

# Scriptural Shopping List

## Lent 2025



**Thank you for shopping with us!** The scripture passages here appear somewhere in our liturgical readings this year over Lent. This connects our Lenten almsgiving to our Lenten prayer!

Please be sure all items are non-perishable. Also, avoid glass and heavy items like juice or juice boxes. As always, thank you, St. Francis, for the amazing love and care you consistently put into these bags!

### WEEK ONE - March 5 through March 15

- 1) **Psalm 1** — “He is like a tree planted near running water that yields its best fruit in due season”

**\*ADD TO CART:** *Can or snack pack of fruit (peaches, pears, etc.) or grape jelly*

---

- 2) **Matthew 4** — “It is written: ‘One does not live on bread alone’”

**\*ADD TO CART:** *Cereal or Oatmeal*

---

- 3) **Isaiah 55** — “Giving seed to the one who sows”

**\*ADD TO CART:** *Granola bars or trail mix*

### WEEK TWO - March 16 through March 22

- 4) **Jonah 3** — “Neither man nor beast, neither cattle nor sheep, shall taste anything”

**\*ADD TO CART:** *Soup with any type of meat (like chicken noodle or beef stew)*

---



- 5) **Matthew 7** — “Which one of you would hand his son a stone when he asked for a loaf of bread or a snake when he asked for fish?”

**\*ADD TO CART:** *Can or Package of Tuna*

### WEEK THREE - March 23 through March 29

- 6) **Matthew 5** — “Bring your gift to the altar”

**\*ADD TO CART:** *Surprise your Blessing Bag family with the gift of a sweet treat that you or your children/grandchildren enjoy (like cookies or snack cakes)*

---

- 7) **Luke 22** — “Then he took the bread, said the blessing, broke it, and gave it to them”

**\*ADD TO CART:** *A baking mix for bread (i.e. banana, corn, pumpkin, etc.) or pretzels*

---



- 8) **Joshua 5** — “On the day after the Passover, they ate of the produce of the land in the form of unleavened cakes and parched grain.”

**\*ADD TO CART:** *Crackers or Rice or Rice mixes*

## WEEK FOUR – March 30 through April 5

9) Ezekiel 47 — “Along both banks of the river, fruit trees of every kind shall grow”

**\*ADD TO CART:** Applesauce (plastic jar) or Applesauce Snack Pack

10) John 12 — “They gave a dinner for him there, and Martha served”

**\*ADD TO CART:** Pasta and Sauce\*\* or Mac & Cheese or Taco Dinner Kit

\*\*Canned Pasta Sauce or Plastic Jars preferable

11) Luke 9 — “This is my chosen Son. Listen to him.”

**\*ADD TO CART:** Your choice! Say a prayer; listen, and add a child’s school snack (non-sweet) that comes to your mind and is not yet in your Blessing Bag



## WEEK FIVE – April 6 through 9

12) Psalm 116 — “How shall I make a return to the LORD for all the good he has done for me?”



**\*ADD TO CART:** Market Basket or Hannaford Gift Card for \$10 (or any amount)

The grocery store gift cards allow families to supplement the non-perishables with fresh ingredients. They truly appreciate receiving them!

Please staple or clip the gift card to the inside back of the blessing bag with amount visible. It keeps cards safe & makes it easier for the team. Thank you!



THE BLESSING BAG COMMITTEE is sincerely appreciative of your incredible generosity. We directly see the JOY that these bags bring to parents, guardians and children. May the Lord abundantly bless you for the gift that you are to these families and to our team.

With Love, The BB Committee

### IMPORTANT — HOW TO REGISTER

**How do I REGISTER to Build a Blessing Bag?** After picking up your shopping bag and list, email [info@saintfrancis.net](mailto:info@saintfrancis.net) or sign up in the lobby

**When/where do we drop off the bags?** At the trailer on April 10, 9am to 6pm. If your bag is heavy, do not carry it; we will retrieve it with a cart.

**May we add something fun (stickers, coloring book, etc.) for the children?** Of course, we are all about bringing joy, and the children love it!

**Is it okay to add more than 12 items?** Yes, as long as there is room in the grocery bag provided!

**I know a struggling family that could use help. May I pick up a bag and deliver it to them?** Yes, if the family is not able to pick up a bag, we will register you to pick up for them at the trailer on April 12 and deliver the bag to them. Email [clergy@saintfrancis.net](mailto:clergy@saintfrancis.net) to sign up.