

## Share the Cross 2020



During our Lenten journey, we can make a difference by “sharing the cross of Christ” in a personal way. Below is a sample of suggestions. More information will be in the bulletin during Lent. Select the cross of your choice as part of your Lenten journey. The following CST principle lists ways in which we help those in need and build community at SJB. Each item is labeled on a colored cross and found on the wooden cross or in the basket at the foot of the altar in the Church. Items listed below with an \* are new this year. Bring all donated items listed March 28 and 29 in the Gym.

The crosses are color coded as follows:

**Call to Family & Community & Participation**  
**Human Rights & Responsibilities**  
**Preferential Option for the Poor**

**Yellow**  
**Red**  
**Blue**

**Care for God’s Creation**  
**Dignity of Life**  
**Solidarity**

**Green**  
**Orange**  
**Purple**

### Call to Family & Community & Participation:

- Participate in the Lenten Food Drive to benefit the St. Camillus’ Food Pantries. Bring non-perishable food items to church on **March 21/22**.
- Come to the Lenten Supper Talks and bring non-perishable items every week.
- Complete the Lenten Gratitude Journal. List at least one thing you are grateful for every day.

### Dignity of Life:

- \* Human trafficking is very real and happening in Montgomery County. Go to the USCCB website for more info: <http://www.usccb.org/about/anti-trafficking-program/amistad.cfm>
- Learn about human slavery by visiting [www.ijm.org/slavery](http://www.ijm.org/slavery).
- Help our formerly homeless veterans with move in supplies. Contact Cynthia Norris at 301-622-1122.

### Human Rights & Responsibilities:

- TASSC: provide survivors of torture and persecution with nourishing non-perishable food: peanut butter, jelly/jam, granola and protein bars, individually wrapped nuts, trail mix.
- Manna Food Center is at the center of ending hunger in Montgomery County. Go to <https://www.mannafood.org/programs> for more information.
- \* Take the Civilize It! Dignity Beyond Debate Pledge at <https://www.wearesaltandlight.org/civilize-it>

### Care for God’s Creation

- Go to [www.catalogchoice.org](http://www.catalogchoice.org) and get off all the catalog lists that are not useful to you. It is free, it's easy, and a great way to save trees, solid waste, etc.
- Teach your children about recycling. Go to <https://apps.montgomerycountymd.gov/DEPRecyclingGame/>

### Solidarity:

- Pray for our brothers and sisters in Haiti as they continue their struggle to change their quality of life.
- St. Pierre in Baradères, Haiti: Donate money to help purchase solar panels, inverter supplies, 12 - 12 Volt 100 Amp Hour Battery, building supplies.
- Visit CRS.org to learn how you can help those in third world countries in greatest need <https://education.crs.org/issues/solidarity>

### Preferential Option for the Poor:

- Donate \$25 to Meals on Wheels to provide a meal for a week for a homebound member of our community.
- C-4 Baby Closet: Donate disposable diapers (12 lbs or more), baby lotion, baby shampoo, winter clothing for all ages of men, women, help sort donations.
- Donate to the Spanish Catholic Center Clinic: low dose aspirin, Ibuprofen, Tylenol, Loratadine, Benadryl, MiraLAX in small bottles for adults; infant/children's Tylenol; toothbrushes, travel size toothpaste, soap, deodorant, and lotions; \$5 and \$10 Target or CVS gift cards to buy low-cost generic formulary prescription drugs; Neosporin and hydrocortisone ointment/cream.
- Donate to Shepherd's Table women's and men's new underwear; rain gear: umbrellas and ponchos.
- Join the hope bandwagon at <http://www.michaels-house.org/help.html> to give hope to the poorest elderly by relieving their hunger, fear, & sickness with food, medicine and surgery.
- \* Donate \$22 or more to Share Foods to purchase one of the monthly value packages that include \$40-\$45 worth of basic and healthy groceries for a family in need.