto the darkness in this world. By his life, God revealed the ways in which to bring about the Kingdom of God on earth; demonstrating how to be a light to others so that we may attain salvation and enjoy eternal life.

We all have a responsibility to shine a light on the injustices that exist within society, and are challenged to be light that drives change.

This week, we hear the Project Compassion story of Arsad, a farmer who lives in the Pandeglang District in Indonesia with his wife and three children. It was only recently that he was able to build a toilet for his family; a common household

hardware that many of us take for granted.

Arsad and his family, along with millions of people globally, lack basic access to safely-managed sanitation facilities, often being exposed to dangerous conditions as well as making them highly susceptible to infectious diseases. Through a Caritas Australia supported program, Arsad was able to embody the quote of St Oscar Romero: "Aspire not to have more, but to be more", by becoming involved in a community-based health development project where he learnt the skills to participate in a community-led approach to building toilets. Just as Jesus calls us to do, Arsad shared his gifts by assisting with the building of toilets for other families within his neighbourhood.

How can we, as much or as little as we have, be the light that drives change? How can we "Be More", and use our gifts to make a difference in the lives of others?

2 Chronicles 36:14-16, 19-23  
Ephesians 2:4-10  
John 3:14-21



Arsad, an Indonesian farmer, had no toilet in his home, so he had to walk into the forest to the open defecation area, even at night or in the rain.

Around 17 percent of Indonesia's rural population practice open defecation, with many unaware that it contributes to spreading diseases.

Arsad's family was often sick and open defecation caused neighbourhood disputes. With the support of Caritas Australia and its partner, Laz Harfa, he took part in hygiene, sanitation and financial management training. He decided to fund the building of a toilet in his house and facilitated others in his neighbourhood to save up for toilets.

Now, Arsad and his family are healthier and have reduced their medical expenses. Their community no longer practices open defecation and is more harmonious. A community event, called "Declaration of Open Defecation-Free" was even held to acknowledge their achievements.

Improved hygiene practices helped Arsad's community during the COVID-19 pandemic. Caritas Australia, through Laz Harfa, also shared prevention measures and distributing soap and masks.

Arsad has inspired his neighbourhood to "Be More".

"We help each other, the 'togetherness' is growing. Our solidarity had increased," Arsad says

## PRAYER OF INTERCESSION

We pray for the inspiration and courage to shine the light on global injustices, and to let our own light shine unto others, so that we may be agents of change who bring about the kingdom of God on earth.

### FUNDRAISING IDEA

Host an information night to raise awareness of the 4.2 billion people living without access to safe sanitation. Resources can be found at [lent.caritas.org.au](http://lent.caritas.org.au) and on your USB. Get your volunteers together to donate some food items and invite parishioners to bring a donation for a night of food for thought.

### BULLETIN

Arsad, an Indonesian farmer, had no toilet at home and was often sick due to the practice of open defecation. Through Caritas Australia's support, Arsad and his community improved hygiene and sanitation, and funded their own toilets.