

SUN	MON	TUE	WED	THU	FRI	SAT
			FEBRUARY 14 Reflect: What is the meaning of Ash Wednesday? <i>Pray for Zach</i>	15 Make a prayer space in your home <i>Pray for Howie</i>	16 Reflect: What are you giving up for Lent and why? <i>Pray for Paul</i>	17 Write down ways you can serve the poor this Lent <i>Pray for Lucky</i>
			21 Write 3 things you are grateful for <i>Pray for Pops</i>	22 Fast: Give up screen time <i>Pray for Crystal</i>	23 Visit or call someone who is sick <i>Pray for Chris</i>	24 Make a Care Kit to give to the poor <i>Visit christinthecity.org/tips</i> <i>Pray for Mama Jerri</i>
18 Introduce yourself to someone new after Mass <i>Pray for David</i>	19 Call someone you haven't talked to in awhile <i>Pray for Jake</i>	20 Learn about a Saint <i>Pray for Gary</i>				
25 Pray a decade of the rosary <i>Pray for Hugh</i>	26 Make a list of all the things you are thankful for <i>Pray for Steve</i>	27 Give away something you like to someone in need <i>Pray for Aster</i>	28 Pray for someone you know who is in need of healing <i>Pray for Mike</i>	29 Get to know someone better today. Ask good questions and listen. <i>Pray for Oscar</i>	MARCH 1 Do a chore you've been putting off <i>Pray for Phil</i>	2 Give Alms (see back for details) <i>Pray for Deondre</i>
3 Call or spend time with a relative <i>Pray for Mortis</i>	4 Thank someone who has impacted you <i>Pray for Sandy</i>	5 Take a walk and offer a prayer <i>Pray for Coby</i>	6 Do an examen at the end of the day <i>Pray for Chuck</i>	7 Send a letter to someone you're thankful for <i>Pray for Lyn</i>	8 Write a thank-you note to a priest <i>Pray for Joe</i>	9 Fast: no social media/ screen time today <i>Pray for Tony</i>
10 Do a random act of kindness <i>Pray for Mark</i>	11 Pray the Divine Mercy Chaplet <i>Pray for Bill</i>	12 Thank God for your clothes and put them away neatly <i>Pray for Orlando</i>	13 Pray for those who are hungry today <i>Pray for Eric</i>	14 Get rid of 5 clutter items <i>Pray for Rocco</i>	15 Pray the Stations of the Cross <i>Pray for Sha</i>	16 Renew your Lenten fast today <i>Pray for Jay</i>
17 Reflect: How do you relate to today's Gospel? <i>Pray for Francis</i>	18 Go to daily mass or pray in a church <i>Pray for Ted</i>	19 Do something special to celebrate St. Joseph's Feast Day! <i>Pray for Jamie</i>	20 Downsize or simplify in some way <i>Pray for Matt</i>	21 Fast: make all your food at home <i>Pray for Jonathan</i>	22 Call someone you love <i>Pray for John</i>	23 Find a way to serve someone in need <i>Pray for Tyree</i>
24 Pray a rosary for those experiencing homelessness <i>Pray for Marie</i>	25 Give a flower to Mary on this Solemnity <i>Pray for Nora Lynn</i>	26 Reflect: How can you prepare your heart for Easter? <i>Pray for Ricky</i>	27 Pray for someone you know who is in need of healing <i>Pray for Montay</i>	28 Fast: Abstain from drinks besides water <i>Pray for Irish</i>	29 Reflect: How do you experience Jesus' love on the cross? <i>Pray for Joshua</i>	30 Reflect: Why is the Resurrection important to you? <i>Pray for Brando</i>
				Holy Thursday Good Friday Holy Saturday		

March 31ST

HAPPY EASTER

SUPPORT THE MISSION
MAKE A LENTEN GIFT
christinthecity.org



CHRIST IN THE CITY

At Christ in the City, we understand that the cycle of poverty can be broken by the strength of human connection. Healing for our homeless friends doesn't happen without relationship. **That's why missionaries walk the same streets every day**, rooted in prayer and guided by the Holy Spirit, to meet the homeless with friendship.

Join Us & Learn More at www.christinthecity.org

PRAYER

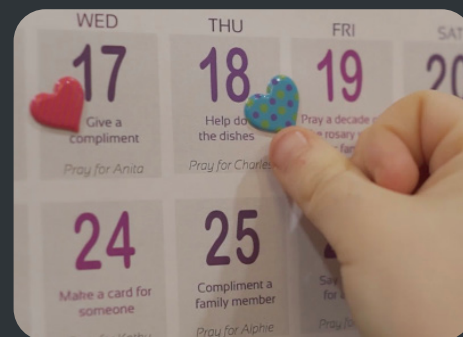
This Lent, the missionaries will be uniting in prayer with 5,000+ people across the country using this calendar. On each day, you'll find the name of one of our closest homeless friends to pray for with us!



Place a sticker in each box
when you complete the challenge!

FASTING

Join us in these daily challenges. Fasting allows us to put the created order and our spiritual life in proper balance. The small suffering we experience when we fast can bring us closer to Christ's own suffering on the cross.



ALMSGIVING

Almsgiving, a powerful act of solidarity, invites us into a shared human experience with those wrestling against poverty. It's a call to recognize the threads that weave our common humanity.

By making a Lenten donation, you are sending people out across the country to encounter the poor using Christ in the City's relational approach: **seeing a person to be loved, not a problem to be fixed.**

Donate at christinthecity.org/lent today.

**SUPPORT THE
MISSION**

MAKE A LENTEN GIFT



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