

CARING
FOR **50** *years*

2024

Lenten Toolkit

Individuals & Groups

catholiccharitiesaacadiana.org



WHAT IS LENT?

Just as a calendar year is marked by a dynamic rhythm of nature's seasons, the Catholic Church's year is marked by a dynamic rhythm of liturgical seasons.

Ordinary time, Lent, Holy Week, Easter, Pentecost, Advent, and Christmas. Seasons of the mundane. Seasons of fasting, repentance, and preparation. Seasons of celebration. Feasts, solemnities, and memorials. The Church year is living and active, never allowing us to remain in complacency but calling us into continual conversion and deeper union with our Lord. And that, not just as individuals, but in communion with the entire body of Christ throughout the world. The wisdom of our Church recognizes that as human beings composed of body and soul, we need tangible elements (what we experience through our senses) as springboards into the intangible realities of our souls.

As Catholics, our liturgical year calls us to celebrate, not less, but more...ALL that is real!

Lent is the liturgical season beginning with Ash Wednesday and ending with Easter Sunday. The 40 days of Lent compose a very intentional time of preparation for a deep entrance into our Lord's Passion and Death (most poignantly during Holy Week - Holy Thursday, Good Friday, and Holy Saturday). Lent culminates with our celebration of Jesus' Resurrection on Easter Sunday, which then ushers in an equal 40 days of celebration! Easter, not Christmas, is actually the Catholic Church's most important celebration of the whole year!

During Lent, all are invited to repentance from areas of personal sinfulness and into personal holiness through three main pillars:

Prayer, Fasting, and Almsgiving.

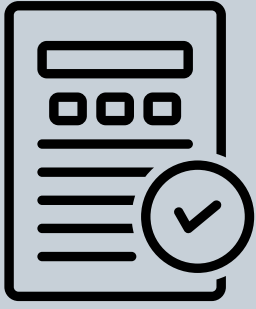
Catholic Charities of Acadiana's 2024 Lenten calendar helps focus your prayer, fasting, and almsgiving toward meeting the need of our local neighbors who are experiencing hunger.

Through pairing your Lenten observances with CCA's FoodNet Food Bank and St. Joseph Diner, your gifts can serve as a real accompaniment to your suffering neighbors in Acadiana.

Thank you for caring with us for the sacred gift of all human life, especially the most vulnerable.

Sincerely,

CATHOLIC CHARITIES OF ACADIANA

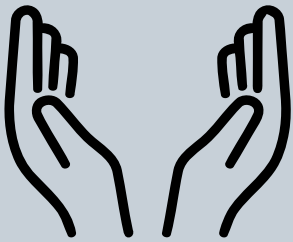


PREPARE

Prior to Ash Wednesday...

1. Print the calendar
2. Personalize your collection box with words, Scriptures, or images
3. Purchase the following non-perishable food items
**Keep separate from your collection box*

4 cans of veggies * 2 cans of pork & beans * 2 cans of beans * 6 cans of tuna * 2 jars of peanut butter * 2 packs of dry pasta * 2 jars of spaghetti sauce * 6 cans of soup * 2 meals in a can * 2 bags of dry beans * 6 packs of instant ramen * 2 bags of rice * 2 cans of fruit



ENGAGE

During each of the 40 days of Lent...

1. Gather daily to recite the prayer at the bottom of the calendar
2. Place the item pictured into your personalized collection box
**No items go into boxes on Sundays.*
3. Cross off or place a sticker over the food item on your calendar once it is in your personalized collection box
**By Easter Sunday all of your items should be placed into your collection box*



WRAP IT UP

On any of the days in the Easter Octave...

1. Celebrate your success in an intentional way!
2. Contact Donations Management Specialist, 337-235-4972 ext. 1227, to set up your donation delivery to FoodNet Food Bank.
3. If you like, memorialize your completed calendar to remember the way you grew together in holiness and charity this Lent.

SHARE your Lenten Calendar journey with the CCA community by posting photos and tagging Catholic Charities of Acadiana on social media so we can share in story form!

2024 LENTEN CALENDAR

SUN MON TUE WED THUR FRI SAT

1ST
SUNDAY
OF LENT

2ND
SUNDAY
OF LENT

3RD
SUNDAY
OF LENT

4TH
SUNDAY
OF LENT

5TH
SUNDAY
OF LENT

6TH
SUNDAY
OF LENT



5



6



1



2



3



4



11



12



13



14



15



16



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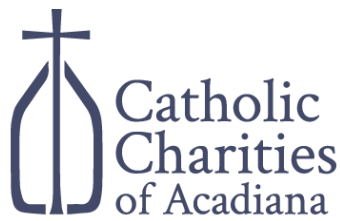


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Daily Prayer

Sweet Jesus, you told us that "...whatever you did for the least of one of these brothers and sisters of mine, you did for me." (Mt. 25:40). I direct my fasting and almsgiving today toward those homeless and hungry men, women, and children that Catholic Charities of Acadiana serves through FoodNet Food Bank and St. Joseph Diner. Help me to sacrifice what I might want in order to provide for what my neighbor needs. Grant me purity of heart, generosity, and true charity. May my gift to my neighbor be my gift to you, Dear Jesus. +Amen





LAGNIAPPE...

WANT TO BOOST YOUR LENTEN DEVOTIONS JUST A BIT?

- Consider multiplying the pre-purchase list of food by the number of children you have so that each day every child can place an item in your collection box.
- Whatever food item is listed on the Lenten calendar, use that ingredient in the meal you are preparing and talk about solidarity around the dinner table.
- Pair your prayer, fasting, and almsgiving with volunteering at FoodNet Food Bank! Visit catholiccharitiesacadiana.org to sign up.
- Pair your prayer time with a devotional reading from St. Mother Teresa of Calcutta!
- Do a Scripture study surrounding the words "poor", "hungry", or "hunger".
- Invite your kids to collect their pennies to give as an additional monetary gift to CCA's food programs.
- Consider making a family "food fast" and make a monetary donation to CCA of the money saved on fasting from a particular food (ie. \$3.75/gourmet coffee)
- Pray for the Holy Spirit to open your eyes and heart to those around you who are experiencing physical or spiritual hunger and then respond.
- Spend some time writing in a journal about God's call in your life regarding those in need
- Write some examination of conscience questions surrounding the Corporal Works of Mercy.



CAN'T DO ALL OF THIS?

Live Simply. Give Simply.



[https://giving.classy.org/campaign
/563051/donate](https://giving.classy.org/campaign/563051/donate)

HOW DOES CCA FEED THE HUNGRY?

Every individual has three basic needs for survival: food, shelter, and clothing. Catholic Charities of Acadiana addresses the first of these through FoodNet & St. Joseph Diner, both of which are 100% donor funded.

FoodNet Food Bank

FoodNet is a food bank that distributes supplemental food bags containing non-perishable staples to local food pantries. The pantries, in turn, distribute directly to those experiencing hunger in our community.

FoodNet's mission is to reduce hunger in Acadiana. FoodNet provides food to those in need, generates community support, and creates awareness through a viable process for the collection and distribution of food in an accountable and compassionate manner.

Each supplemental food bag contains:

2 cans of veggies * 1 can of pork & beans * 3 cans of tuna * 1 jar of peanut butter * 1 pack of dry pasta * 1 jar of spaghetti sauce * 1 sleeve of crackers * 1 can of soup * 1 meal in a can * 1 bag of dry beans * 2 packs of instant ramen * 1 bag of rice

Volunteers help assemble the emergency food bags that are given to local partner pantries for distribution. In 2023, approximately 3,000 bags/month were given through FoodNet FoodBank!

St. Joseph Diner

St. Joseph Diner has been serving those experiencing homelessness and hunger in our community for over 40 years. We have continued to serve free, fresh, hot meals to meet an overwhelmingly increased need. We look forward to continuing to do so in ways that meet essential needs while honoring the dignity of the human person.

If an individual's basic need for food is provided for, this provides a person the freedom to provide for their other competing basic needs, like rent, utilities, hygiene items, transportation, school or work-related fees, child care, and medical bills.

In 2023, St. Joseph Diner served approximately 5,000 meals/week.

WILL YOU JOIN US THROUGHOUT THE YEAR?

Please visit our website

catholiccharitiesacadiana.org

to learn more about ways to join us in our work, including...

MONETARY DONATIONS

VOLUNTEERING

IN-KIND DONATIONS

SHOPPING AT CROSSROADS COLLECTIVE

SPREADING THE WORD

