

# On Our Lenten Journey

During Lent we invite you to join us as we strive to live by the words of Matthew 25, welcoming the “other” and treating all people and Earth with love and dignity.

**Matthew 25:35-36, 40**

*For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in; naked, and you clothed me; I was sick, and you visited me; I was in prison, and you came to me. ... Truly I say to you, to the extent that you did it to one of these brothers of mine, even the least of them, you did it to me.*



**ON OUR JOURNEY**  
*Women of Courage, Faithful to the Mission*

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**March 5**

Schedule time during this Lenten season to volunteer

**March 6**

Donate a food item

**March 7**

Pay it forward

**March 8**

Pray for our nation

**March 9**

Do something to reduce your carbon footprint today

**March 10**

Pray for the departed souls

**March 11**

Reflect on what you would ask Jesus if you met him

**March 12**

Send someone a card

**March 13**

Recycle

**March 14**

Reflect on the blessings in your life

**March 15**

Tell someone you appreciate them and why

**March 16**

Read a favorite Bible verse, article or short story to someone

**March 17**

Light a candle for someone

**March 18**

Don't use plastic today

**March 19**

Pray for all children

**March 20**

Compliment someone

**March 21**

Take 30 minutes to clear your head and sit quietly with God

**March 22**

Limit your time spent on technology today

**March 23**

Donate a gently used item such as a coat, hat, gloves or shoes

**March 24**

Invite someone to have a cup of coffee

**March 25**

Pray for the healing of someone who is sick

**March 26**

Lend a listening ear to someone who needs to be heard

**March 27**

Make a list of things for which you are grateful

**March 28**

Forgive someone

**March 29**

Reflect on the impacts of racism

**March 30**

Pray for vocations

**March 31**

Do something to help the Earth

**April 1**

Choose kindness over hate

**April 2**

Smile at people that you pass by

**April 3**

Use less electricity

**April 4**

Pray the Rosary

**April 5**

Spend time with a family member

**April 6**

Share a parable like Jesus told in the temple

**April 7**

Remember a Presentation sister in your prayers

**April 8**

Write a note letting someone know what they mean to you

**April 9**

Reach out to someone who is in need

**April 10**

Reach out to someone you miss

**April 11**

Carry someone's "cross" or burden

**April 12**

Go through your closet and donate items you don't wear

**April 13**

Go for a walk and enjoy God's creation

**April 14**

Share with someone three things for which you are grateful

**April 15**

Have a meal with someone

**April 16**

Share a family story with younger family members

**April 17**

Give an Easter blessing or gift to a neighbor or friend



***He is not here, for he has risen, just as he said.***

*Matthew 28:6*



Dear Friend and Supporter,

As we walk through the days of Lent, we continue to carry the heart of the resurrected Christ with us. We know that the power of Christ's risen life beats in each of us, and we are called to carry this message wherever we are. Like the disciples at the tomb early in the morning, we become the messengers of the good news, "Christ is risen." Therefore, as Easter people, we share this message with those in places of intense sorrow, in places of violence and in places where we cannot imagine what the future possibly holds.

Join with us in praying and advocating for policies that uphold the dignity and rights of all people, and for displaced persons who are suffering the effects of war, violence, famine and the destruction of their lands due to natural and manmade disasters.

For those who are able, please join us in supporting women and children in need and our friends in California who have lost their homes and possessions in the devastating wildfires.

We hold you in prayer and hope your Easter journey will give you peace.

Blessings,

*Mary Catherine Redmond Catherine Cleary Dorothy Accary Laura Urbano*

Sisters Mary Catherine, Catherine, Dorothy and Laura

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