

RICH SEEDS OF

H O P E

SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

Pray for those who have wronged you. 	Say hello to someone sad. 	Smile at someone. 	Give everyone the benefit of the doubt. 	Give someone a tissue when they cry. 
Take a baked good to a lonely neighbor. 	Send a card to the family of someone who died. 	Draw pictures for older people. 	Talk to someone your age who looks lonely. 	Show a small gesture of friendship. 
Help buy groceries for the hungry. 	Give someone a kind look. 	 Free Space	Offer positive words to someone who is struggling w/ their task. 	Have a ready ear. 
Give holy cards to those in need. 	Suggest your friends pray when they need answers. 	Make a card for someone who isn't feeling well. 	Do a good deed. 	Pray for all national and world leaders to love. 
Draw a picture in chalk on the driveway of someone who is sick. 	Pray the Divine Mercy Chaplet for someone who is dying. 	Tell your friend that God loves them. 	Donate PJs to the PJ program. 	Don't insist on always being right. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

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FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

GIVE a PRAYER BOOK OR a BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	AS YOU PASS a HOSPITAL, pray FOR THE SICK PEOPLE IN IT. 	DONATE PJS TO THE PJ PROGRAM. 	Take a COLD GLASS OF water TO a neighbor DOING yard work. 	SIT WITH SOMEONE at SCHOOL WHO IS NOT LIKED. 
Draw PICTURES FOR OLDER PEOPLE. 	TELL SOMEONE ABOUT a EUCCHARISTIC MIRACLE. 	HELP a FRIEND WITH THEIR HOMEWORK 	IF YOU PASS a PRISON, ASK JESUS TO FILL THE PRISON WITH HIS peace and LOVE. 	Take a BAKED GOOD TO a LONELY neighbor. 
Pray THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	CHANGE THE SUBJECT IF a CONVERSATION IS NOT GODLY. 	 FREE SPACE	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a grandparent. 	SMILE AT SOMEONE. 
SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	HAVE a ready ear. 	Pray THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	DO a GOOD DEED. 	SAY HELLO TO SOMEONE SAD. 
GIVE HOLY CARDS TO THOSE IN NEED. 	SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. 	INVITE SOMEONE TO MASS WITH YOU. 	GIVE SOMEONE a TISSUE WHEN THEY CRY. 	SAY SOMETHING NICE ABOUT a PERSON BEING GOSSIPED ABOUT. 

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Pray for those who have wronged you. ★	Say hello to someone sad. ▲	Change the subject if a conversation is not godly. ▲	Give everyone the benefit of the doubt. ◆	Help a friend with their homework ■
Share your snack with your sibling or friend. ➡	As you pass a hospital, pray for the sick people in it. ➡	Draw pictures for older people. ☾	Sit with someone at school who is not liked. ★	Draw a picture in chalk on the driveway of someone who is sick. ▲
Help buy groceries for the hungry. ♥	Help serve guests at your house. ■	 JUBILEE 2025 PILGRIMS OF HOPE Free Space	Give a prayer book or a bible to someone who doesn't have one. ■	If you pass a prison, ask Jesus to fill the prison with his peace and love. ★
Give holy cards to those in need. ☀	Suggest your friends pray when they need answers. ☾	Send a card to the family of someone who died. ➡	Do a good deed. ⚡	Pray for all national and world leaders to love. ■
Tell someone about a Eucharistic miracle. ◆	Make a card for someone who isn't feeling well. ➡	Tell your friend that God loves them. ⚡	When you pass a food donation bin, pray for those who are hungry. ▲	Pray the St. Gertrude the Great prayer for those in purgatory ▲

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INVITE SOMEONE TO MASS WITH YOU. 	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
DRAW PICTURES FOR OLDER PEOPLE. 	GIVE HOLY CARDS TO THOSE IN NEED. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. 
WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	 FREE SPACE	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 	SMILE AT SOMEONE. 
DONATE PJS TO THE PJ PROGRAM. 	HAVE A READY EAR. 	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	INVITE SOMEONE TO ADORATION WITH YOU. 	SAY HELLO TO SOMEONE SAD. 
GIVE HOLY CARDS TO THOSE IN NEED. 	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	DO A GOOD DEED. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 

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INVITE SOMEONE TO MASS WITH YOU. 	BE PATIENT WITH THOSE WHO ARE LEARNING NEW SKILLS. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 
DRAW PICTURES FOR OLDER PEOPLE. 	GIVE HOLY CARDS TO THOSE IN NEED. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	 FREE SPACE	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 	INVITE SOMEONE TO ADORATION WITH YOU. 
DONATE PJS TO THE PJ PROGRAM. 	JOYFULLY LIFT UP A YOUNG CHILD TO GET A DRINK AT A WATER FOUNTAIN. 	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	HELP A FRIEND WITH THEIR HOMEWORK 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 
PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. 	DO A GOOD DEED. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 

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GIVE EVERYONE THE BENEFIT OF THE DOUBT. ◆	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★	SMILE AT SOMEONE. ●	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. ▲	HELP A FRIEND WITH THEIR HOMEWORK ■
WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	TELL SOMEONE ABOUT A EUCCHARISTIC MIRACLE. ◆	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. ♥	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. ■
SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. ➡	HELP SERVE GUESTS AT YOUR HOUSE. ■	 JUBILEE 2025 PILGRIMS OF HOPE FREE SPACE	BE PATIENT WITH THOSE WHO ARE LEARNING NEW SKILLS. ■	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★
GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. ■	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. ●	INVITE SOMEONE TO ADORATION WITH YOU. ◆	HELP BUY GROCERIES FOR THE HUNGRY. ♥	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. ▲
TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	DON'T INSIST ON ALWAYS BEING RIGHT. ■	PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. ★

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PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	HELP BUY GROCERIES FOR THE HUNGRY. 	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 
DRAW PICTURES FOR OLDER PEOPLE. 	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	DO A GOOD DEED. 	 FREE SPACE	GIVE SOMEONE A TISSUE WHEN THEY CRY. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 
DONATE PJS TO THE PJ PROGRAM. 	JOYFULLY LIFT UP A YOUNG CHILD TO GET A DRINK AT A WATER FOUNTAIN. 	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	HELP A FRIEND WITH THEIR HOMEWORK 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 
SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	TELL SOMEONE ABOUT A EUCCHARISTIC MIRACLE. 	GIVE HOLY CARDS TO THOSE IN NEED. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 

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Pray for those who have wronged you. 	Give a Prayer Book or a Bible to someone who doesn't have one. 	Smile at someone. 	Give someone a tissue when they cry. 	Offer positive words to someone who is struggling w/ their task. 
Draw pictures for older people. 	Make a card for someone who isn't feeling well. 	Let others know that Jesus always forgives so long as they are sorry. 	Share outgrown clothes with another family. 	Pray the Divine Mercy Chaplet for someone who is dying. 
Draw a picture in chalk on the driveway of someone who is sick. 	Do a good deed. 	 Free Space	Share a nice story about a dead person with their family. 	Take time to listen to someone going through a tough time. 
Donate PJs to the PJ Program. 	Joyfully lift up a young child to get a drink at a water fountain. 	Help buy groceries for the hungry. 	Help a friend with their homework. 	Lovingly bandage a brother or sister's scrape. 
Say something nice about a person being gossiped about. 	Give someone a kind look. 	Tell someone about a Eucharistic miracle. 	Give holy cards to those in need. 	Don't insist on always being right. 

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Take a COLD GLASS OF WATER TO a NEIGHBOR DOING YARD WORK. 	Draw PICTURES FOR OLDER PEOPLE. 	HELP serve GUESTS at your HOUSE. 	Share your SNACK WITH your SIBLING OR FRIEND. 	Pray THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
HOLD OPEN a DOOR FOR SOMEONE WITH THEIR HANDS FULL. 	HELP a FRIEND WITH THEIR HOMEWORK 	SMILE AT SOMEONE. 	DO a GOOD DEED. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 
VISIT THE STATIONS OF THE CROSS WITH a FRIEND. Share HOW JESUS DIED FOR US. 	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 		SIT WITH SOMEONE at SCHOOL WHO IS NOT LIKED. 	Take TIME TO LISTEN TO SOMEONE GOING THROUGH a TOUGH TIME. 
DON'T INSIST ON ALWAYS BEING RIGHT. 	say SOMETHING NICE ABOUT a person BEING GOSSIPED ABOUT. 	Pray THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	Give someone a TISSUE WHEN THEY cry. 	Have a ready ear. 
Make a CARD FOR someone WHO ISN'T FEELING WELL. 	AS YOU PASS a CEMETERY, Pray FOR THE SOULS BURIED THERE. 	When YOU PASS a FOOD DONATION BIN, Pray FOR THOSE WHO are HUNGRY. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a GRANDPARENT. 	HELP an ELDERLY person IN NEED WITH YARD WORK or errands. 

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Take a COLD GLASS OF WATER to a neighbor doing yard work. 	Draw pictures for older people. 	Share outgrown clothes with another family. 	Share your snack with your sibling or friend. 	Pray the Divine Mercy Chaplet for someone who is dying. 
Hold open a door for someone with their hands full. 	Help a friend with their homework. 	Smile at someone. 	As you pass a cemetery, pray for the souls buried there. 	Lovingly bandage a brother or sister's scrape. 
Visit the Stations of the Cross with a friend. Share how Jesus died for us. 	For 1 day, drink water only. Offer it up for those w/out clean drinking water. 	 Free Space	Make a card for someone who isn't feeling well. 	Take time to listen to someone going through a tough time. 
Invite someone to Mass with you. 	Say something nice about a person being gossiped about. 	Pray the St. Gertrude the Great Prayer for those in purgatory. 	Give someone a tissue when they cry. 	Joyfully look at old photo album with a grandparent. 
Don't insist on always being right. 	Give someone a kind look. 	Tell someone about a Eucharistic miracle. 	Do a good deed. 	Be patient with those who are learning new skills. 

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Make a card for someone who isn't feeling well. 	Let others know that Jesus always forgives so long as they are sorry. 	Share outgrown clothes with another family. 	Give someone a tissue when they cry. 	Hold open a door for someone with their hands full. 
Draw pictures for older people. 	Invite someone to adoration with you. 	Smile at someone. 	Give everyone the benefit of the doubt. 	Lovingly bandage a brother or sister's scrape. 
Pray the divine mercy chaplet for someone who is dying. 	Do a good deed. 		Pray for those who have wronged you. 	Donate PJs to the PJ program. 
Take time to listen to someone going through a tough time. 	Say something nice about a person being gossiped about. 	Tell someone about a Eucharistic miracle. 	Help buy groceries for the hungry. 	Be patient with those who are learning new skills. 
Do not insist on always being right. 	Give someone a kind look. 	Help a friend with their homework. 	Give holy cards to those in need. 	Draw a picture in chalk on the driveway of someone who is sick. 

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Make a card for someone who isn't feeling well. ➔	Let others know that Jesus always forgives so long as they are sorry. ■	Give someone a tissue when they cry. ♥	Share outgrown clothes with another family. ■	Hold open a door for someone with their hands full. ♥
Draw pictures for older people. ☾	Take a cold glass of water to a neighbor doing yard work. ➔	Smile at someone. ●	Give everyone the benefit of the doubt. ◆	Lovingly bandage a brother or sister's scrape. ★
Pray the Divine Mercy Chaplet for someone who is dying. ●	Do a good deed. ⚡	 JUBILEE 2025 PILGRIMS OF HOPE Free Space	Pray for those who have wronged you. ★	Donate PJs to the PJ program. ★
Take time to listen to someone going through a tough time. ●	Say something nice about a person being gossiped about. ●	Tell someone about a Eucharistic miracle. ◆	Help buy groceries for the hungry. ♥	Encourage someone to read the Bible or certain verses. ★
Don't insist on always being right. ■	Give someone a kind look. ■	Help a friend with their homework. ■	Give Holy cards to those in need. ☀	Draw a picture in chalk on the driveway of someone who is sick. ▲

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AS YOU PASS A HOSPITAL, PRAY FOR THE SICK PEOPLE IN IT. 	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 	SAY HELLO TO SOMEONE SAD. 
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	HAVE A READY EAR. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 
HELP AN ELDERLY PERSON IN NEED WITH YARD WORK OR ERRANDS. 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 	 FREE SPACE	SHOW A SMALL GESTURE OF FRIENDSHIP. 	HELP BUY GROCERIES FOR THE HUNGRY. 
TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 
CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. 	HELP SERVE GUESTS AT YOUR HOUSE. 

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Share your snack with your sibling or friend. ➡	Give someone a tissue when they cry. ❤️	Make a card for someone who isn't feeling well. ➡	Talk to someone your age who looks lonely. 💙	Take a baked good to a lonely neighbor. 💜
Take a cold glass of water to a neighbor doing yard work. ➡	Pray for those who have wronged you. ★	Hold open a door for someone with their hands full. 💙	Smile at someone. 💛	When you pass a food donation bin, pray for those who are ▲
Draw pictures for older people. 🌙	Give a prayer book or a Bible to someone who doesn't have one. 💜	 Free Space	Help an elderly person in need with yard work or errands. 💜	Invite someone to adoration with you. ◆
Share a nice story about a dead person with their family. 🟠	Say something nice about a person being gossiped about. 🟢	Let others know that Jesus always forgives so long as they are sorry. 🟠	Send a card to the family of someone who died. ➡	Help buy groceries for the hungry. 💖
As you pass a cemetery, pray for the souls buried there. ➡	Be patient with those who are learning new skills. 💜	For 1 day, drink water only. Offer it up for those w/out clean drinking water. ▲	Draw a picture in chalk on the driveway of someone who is sick. ▲	Joyfully look at old photo album with a grandparent. 💚

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PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	SAY HELLO TO SOMEONE SAD. 	GIVE HOLY CARDS TO THOSE IN NEED. 	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 	DON'T INSIST ON ALWAYS BEING RIGHT. 
TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 
SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	GIVE SOMEONE A KIND LOOK. 		MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	DONATE PJS TO THE PJ PROGRAM. 
TELL YOUR FRIEND THAT GOD LOVES THEM. 	DRAW PICTURES FOR OLDER PEOPLE. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	HELP BUY GROCERIES FOR THE HUNGRY. 
SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 

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JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	DRAW PICTURES FOR OLDER PEOPLE. 	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 
SAY HELLO TO SOMEONE SAD. 	GIVE SOMEONE A KIND LOOK. 	 FREE SPACE	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 
GIVE HOLY CARDS TO THOSE IN NEED. 	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	DO A GOOD DEED. 	INVITE SOMEONE TO ADORATION WITH YOU. 
TAKE A BAKED GOOD TO A LONELY NEIGHBOR. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	DON'T INSIST ON ALWAYS BEING RIGHT. 

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Take a BAKED GOOD TO a LONELY neighbor. 	HELP BUY groceries FOR the HUNGRY. 	HELP serve guests at your HOUSE. 	donate PJS TO the PJ program. 	give someone a TISSUE when they cry. 
pray FOR THOSE who have WRONGED you. 	VISIT THE STATIONS OF THE CROSS WITH a FRIEND. share HOW JESUS DIED FOR US. 	DO a GOOD deed. 	Talk TO someone your age who LOOKS LONELY. 	INVITE someone TO ADORATION WITH you. 
say HELLO TO someone SAD. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a grandparent. 	 Free Space	send a CARD TO the FAMILY OF someone who DIED. 	pray FOR all national and WORLD LEADERS TO LOVE. 
give HOLY CARDS TO THOSE in need. 	Draw a PICTURE in CHALK ON the DRIVEWAY OF someone who IS SICK. 	Share a NICE STORY ABOUT a dead person WITH their FAMILY. 	Draw PICTURES FOR OLDER people. 	TELL someone ABOUT a EUCHARISTIC MIRACLE. 
SHOW a SMALL gesture OF FRIENDSHIP. 	Pray THE DIVINE Mercy CHAPLET FOR someone who IS DYING. 	TELL your FRIEND THAT GOD LOVES THEM. 	SUGGEST your FRIENDS pray when they need answers. 	HELP an ELDERLY person in need WITH yard work OR errands. 

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PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	HELP BUY GROCERIES FOR THE HUNGRY. ♥	SMILE AT SOMEONE. ●	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. ★	GIVE SOMEONE A TISSUE WHEN THEY CRY. ♥
SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. ➡	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. ♥	DRAW PICTURES FOR OLDER PEOPLE. ◐	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. ●	SHOW A SMALL GESTURE OF FRIENDSHIP. ♦
SAY HELLO TO SOMEONE SAD. ▲	GIVE SOMEONE A KIND LOOK. ■	 FREE SPACE	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	HELP SERVE GUESTS AT YOUR HOUSE. ■
SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. ☾	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. ▲	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	DO A GOOD DEED. ⚡	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. ■
IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. ●	GIVE HOLY CARDS TO THOSE IN NEED. ☀

FULL SON SHINE & PLENTY OF LOVE NEEDED

RICH SEEDS OF

H O P E

SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

change the SUBJECT IF a conversation is NOT GODLY. 	HELP an ELDERLY person in need WITH yard work or errands. 	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	Take a COLD GLASS OF water TO a neighbor DOING yard work. 	GIVE someone a TISSUE WHEN they cry. 
Share a nice STORY ABOUT a DEAD person WITH their FAMILY. 	encourage SOMEONE TO read THE BIBLE OR certain verses. 	GIVE HOLY CARDS TO THOSE IN need. 	TALK TO SOMEONE your age WHO LOOKS LONELY. 	SHOW a SMALL gesture OF FRIENDSHIP. 
say HELLO TO someone SAD. 	GIVE someone a KIND LOOK. 	 Free Space	When you PASS a FOOD DONATION BIN, pray FOR THOSE WHO are HUNGRY. 	HELP BUY groceries FOR THE HUNGRY. 
SUGGEST your FRIENDS pray WHEN they need answers. 	AS you PASS a HOSPITAL, pray FOR THE SICK people IN IT. 	IF you PASS a PRISON, ask JESUS TO fill THE PRISON WITH HIS peace AND LOVE. 	Take a BAKED good TO a LONELY neighbor. 	pray FOR THOSE WHO have WRONGED you. 
Share OUTGROWN CLOTHES WITH another FAMILY. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 	TELL your FRIEND THAT GOD LOVES THEM. 	say SOMETHING nice ABOUT a person BEING GOSSIPED ABOUT. 	Share your SNACK WITH your SIBLING OR friend. 

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Draw pictures for older people. 	Help buy groceries for the hungry. 	Share your snack with your sibling or friend. 	Lovingly bandage a brother or sister's scrape. 	Give someone a tissue when they cry. 
Show a small gesture of friendship. 	Send a card to the family of someone who died. 	Say something nice about a person being gossiped about. 	Pray the Divine Mercy Chaplet for someone who is dying. 	Make a card for someone who isn't feeling well. 
Say hello to someone sad. 	Give a prayer book or a Bible to someone who doesn't have one. 	 Free Space	Visit the Stations of the Cross with a friend. Share how Jesus died for us. 	Pray for all national and world leaders to love. 
Tell your friend that God loves them. 	When you pass a food donation bin, pray for those who are hungry. 	Talk to someone your age who looks lonely. 	Do a good deed. 	Take a baked good to a lonely neighbor. 
Invite someone to adoration with you. 	Give someone a kind look. 	Tell someone about a Eucharistic miracle. 	Suggest your friends pray when they need answers. 	Draw a picture in chalk on the driveway of someone who is sick. 

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GIVE EVERYONE THE BENEFIT OF THE DOUBT. ◆	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★	HELP SERVE GUESTS AT YOUR HOUSE. ■	DRAW A PICTURE IN CHALK ON THE DRIVeway OF SOMEONE WHO IS SICK. ▲	HELP A FRIEND WITH THEIR HOMEWORK ■
WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. ▲	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. ♥	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡
SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. ➡	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★ ★	JUBILEE 2025 PILGRIMS OF HOPE FREE SPACE 	BE PATIENT WITH THOSE WHO ARE LEARNING NEW SKILLS. ■	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. ◆
GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. ■	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. ●	INVITE SOMEONE TO ADORATION WITH YOU. ◆	INVITE SOMEONE TO MASS WITH YOU. ♥	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡
HELP BUY GROCERIES FOR THE HUNGRY. ♥	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	DON'T INSIST ON ALWAYS BEING RIGHT. ■	PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. ★

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PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	HELP BUY GROCERIES FOR THE HUNGRY. 	INVITE SOMEONE TO MASS WITH YOU. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 
DRAW PICTURES FOR OLDER PEOPLE. 	DONATE PJS TO THE PJ PROGRAM. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	TELL SOMEONE ABOUT A EUCCHARISTIC MIRACLE. 
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	DO A GOOD DEED. 	 FREE SPACE	GIVE SOMEONE A TISSUE WHEN THEY CRY. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 
AS YOU PASS A HOSPITAL, PRAY FOR THE SICK PEOPLE IN IT. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	HELP A FRIEND WITH THEIR HOMEWORK 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 
PRAY FOR THOSE WHO HAVE WRONGED YOU. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	GIVE EVERYONE THE BENEFIT OF THE DOUBT. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 

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Pray for those who have wronged you. 	Give a prayer book or a Bible to someone who doesn't have one. 	Share a nice story about a dead person with their family. 	Tell someone about a Eucharistic miracle. 	Joyfully lift up a young child to get a drink at a water fountain. 
Suggest your friends pray when they need answers. 	Make a card for someone who isn't feeling well. 	Draw pictures for older people. 	Share outgrown clothes with another family. 	Take a baked good to a lonely neighbor. 
Talk to someone your age who looks lonely. 	Do a good deed. 		Let others know that Jesus always forgives so long as they are sorry. 	Take time to listen to someone going through a tough time. 
Donate PJs to the PJ program. 	Give someone a tissue when they cry. 	Help buy groceries for the hungry. 	Help a friend with their homework. 	Lovingly bandage a brother or sister's scrape. 
Joyfully lift up a young child to get a drink at a water fountain. 	Give someone a kind look. 	Give everyone the benefit of the doubt. 	Give holy cards to those in need. 	Don't insist on always being right. 

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Take a COLD GLASS OF WATER TO a NEIGHBOR DOING YARD WORK. 	HOLD OPEN a DOOR FOR SOMEONE WITH THEIR HANDS FULL. 	HELP serve GUESTS at YOUR HOUSE. 	SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
GIVE SOMEONE a TISSUE WHEN THEY CRY. 	HELP a FRIEND WITH THEIR HOMEWORK 	SMILE at SOMEONE. 	DO a GOOD DEED. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 
DRAW PICTURES FOR OLDER PEOPLE. 	INVITE SOMEONE TO ADORATION WITH YOU. 	 FREE SPACE	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH a TOUGH TIME. 
DON'T INSIST ON ALWAYS BEING RIGHT. 	SAY SOMETHING NICE ABOUT a PERSON BEING GOSSIPED ABOUT. 	JOYFULLY LIFT UP a YOUNG CHILD TO GET a DRINK at a WATER FOUNTAIN. 	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. 	INVITE SOMEONE TO MASS WITH YOU. 
Make a CARD FOR SOMEONE WHO IS NOT FEELING WELL. 	AS YOU PASS a CEMETERY, PRAY FOR THE SOULS BURIED THERE. 	WHEN YOU PASS a FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a GRANDPARENT. 	HELP an ELDERLY PERSON IN NEED WITH YARD WORK OR ERRANDS. 

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Make a card for someone who isn't feeling well. ➡	Draw pictures for older people. 🌒	Pray the Divine Mercy Chaplet for someone who is dying. ●	Share your snack with your sibling or friend. ➡	Invite someone to adoration with you. ◆
Hold open a door for someone with their hands full. 💙	Help a friend with their homework. ■	When you pass a food donation bin, pray for those who are hungry. ▲	Do a good deed. ⚡	Lovingly bandage a brother or sister's scrape. ★
Give a prayer book or a bible to someone who doesn't have one. ■	For 1 day, drink water only. Offer it up for those w/out clean drinking water. ▲	 Free Space	Visit the stations of the cross with a friend. Share how Jesus died for us. ■	Take time to listen to someone going through a tough time. ●
Give someone a kind look. ■	As you pass a hospital, pray for the sick people in it. ➡	Pray the St. Gertrude the Great prayer for those in purgatory. ▲	Give someone a tissue when they cry. ❤️	Say something nice about a person being gossiped about. ●
Don't insist on always being right. ■	Share a nice story about a dead person with their family. ●	Tell someone about a Eucharistic miracle. ◆	Share outgrown clothes with another family. ■	Smile at someone. ●

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GIVE SOMEONE A KIND LOOK. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★ 	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. 
DRAW PICTURES FOR OLDER PEOPLE. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	SMILE AT SOMEONE. 	GIVE EVERYONE THE BENEFIT OF THE DOUBT. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 
MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	DO A GOOD DEED. 	 FREE SPACE	PRAY FOR THOSE WHO HAVE WRONGED YOU. 	DONATE PJS TO THE PJ PROGRAM. 
TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	TELL SOMEONE ABOUT A EUCCHARISTIC MIRACLE. 	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
DO NOT INSIST ON ALWAYS BEING RIGHT. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	HELP A FRIEND WITH THEIR HOMEWORK 	GIVE HOLY CARDS TO THOSE IN NEED. 	INVITE SOMEONE TO MASS WITH YOU. 

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Make a card for someone who isn't feeling well. 	Draw pictures for older people. 	Give someone a tissue when they cry. 	Share outgrown clothes with another family. 	Hold open a door for someone with their hands full. 
Do a good deed. 	Tell your friend that God loves them. 	Let others know that Jesus always forgives so long as they are sorry. 	Give everyone the benefit of the doubt. 	Smile at someone. 
Pray for those who have wronged you. 	Sit with someone at school who is not liked. 	 Free Space	Don't insist on always being right. 	Share a nice story about a dead person with their family. 
Take time to listen to someone going through a tough time. 	Say something nice about a person being gossiped about. 	Give holy cards to those in need. 	Help buy groceries for the hungry. 	Pray the Divine Mercy Chaplet for someone who is dying. 
Share your snack with your sibling or friend. 	Give someone a kind look. 	Help a friend with their homework. 	Joyfully look at old photo album with a grandparent. 	Invite someone to adoration with you. 

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AS YOU PASS a HOSPITAL, pray FOR THE SICK PEOPLE IN IT. 	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	SHOW a SMALL gesture OF FRIENDSHIP. 	SHARE a NICE STORY ABOUT a DEAD PERSON WITH THEIR FAMILY. 
OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	PRAY FOR ALL national and WORLD LEADERS TO LOVE. 	SAY SOMETHING nice ABOUT a PERSON BEING GOSSIPED ABOUT. 	SUGGEST your FRIENDS pray WHEN THEY need answers. 	TALK TO SOMEONE your age WHO LOOKS LONELY. 
HELP an ELDERLY person in need WITH yard work or errands. 	PRAY FOR THOSE WHO HAVE wronged you. 	 Free Space	SHARE OUTGROWN CLOTHES WITH another FAMILY. 	HAVE a ready ear. 
TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH a TOUGH TIME. 	SAY HELLO TO SOMEONE SAD. 	SEND a CARD TO THE FAMILY OF SOMEONE WHO DIED. 	DRAW a PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 
HELP BUY groceries FOR THE HUNGRY. 	CHANGE THE SUBJECT IF a CONVERSATION IS NOT GODLY. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE your SNACK WITH your SIBLING OR FRIEND. 	HELP serve guests AT your HOUSE. 

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Share your snack with your sibling or friend. 	Give someone a tissue when they cry. 	Take a cold glass of water to a neighbor doing yard work. 	Talk to someone your age who looks lonely. 	Share a nice story about a dead person with their family. 
Hold open a door for someone with their hands full. 	Take a baked good to a lonely neighbor. 	Offer positive words to someone who is struggling w/ their task. 	Make a card for someone who isn't feeling well. 	When you pass a food donation bin, pray for those who are 
Smile at someone. 	For 1 day, drink water only. Offer it up for those w/out clean drinking water. 	 Free Space	Help an elderly person in need with yard work or errands. 	Invite someone to adoration with you. 
Give a prayer book or a bible to someone who doesn't have one. 	Say something nice about a person being gossiped about. 	Let others know that Jesus always forgives so long as they are sorry. 	Pray for those who have wronged you. 	Draw pictures for older people. 
As you pass a cemetery, pray for the souls buried there. 	Be patient with those who are learning new skills. 	Help buy groceries for the hungry. 	Draw a picture in chalk on the driveway of someone who is sick. 	Joyfully look at old photo album with a grandparent. 

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PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	SAY HELLO TO SOMEONE SAD. 	GIVE HOLY CARDS TO THOSE IN NEED. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	DON'T INSIST ON ALWAYS BEING RIGHT. 
FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 
SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	GIVE SOMEONE A KIND LOOK. 	 Free Space	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 
PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	HAVE A READY EAR. 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	HELP BUY GROCERIES FOR THE HUNGRY. 
SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 

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PRAY FOR THOSE WHO HAVE WRONGED YOU. 	HELP BUY GROCERIES FOR THE HUNGRY. 	SMILE AT SOMEONE. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 
INVITE SOMEONE TO ADORATION WITH YOU. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	DRAW PICTURES FOR OLDER PEOPLE. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 
SAY HELLO TO SOMEONE SAD. 	GIVE SOMEONE A KIND LOOK. 	 FREE SPACE	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 
GIVE HOLY CARDS TO THOSE IN NEED. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	DO A GOOD DEED. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 
TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	DON'T INSIST ON ALWAYS BEING RIGHT. 

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Take a BAKED GOOD TO a LONELY neighbor. 	Share OUTGROWN CLOTHES WITH another FAMILY. 	HELP serve GUESTS at your HOUSE. 	GIVE a PRAYER BOOK or a BIBLE TO someone WHO DOESN'T HAVE one. 	HELP BUY groceries FOR the HUNGRY. 
Pray FOR THOSE WHO HAVE wronged YOU. 	LET OTHERS KNOW THAT JESUS ALWAYS forgives SO LONG as they are SORRY. 	change THE SUBJECT IF a conversation IS NOT GODLY. 	Talk TO someone your AGE WHO LOOKS LONELY. 	INVITE someone TO ADORATION WITH YOU. 
Give someone a TISSUE when they cry. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a grandparent. 		encourage someone TO read THE BIBLE or certain VERSES. 	Pray FOR all national and WORLD LEADERS TO LOVE. 
SEND a CARD TO THE FAMILY OF someone WHO died. 	DO a GOOD Deed. 	say HELLO TO someone SAD. 	Draw PICTURES FOR OLDER PEOPLE. 	TELL your FRIEND THAT GOD LOVES THEM. 
SHOW a SMALL gesture OF FRIENDSHIP. 	Pray THE DIVINE MERCY CHAPLET FOR someone WHO IS DYING. 	TELL someone ABOUT a EUCHARISTIC MIRACLE. 	SUGGEST your FRIENDS Pray WHEN they need answers. 	SHOW a SMALL gesture OF FRIENDSHIP. 

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PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. ■	SMILE AT SOMEONE. ●	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. ★	GIVE SOMEONE A TISSUE WHEN THEY CRY. ♥
SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. ➡	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. ♥	HELP BUY GROCERIES FOR THE HUNGRY. ♥	GIVE SOMEONE A KIND LOOK. ■	SHOW A SMALL GESTURE OF FRIENDSHIP. ◆
SAY HELLO TO SOMEONE SAD. ▲	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. ●	 FREE SPACE	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★
HELP SERVE GUESTS AT YOUR HOUSE. ■	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. ▲	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	DO A GOOD DEED. ⚡	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. ●
IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. ☾	GIVE HOLY CARDS TO THOSE IN NEED. ☀

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OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 🜔	HELP BUY GROCERIES FOR THE HUNGRY. 💖	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 🟠	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 🟢
WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 🜔	INVITE SOMEONE TO ADORATION WITH YOU. 🜔	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 🟠	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 🟠	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 🔴
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 🜔	DO A GOOD DEED. ⚡	 FREE SPACE	GIVE SOMEONE A TISSUE WHEN THEY CRY. 💖	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 🔴
DONATE PJS TO THE PJ PROGRAM. ★	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 🟢	GIVE HOLY CARDS TO THOSE IN NEED. ☀️	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 💖	AS YOU PASS A CEMETERY, PRAY FOR THE SOULS BURIED THERE. ➡️
GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOES NOT HAVE ONE. 🟠	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 🟠	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. 🜔	DRAW PICTURES FOR OLDER PEOPLE. 🟢	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★

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Take a COLD GLASS OF water TO a neighbor DOING yard work. 	Draw PICTURES FOR OLDER people. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY are sorry. 	Share YOUR SNACK WITH YOUR SIBLING OR FRIEND. 	SMILE AT someone. 
HOLD OPEN a DOOR FOR someone WITH THEIR HANDS FULL. 	Pray THE DIVINE MERCY CHAPLET FOR someone WHO IS DYING. 	GIVE a PRAYER BOOK OR a BIBLE TO someone WHO DOESN'T HAVE one. 	AS YOU PASS a CEMETERY, Pray FOR THE SOULS BURIED THERE. 	TAKE TIME TO LISTEN TO someone GOING THROUGH a TOUGH TIME. 
VISIT THE STATIONS OF THE CROSS WITH a FRIEND. Share HOW JESUS DIED FOR US. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 	 Free Space	Make a CARD FOR someone WHO ISN'T FEELING WELL. 	HELP a FRIEND WITH THEIR HOMEWORK 
Share OUTGROWN CLOTHES WITH another FAMILY. 	TELL someone ABOUT a EUCHARISTIC MIRACLE. 	Pray THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH a GRANDPARENT. 
DON'T INSIST ON ALWAYS BEING RIGHT. 	GIVE someone a KIND LOOK. 	INVITE someone TO MASS WITH you. 	SAY something NICE ABOUT a PERSON BEING GOSSIPED ABOUT. 	BE PATIENT WITH THOSE WHO are LEARNING new SKILLS. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

RICH SEEDS OF

HOPE

SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

Pray for those who have wronged you. ★	Give someone a tissue when they cry. ♥	Make a card for someone who isn't feeling well. ➡	Talk to someone your age who looks lonely. ●	Take a baked good to a lonely neighbor. ■
Take a cold glass of water to a neighbor doing yard work. ➡	Let others know that Jesus always forgives so long as they are sorry. ■	Hold open a door for someone with their hands full. ♥	Give a prayer book or a Bible to someone who doesn't have one. ■	Send a card to the family of someone who died. ➡
Change the subject if a conversation is not godly. ▲	When you pass a food donation bin, pray for those who are hungry. ▲	 Free Space	Help an elderly person in need with yard work or errands. ●	Invite someone to adoration with you. ◆
Share a nice story about a dead person with their family. ●	Say something nice about a person being gossiped about. ●	Smile at someone. ●	Draw pictures for older people. ☾	Be patient with those who are learning new skills. ■
As you pass a cemetery, pray for the souls buried there. ➡	Sit with someone at school who is not liked. ★	Joyfully look at old photo album with a grandparent. ♥	Help buy groceries for the hungry. ♥	Encourage someone to read the Bible or certain verses. ★

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PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	HELP A FRIEND WITH THEIR HOMEWORK 	SMILE AT SOMEONE. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 
DRAW PICTURES FOR OLDER PEOPLE. 	DON'T INSIST ON ALWAYS BEING RIGHT. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 
OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	DO A GOOD DEED. 	 FREE SPACE	HELP BUY GROCERIES FOR THE HUNGRY. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 
DONATE PJS TO THE PJ PROGRAM. 	SHARE A NICE STORY ABOUT A DEAD PERSON WITH THEIR FAMILY. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 
SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 	GIVE SOMEONE A KIND LOOK. 	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. 	GIVE HOLY CARDS TO THOSE IN NEED. 	JOYFULLY LIFT UP A YOUNG CHILD TO GET A DRINK AT A WATER FOUNTAIN. 

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FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

PRAY FOR THOSE WHO HAVE WRONGED YOU. 	HELP BUY GROCERIES FOR THE HUNGRY. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	INVITE SOMEONE TO ADORATION WITH YOU. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 
JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. 	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 
SAY HELLO TO SOMEONE SAD. 	GIVE SOMEONE A KIND LOOK. 	 FREE SPACE	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 
GIVE HOLY CARDS TO THOSE IN NEED. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	DO A GOOD DEED. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 
DRAW PICTURES FOR OLDER PEOPLE. 	SMILE AT SOMEONE. 	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★ 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	DON'T INSIST ON ALWAYS BEING RIGHT. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

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FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. ➔	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	HELP A FRIEND WITH THEIR HOMEWORK ■	DON'T INSIST ON ALWAYS BEING RIGHT. ■	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★
INVITE SOMEONE TO ADORATION WITH YOU. ◆	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. ▲	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. ■	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. ●
BE PATIENT WITH THOSE WHO ARE LEARNING NEW SKILLS. ■	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	JUBILEE 2025 PILGRIMS OF HOPE Free Space	PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★
DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. ▲	HELP BUY GROCERIES FOR THE HUNGRY. ♥	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. ♥	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡
SMILE AT SOMEONE. ●	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. ◆	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. ★	GIVE EVERYONE THE BENEFIT OF THE DOUBT. ◆	HELP SERVE GUESTS AT YOUR HOUSE. ■

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SEEDS THAT GROW INTO BEAUTIFUL
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GIVE EVERYONE THE BENEFIT OF THE DOUBT. ◆	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★	SMILE AT SOMEONE. ●	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. ▲	HELP A FRIEND WITH THEIR HOMEWORK ■
WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. ◆	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. ♥	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➔	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡
SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. ➔	HELP SERVE GUESTS AT YOUR HOUSE. ■	 FREE SPACE	BE PATIENT WITH THOSE WHO ARE LEARNING NEW SKILLS. ■	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★
GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. ■	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. ●	INVITE SOMEONE TO ADORATION WITH YOU. ◆	HELP BUY GROCERIES FOR THE HUNGRY. ♥	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. ▲
TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	DON'T INSIST ON ALWAYS BEING RIGHT. ■	PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. ★

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HELP BUY GROCERIES FOR THE HUNGRY. 	AS YOU PASS A HOSPITAL, PRAY FOR THE SICK PEOPLE IN IT. 	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 
DRAW PICTURES FOR OLDER PEOPLE. 	HELP A FRIEND WITH THEIR HOMEWORK 	HELP SERVE GUESTS AT YOUR HOUSE. 	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. 	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. 
DO A GOOD DEED. 	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	 FREE SPACE	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	SMILE AT SOMEONE. 
SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	HAVE A READY EAR. 	GIVE HOLY CARDS TO THOSE IN NEED. 	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	SAY HELLO TO SOMEONE SAD. 
MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	INVITE SOMEONE TO MASS WITH YOU. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 

FULL SON SHINE & PLenty OF LOVE NEEDED

RICH SEEDS OF

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SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

PRAY FOR THOSE WHO HAVE WRONGED YOU. ★	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. ■	DONATE PJS TO THE PJ PROGRAM. ★	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. ★	GIVE SOMEONE A TISSUE WHEN THEY CRY. ♥
TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. ◆	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. ♥	HELP BUY GROCERIES FOR THE HUNGRY. ♥	GIVE SOMEONE A KIND LOOK. ■	SHOW A SMALL GESTURE OF FRIENDSHIP. ◆
SAY HELLO TO SOMEONE SAD. ▲	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. ●	JUBILEE 2025 PILGRIMS OF HOPE FREE SPACE	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲	SHARE YOUR SNACK WITH YOUR SIBLING OR FRIEND. ➡
HELP A FRIEND WITH THEIR HOMEWORK ■	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. ★	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. ●	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. ●
IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. ★	LOVINGLY BANDAID A BROTHER OR SISTER'S SCRAPE. ★	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	GIVE HOLY CARDS TO THOSE IN NEED. ☀

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GIVE HOLY CARDS TO THOSE IN NEED. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	DONATE PJS TO THE PJ PROGRAM. 	AS YOU PASS A HOSPITAL, PRAY FOR THE SICK PEOPLE IN IT. 	GIVE SOMEONE A TISSUE WHEN THEY CRY. 
JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	SHOW A SMALL GESTURE OF FRIENDSHIP. 
INVITE SOMEONE TO MASS WITH YOU. 	INVITE SOMEONE TO ADORATION WITH YOU. 		VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	DRAW A PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 
DON'T INSIST ON ALWAYS BEING RIGHT. 	SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 	SAY SOMETHING NICE ABOUT A PERSON BEING GOSSIPED ABOUT. 
SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	SMILE AT SOMEONE. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	DRAW PICTURES FOR OLDER PEOPLE. 

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PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	HELP BUY GROCERIES FOR THE HUNGRY. 	SAY HELLO TO SOMEONE SAD. 	DRAW PICTURES FOR OLDER PEOPLE. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 
TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. 	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	TELL SOMEONE ABOUT A EUCCHARISTIC MIRACLE. 
GIVE EVERYONE THE BENEFIT OF THE DOUBT. 	DO A GOOD DEED. 	 FREE SPACE	GIVE SOMEONE A TISSUE WHEN THEY CRY. 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 
LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. 	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	HELP A FRIEND WITH THEIR HOMEWORK 	IF YOU PASS A PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. 
CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. 	GIVE SOMEONE A KIND LOOK. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	TAKE A BAKED GOOD TO A LONELY NEIGHBOR. 	INVITE SOMEONE TO ADORATION WITH YOU. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

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SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

INVITE SOMEONE TO ADORATION WITH YOU. 	HELP BUY groceries FOR THE HUNGRY. 	SAY HELLO TO SOMEONE SAD. 	GIVE SOMEONE a KIND LOOK. 	TAKE a COLD GLASS OF WATER TO a NEIGHBOR DOING YARD WORK. 
PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	PRAY FOR THOSE WHO HAVE WRONGED YOU. 	SMILE AT SOMEONE. 	SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	DON'T INSIST ON ALWAYS BEING RIGHT. 
GIVE a PRAYER BOOK OR a BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	HAVE a ready ear. 	 FREE SPACE	SHARE a nice STORY ABOUT a DEAD PERSON WITH THEIR FAMILY. 	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. 
LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 	SEND a CARD TO THE FAMILY OF SOMEONE WHO DIED. 	CHANGE THE SUBJECT IF a CONVERSATION IS NOT GODLY. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 	IF YOU PASS a PRISON, ASK JESUS TO FILL THE PRISON WITH HIS PEACE AND LOVE. 
DRAW PICTURES FOR OLDER PEOPLE. 	DRAW a PICTURE IN CHALK ON THE DRIVEWAY OF SOMEONE WHO IS SICK. 	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH a TOUGH TIME. 	TAKE a BAKED GOOD TO a LONELY NEIGHBOR. 	TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. 

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Have a ready ear. 	Draw pictures for older people. 	Pray the Divine Mercy Chaplet for someone who is dying. 	Share your snack with your sibling or friend. 	Invite someone to adoration with you. 
Talk to someone your age who looks lonely. 	Help a friend with their homework. 	Take a baked good to a lonely neighbor. 	Do a good deed. 	Suggest your friends pray when they need answers. 
Give a prayer book or a bible to someone who doesn't have one. 	For 1 day, drink water only. Offer it up for those w/out clean drinking water. 		Pray for those who have wronged you. 	Say hello to someone sad. 
Give someone a kind look. 	As you pass a hospital, pray for the sick people in it. 	When you pass a food donation bin, pray for those who are hungry. 	Pray for all national and world leaders to love. 	Help buy groceries for the hungry. 
Show a small gesture of friendship. 	Share a nice story about a dead person with their family. 	Tell someone about a Eucharistic miracle. 	Share outgrown clothes with another family. 	Smile at someone. 

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FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

HELP BUY groceries FOR THE HUNGRY. 	INVITE SOMEONE TO MASS WITH YOU. 	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 	DON'T INSIST ON ALWAYS BEING RIGHT. 	Make a CARD FOR someone WHO ISN'T FEELING WELL. 
say HELLO TO someone SAD. 	share a nice STORY ABOUT a DEAD PERSON WITH THEIR FAMILY. 	share OUTGROWN CLOTHES WITH another FAMILY. 	Have a ready ear. 	LOVINGLY BANDAGE a BROTHER OR SISTER'S SCRAPE. 
Be PATIENT WITH THOSE WHO are Learning new SKILLS. 	SIT WITH SOMEONE at SCHOOL WHO IS NOT LIKED. 	 Free Space	HELP an ELDERLY person in need WITH yard work or errands. 	TALK TO SOMEONE your age WHO LOOKS LONELY. 
change THE SUBJECT IF a CONVERSATION IS NOT GODLY. 	AS YOU PASS a CEMETERY, pray FOR THE SOULS BURIED THERE. 	SMILE AT someone. 	pray FOR THOSE WHO HAVE WRONGED YOU. 	Draw PICTURES FOR OLDER PEOPLE. 
OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY are SORRY. 	INVITE SOMEONE TO ADORATION WITH YOU. 	share your snack WITH your SIBLING OR FRIEND. 	Draw a PICTURE in CHALK ON THE DRIVEWAY OF someone WHO IS SICK. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

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SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

SUGGEST YOUR FRIENDS PRAY WHEN THEY NEED ANSWERS. 	DRAW PICTURES FOR OLDER PEOPLE. 	PRAY FOR ALL NATIONAL AND WORLD LEADERS TO LOVE. 	TELL YOUR FRIEND THAT GOD LOVES THEM. 	PRAY THE DIVINE MERCY CHAPLET FOR SOMEONE WHO IS DYING. 
SHARE OUTGROWN CLOTHES WITH ANOTHER FAMILY. 	JOYFULLY LOOK AT OLD PHOTO ALBUM WITH A GRANDPARENT. 	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. 	DO A GOOD DEED. 	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. 
AS YOU PASS A CEMETERY, PRAY FOR THE SOULS BURIED THERE. 	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. 	 FREE SPACE	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. 	SIT WITH SOMEONE AT SCHOOL WHO IS NOT LIKED. 
GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. 	GIVE HOLY CARDS TO THOSE IN NEED. 	PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY 	TELL SOMEONE ABOUT A EUCHARISTIC MIRACLE. 	HELP SERVE GUESTS AT YOUR HOUSE. 
MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. 	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. 	HOLD OPEN A DOOR FOR SOMEONE WITH THEIR HANDS FULL. 	VISIT THE STATIONS OF THE CROSS WITH A FRIEND. SHARE HOW JESUS DIED FOR US. 	HELP AN ELDERLY PERSON IN NEED WITH YARD WORK OR ERRANDS. 

FULL SON SHINE & PLENTY OF LOVE NEEDED

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Make a card for someone who isn't feeling well. ➡	Help buy groceries for the hungry. ♥	Don't insist on always being right. —	Lovingly bandage a brother or sister's scrape. ★	Give holy cards to those in need. ☀
Show a small gesture of friendship. ◆	Take time to listen to someone going through a tough time. ●	Say something nice about a person being gossiped about. ●	Pray the Divine Mercy Chaplet for someone who is dying. ●	Make a card for someone who isn't feeling well. ➡
Say hello to someone sad. ▲	Give someone a tissue when they cry. ♥	 Free Space	Pray the St. Gertrude the Great prayer for those in purgatory. ▲	Pray for all national and world leaders to love. ■
Share your snack with your sibling or friend. ➡	When you pass a food donation bin, pray for those who are hungry. ▲	Draw pictures for older people. ☾	Do a good deed. ⚡	Take a baked good to a lonely neighbor. —
Invite someone to adoration with you. ◆	Give someone a kind look. ■	Visit the Stations of the Cross with a friend. Share how Jesus died for us. —	Suggest your friends pray when they need answers. ☾	Draw a picture in chalk on the driveway of someone who is sick. ▲

FULL SON SHINE & PLENTY OF LOVE NEEDED

RICH SEEDS OF

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SEEDS THAT GROW INTO BEAUTIFUL
FLOWERS OF HOPE AS HELP FOR OTHERS ON THEIR JOURNEY TO HEAVEN.

DONATE PJS TO THE PJ PROGRAM. ★	GIVE A PRAYER BOOK OR A BIBLE TO SOMEONE WHO DOESN'T HAVE ONE. ■	DRAW PICTURES FOR OLDER PEOPLE. ☾	SEND A CARD TO THE FAMILY OF SOMEONE WHO DIED. ➡	DON'T INSIST ON ALWAYS BEING RIGHT. ■
LET OTHERS KNOW THAT JESUS ALWAYS FORGIVES SO LONG AS THEY ARE SORRY. ■	OFFER POSITIVE WORDS TO SOMEONE WHO IS STRUGGLING W/ THEIR TASK. ⬆	GIVE HOLY CARDS TO THOSE IN NEED. ☀	TELL YOUR FRIEND THAT GOD LOVES THEM. ⚡	LOVINGLY BANDAGE A BROTHER OR SISTER'S SCRAPE. ★
TALK TO SOMEONE YOUR AGE WHO LOOKS LONELY. ●	GIVE SOMEONE A KIND LOOK. ■	JUBILEE 2025 PILGRIMS OF HOPE FREE SPACE	MAKE A CARD FOR SOMEONE WHO ISN'T FEELING WELL. ➡	HELP AN ELDERLY PERSON IN NEED WITH YARD WORK OR ERRANDS. ●
SAY HELLO TO SOMEONE SAD. ▲	CHANGE THE SUBJECT IF A CONVERSATION IS NOT GODLY. ▲	SHOW A SMALL GESTURE OF FRIENDSHIP. ◆	TAKE TIME TO LISTEN TO SOMEONE GOING THROUGH A TOUGH TIME. ●	WHEN YOU PASS A FOOD DONATION BIN, PRAY FOR THOSE WHO ARE HUNGRY. ▲
PRAY THE ST. GERTRUDE THE GREAT PRAYER FOR THOSE IN PURGATORY ▲	ENCOURAGE SOMEONE TO READ THE BIBLE OR CERTAIN VERSES. ★	FOR 1 DAY, DRINK WATER ONLY. OFFER IT UP FOR THOSE W/OUT CLEAN DRINKING WATER. ▲	HELP SERVE GUESTS AT YOUR HOUSE. ■	TAKE A COLD GLASS OF WATER TO A NEIGHBOR DOING YARD WORK. ➡

FULL SON SHINE & PLENTY OF LOVE NEEDED