

PARISH SOCIAL MINISTRY: SIX LENTEN OPPORTUNITIES



Lent is an opportunity to reflect and recalibrate our personal and our parish spiritual journeys. Here are six opportunities:

1. **Mercy in the City: How to Feed the Hungry, Give Drink to the Thirsty, Visit the Imprisoned, and Keep Your Day Job**

Several years ago as she was considering what to practice for Lent, Kerry Weber, a young Catholic woman living in New York City, decided to tackle the “Corporal Works of Mercy” — all seven of them — during the 40 days of Lent. What she did, and how it transformed her life, is the subject of her new book, *Mercy in the City: How to Feed the*

Hungry, Give Drink to the Thirsty, Visit the Imprisoned, and Keep Your Day Job.

<http://youtu.be/TZkfdHRAudw>

This short, engaging book is perfect for Small Christian Communities over Lent.

2. **“Grace Before Meals Food For Families” Program**

Each participant and their family are encouraged to say Grace at the evening meal with a special prayer for those who hunger. At the evening meal each family will place a \$1.00 bill in an envelope to feed the hungry. At the end of the month the family will send a check of the amount collected their local Society of St. Vincent de Paul for the purpose of feeding the hungry.

3. **Catholic Relief Services Rice Bowl**

CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States. Since 1975, Catholics have been using CRS Rice Bowl to meditate on the love Jesus Christ demonstrates in His Passion and Resurrection and to imitate Jesus' love for the world through concrete, sacrificial giving to our brothers and sisters in need. [Learn more](#)

Consider a Lenten Faith Sharing Group based on CRS Rice Bowl. [For more information](#) contact the Office of Life, Justice and Peace

4. **40 Days For Life**

From Ash Wednesday - Palm Sunday several communities in the Archdiocese will participate in the 40 Days for Life campaign, a respect-life effort that consists of 40 days of prayer and fasting, peaceful vigils, and community outreach.

5. **A Carbon Fast for Lent**

Use the [Carbon Fast for Lent Calendar](#) and **Pray** for people living in poverty and affected by climate change. **Act** in small ways to change your world.

6. **Stations of the Cross**

There are many good Stations of the Cross. It matters less which one you choose and more that parishioners are involved as a community. Here is one titled, [“Justice Stations of the Cross.”](#)



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