



One Heart Lent Program

This Lent, you are invited to participate in the **One Heart Lent Program**, an effort to help feed hungry people in Lawrence, MA. The **One Heart Lent Program** offers this daily guide for Lenten reflections, as well as a unique opportunity to help feed some of our neediest brothers and sisters through our Lenten almsgiving.

LENT

Lent, the period of weeks leading up to Holy Week and Easter, is a unique gift from God. During Lent, we are invited to renew our relationships with God, turn away from sin, and experience reconciliation with God and others.

We traditionally embrace three disciplines during Lent: prayer, fasting, and almsgiving. None of these is an end in itself. Instead, each discipline helps us better focus on God and on living God's love.

PRAYER

The goal of Lenten prayer is to dedicate more of ourselves to building our relationships with God. To make best use of this **One Heart Lent Program Guide**, you are invited to set aside some period of time each day during Lent (perhaps half an hour) to communicate with God through reflective prayer. Each day, you are invited to read in your bible the Gospel passage listed in this guide, and then to consider the reflections and questions for the day. If possible, it is very helpful to make notes after your reflections each day.

FASTING

Through fasting, we recall that God gives us all the gifts we have in life – not just food, but also breath, health, speech, thought, love, and every material good. By choosing to deny ourselves some food and drink during Lent, we gain a better perspective on all of the material blessings God gives to us. In addition to observing the Church's Lenten regulations for fasting (Ash Wednesday and Good Friday) and abstinence (from meat on Fridays), each of us chooses particular ways to fast during Lent.

ALMSGIVING

Almsgiving is our sharing the best of our treasure with people who are in need. All that we are and all that we have are gifts from God. It is tempting to grasp those gifts for ourselves, without considering God or other people. When we sacrifice the best of our gifts for people in need, we become better focused on God and others. We grow closer to God and all of our brothers and sisters by living God's generous love.

The **One Heart Lent Program** is a fantastic focus for Lenten almsgiving. The **One Heart Lent Program** raises money to help feed hungry people in Lawrence, MA. In Lawrence today, 75% of children are at risk for hunger. The **One Heart Lent Program** raises money to provide free, nutritious meals in Lawrence through the **Cor Unum Meal Center**. ("Cor Unum" means "One Heart" in Latin.) Cor Unum serves meals to hundreds of people every day, 365 days a year. **100% of the alms you contribute to the One Heart Lent Program will help provide food through Cor Unum. Every dollar you contribute will provide one full, nutritious meal at Cor Unum.**

To participate in the One Heart Lent Program, all you need is an open heart, the desire to grow in the Lord, and a jar.

ASH WEDNESDAY and the FIRST DAYS OF LENT

Wednesday, 3/2 (Ash Wednesday): Matthew 6.1-6, 16-18

On April 14, we will be invited to enter into the real grace of the holiest days of the year: the Easter Triduum. The grace of those days will somehow include the renewal the salvation that was first breathed into us when we were baptized. On Easter, we will stand up in public and respond "I do" to questions through which we will renew our baptismal promises: "Do you renounce sin, so as to live in the freedom of the children of God? Do you renounce the lure of evil, so that sin may have no mastery over you? Do you renounce Satan, the author and prince of sin? Do you believe in God, the Father Almighty, Creator of heaven and earth? Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose from the dead, and is seated at the right hand of the Father? Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?" On this Ash Wednesday, ask yourself those questions. You are likely to sincerely respond, "I do," to some of the questions. If you're honest, you surely will respond, "I do in some ways, but not nearly fully," to other questions. You might even respond, "I don't." Lent is for you. Lent is a period of six plus weeks in which sincere Christians will prepare for the grace of the Triduum by working, one day at a time, to repent from sin and grow in faithfulness to the Gospel of Jesus Christ. Today, reflect clearly on exactly what your intentions are for living this Lent, and spend some time in prayer communicating this to God. It may be very helpful to begin a written record of your reflections for your future reference during Lent.

ALMSGIVING!

To begin Lent, put a **One Heart Lent Program** wrapper on an empty jar. Place your jar in a location that is very visible to you, and each day during Lent place in it an amount of money that will be a reasonable daily sacrifice for you. Your sacrifice will help feed some of the neediest of our brothers and sisters through the Cor Unum Meal Center. **Every dollar you contribute will provide one full meal at the Cor Unum Meal Center.**

Thursday, 3/3: Luke 9.22-25

Today's Gospel passage includes Jesus' critically important teaching about the necessary conditions of authentic discipleship: "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me." It is difficult to exaggerate the importance of this statement, as it is foundational for every day of Christian life. Jesus invites us to be His disciples, which means His followers. This is the path of salvation through our lives, which is meant to lead to eternal life. If anyone wants to come after me, Jesus says, he/she must do three things. First, an authentic disciple of Jesus must deny himself/herself, which means taking himself/herself out of the center of his/her life, and putting Jesus there. Second, an authentic disciple of Jesus must take up his/her cross daily, which means accepting whatever challenges, difficulties, and passion are involved in doing Jesus' will. Third, an authentic disciple of Jesus . . . a person who is following Jesus . . . must follow Jesus, which means persisting and persisting and persisting in trying to doing His will. The "must" dimension of each of these realities is not that anyone is forced by God or anyone else to make these choices. It means that if a person actually wants to grow as an authentic disciple of Jesus, these are necessary conditions that must be accepted and lived out each day. There is no such thing as being an authentic disciple of Jesus without freely choosing to live these realities. If you want to live Lent, you must choose to accept and live these conditions each day for the next six plus weeks. Spend time today reflecting on where you stand on all of this, and in your prayer speak directly to God about your thoughts, intentions, and needs. Ask God for the help you may need to live the necessary conditions of discipleship this Lent.

Friday, 3/4: Matthew 9.14-15

The spiritual discipline of fasting is meant to help bridge the gap between people and God. In today's reading from Matthew 9, people appropriately ask Jesus why His original disciples do not fast. Jesus responds that His disciples do not need to fast while He is physically with them. (If fasting is meant to help bridge the gap between people and God . . . and if Jesus' first disciples do not need to fast while He is physically with them . . . then Jesus is revealing the truth

that He is God.) Jesus also says that the time will come when He will not be physically present with His disciples, and then they will fast. We live in that time, and so we embrace fasting as an important spiritual discipline during Lent. In finalizing your fasting plans for Lent, it is important to begin with the question of why you will fast, not how you will fast. This reiterates the importance of your being rock-solid about your intentions for Lent. Why will you fast? Is it to help you grow as an authentic disciple of Jesus each day during Lent? Is it to focus you on denying yourself, taking up your cross daily, and persisting in following Jesus? In your reflection today, after you have made absolutely clear with yourself and God why you will fast, confirm how you will fast during Lent. Are your fasting plans reasonable and healthy? Are you confident that they will not become ends in themselves? You will know in upcoming weeks whether your fasting is spiritually healthy if you can make a clear connection between your fasting, your growth in authentic discipleship, and your service to others in love. Be clear now that if your fasting does not result in these realities, you may need to adjust your fasting later in Lent.

Saturday, 3/5: Luke 4.1-13

In Jesus' time and place, it is believed that because God and sin are antithetical, a godly (holy) person should not associate with ungodly (sinful) people. It therefore makes sense that, in today's text from Luke 5, certain religious leaders are scandalized when they witness Jesus' closely associating with people who are considered sinners. If Jesus is a holy man, they ask, how can he eat and drink with tax collectors and sinners? These leaders' limited knowledge of God is entirely understandable. Jesus' reply to their questions about His associating with sinners is a great gift to them, if they choose to accept it: "Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners." This is a great revelation about God's love . . . and who Jesus is! There are two main parts. First, it is revealed here that God sends His eternal Son, Jesus, to enter directly into the lives of sinners. Jesus does not stay apart from sinners. He enters most intimately into their lives. Second, it is revealed here why Jesus enters most intimately into the lives of sinners. It is not to tell sinners that everything is perfectly OK, and their sin does not matter to Him. It is to call sinners to repentance. How do you react to this two-part revelation: Jesus, the Son of God, wants to enter into the depth of your life because He completely loves you . . . and He wants to associate intimately with you in order to call you to repentance? Take some time to reflect on this today. In your prayer time, speak directly to Jesus about how you respond to His desire to come deeply into your life this Lent . . . to call you to repentance.

THE FIRST WEEK OF LENT

Sunday, 3/6: Luke 4.1-13

When Jesus emerges from His extended experience of temptation by the devil in the desert in today's gospel passage, He begins His public ministry . . . in order to save you from everything that separates you from God, from true love of other people, and from integrity of self. "Salvation" means that Jesus brings back to this fallen, sinful world the full power of God's life and love. Jesus destroys the realities of sin and death that would otherwise keep you from being the person human beings were originally created to be . . . now and eternally. Jesus ultimately does this for you by freely choosing to live selfless love into the most gruesome torture, passion, and death. He suffers brutally and dies, in order to conquer sin and death . . . for you personally. Jesus does all of this because He completely loves you. Whether you believe or understand it, He completely loves you. No one will ever love you more or do more for you than Jesus does when He chooses to suffer and die for your salvation. Reflect in the most straightforward way possible on this today. In your prayer, speak with Jesus about this. Acknowledge to Him what He has done for you. Then tell Him your reactions and responses to what He has done for you in saving you . . . and your thoughts and feelings about how He has brought you salvation. If you intend to actively use this prayer guide in the week ahead, do not read ahead in it. It is important that you read only one day at a time.

ALMSGIVING!

During the past few days, you hopefully have figured out how you will fast during Lent. This week, calculate the cost of the food from which you are fasting during Lent, and add that to your **One Heart Lent Program** jar. By doing this, you are both offering your fast to God and directly offering the equivalent of what you would have eaten to help feed the hungry. **Every dollar you contribute will provide one full meal at the Cor Unum Meal Center.**

Monday, 3/7: Matthew 25.31-46

When you spoke yesterday with Jesus about the salvation He has brought you through His passion and death, it is likely that at least part of your response was your thanking Him. Hopefully, you know or are willing to entertain the possibility that Jesus – the Son of God – entirely loves you. One of the ways you know that thanks is real is because you return good to the one who has done good to you. This parallels the fact that if love is true, you know it because you return love to the one who has loved you. Today's text from Matthew 25 is Jesus' most complete description of the details of His final judgment of humanity, which presumably is the same as the particular judgment we will experience if we die today. Read through this passage. Jesus says: You love Me by recognizing the need of another person and concretely addressing that need. You thank Me by recognizing the need of another person and addressing that need. You imitate Me by recognizing the need of another person and addressing that need. As the beginning of our major spiritual exercise for the First week of Lent, imagine Jesus' saying to you: "Do you want to love, thank, and imitate me? I am sending you this week on a mission." The mission for you this week begins with focusing on looking for other people's needs. Today, for as many of the people you encounter as you reasonably can, ask yourself: What do you observe or think this person lacks that you believe the person needs? You don't have to take any action whatsoever! Simply begin today, with individual people you personally encounter, or you see from a physical distance, or you observe remotely, asking yourself: What do you observe or think this person lacks that you believe the person needs? Get going!

Tuesday, 3/8: Matthew 6.7-15

In today's reading from Matthew 6, Jesus teaches His disciples what is commonly called the "Lord's Prayer" or the "Our Father". It is probably very familiar to you. We will continue yesterday's mission, and add to it. For as many of the people you encounter today as you reasonably can, ask yourself: What do you observe or think this person lacks that you believe the person needs? Today, add this to the mission: Each time you recognize a person's need, pray the Lord's Prayer. Speak this prayer directly to God, your Father, with a consciousness of the person you have observed and the person's need you perceive. If you enter into this exercise, you should find yourself observing the needs and praying the Lord's Prayer in connection with people you do not know. You are also likely to find yourself pursuing this exercise in connection with people you do not like. If you are actively pursuing this mission, you may do this exercise in connection with people against whom you might otherwise lash out in thought, word, or action. Do not analyze any of this. Just do it. In your prayer time, speak directly to Jesus about what you are experiencing.

Wednesday 3/9: Luke 11.29-32

In this passage from Luke 11, Jesus has encountered people who want Him to produce a dramatic sign to prove that He is of God. Part of Jesus' response is that people will not be given the sign they seek, "except the sign of Jonah". In the Old Testament, Jonah walks through the sinful city of Nineveh, doing God's will (reluctantly) and speaking God's word (reluctantly). Do you ever wish that God would do something dramatic in the world or in your life as a sign of God's truth . . . or the truth of Jesus . . . or the truth of one or another direction or outcome for which you hope? Many people do. Apply Jesus' words in today's reading to our world today. If people want a sign of God's truth, here is what they will get: You are going to walk through life today, doing God's will (even if reluctantly) and speaking God's word (even if reluctantly). You are the sign that God sends into the world around you today, by continuing to pursue the mission of looking for people's needs and praying the Lord's Prayer in connection with each of your observations. Today's scripture adds an enormous meaning to your mission this week: What you're doing this week is infinitely important, because you are doing it for God. What you feel or think about it is quite secondary. Your mission this week is infinitely important. Speak to God about this in your prayer today. What does all of this mean?

Thursday, 3/10: Matthew 7.7-12

Jesus' words in today's text from Matthew 7 may be familiar to you: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." He goes on to state: "For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened." Jesus explains that if we, with our sinfulness, know how to give good gifts to our children, "how much more will your heavenly Father give good things to those who ask Him." These words are clear, and so they can be puzzling. How can these words be true when there are hundreds of millions of hungry people around the world asking God for food, but not receiving any food? How can Jesus' words be true when there are millions of children dying of preventable diseases, asking for God help, but not receiving any medicine? How does what Jesus teaches here make any sense when there are hundreds of thousands of lonely senior citizens in this country, asking God for a single friend, but not receiving any love? It does not take a great mind to answer these questions. We can trust that Jesus' words are true, because everything He says is nothing but true. When God give good things to those who ask Him, He does not do so principally through miracles. Miracles are real, but by nature exceptionally rare. God gives good things to those who ask Him principally through the actions of people who do God's will. God sends people to give food to the hungry . . . to give medicine to the ill . . . to give love to the lonely. If those good gifts are not being received by those who ask for them, the problem is not with God. The problem is with . . . us. Today, continue to actively pursue this week's mission: For as many of the people you encounter as you reasonably can, ask yourself: What do you observe or think this person lacks that you believe the person needs? Then, each time you recognize a person's need, pray the Lord's Prayer in connection with that person. Toward the end of today, speak directly with Jesus about how the mission went for you today, and talk to him about any observations you have in light of today's Matthew 7 reading.

Friday, 3/11: Matthew 5.20-26

In the today's passage from Matthew 5, Jesus says to His disciples (people who are actually trying to follow Him): "I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the Kingdom of heaven." "Righteousness" means being in a right relationship with God. When Jesus speaks here of "the scribes and Pharisees", He is referring to certain religious leaders of His time who are experts in the law of God – knowing and commenting on Jewish laws and commandments – but do not necessarily live God's merciful love. They may be very correct in their knowledge of doctrine, but they fall short of knowing and living God's love. Jesus tells His disciples that their righteousness must surpass that of the scribes and Pharisees. If they want to be part of God's Kingdom, Jesus' disciples must know God more profoundly and put God's merciful love into practice more actively than these religious leaders. In your reflection today, allow yourself to hear these same words spoken by Jesus directly to you – as His disciple today. How do you connect His teaching here about the righteousness to which He calls you with the spiritual exercise we are pursuing this week? In your prayer time, speak directly to Jesus about this. All during the day, continue to very actively exercise this week's mission: For as many of the people you encounter as you reasonably can, ask yourself: What do you observe or think this person lacks that you believe the person needs? Then, each time you recognize a person's need, pray the Lord's Prayer in connection with that person. (You may have this memorized at this point!)

Saturday, 3/12: Matthew 5.43-48

In this text from Matthew 5, Jesus tells His disciples: "But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust." God the Father loves and sustains bad and unjust people (all of whom are and will be held accountable by God for their badness and injustice). Simply based on that fact, a person who lives God's love needs to love and pray for enemies and persecutors. During this week's spiritual exercises, have you found yourself extending love and prayer to any people you consider enemies and persecutors? If so, what are your reactions to that experience? If not, why not? Spend some time considering those questions, perhaps speak to God about them in your prayer time, and be sure to close out this First Week of Lent by communicating with God about how the week went for you.

THE SECOND WEEK OF LENT

Sunday, 3/13: Luke 9.28-36

In this passage, three of Jesus' disciples – Peter, John, and James – are blessed with the extraordinary experience of His transfiguration. They are granted a vision of the full glory of Jesus . . . and of Jesus as the fulfilment of the Old Testament law and prophets. The disciples are overshadowed by the presence of God and hear the voice of God the Father tell them: "This is my chosen Son; listen to Him." God's gift of Lent has blessed us with the hopefully out-of-the-ordinary experience of having a more clear vision of Who Jesus is, and hearing more clearly God the Father's same words about Jesus spoken to us: "This is my chosen Son; listen to Him." If your goal during the upcoming week of Lent is to listen more deeply to Jesus, blessed are you! If you intend to use this prayer guide during the upcoming week, please read it only one day at a time. Each day, it would be ideal for you to read the gospel passage and accompanying reflection toward the beginning of the day. Each day's spiritual exercise will involve your dedicating some time to reflection toward the end of the day. If you are good to go with this, spend some prayer time today speaking directly with God about your spiritual intentions and goals for this Second Week of Lent.

ALMSGIVING!

Most of the people who are helping feed the hungry through the **One Heart Lent Program** have heard about the project by word-of-mouth. This week, consider ways you might help expand the number of people sacrificing to help feed the hungry by telling other people about the project and encouraging them to get involved. For inspiration and images, you might visit the website of the Cor Unum Meal Center, **CorUnumMealCenter.org**. You might also join Cor Unum on social media and begin to share its posts with your friends and followers.

Monday, 3/14: Luke 6.36-38

In today's text from Luke 6, Jesus affirms the radical (and often unwelcomed) truth that God observes the standards we apply to others and applies the same standards to us – in terms of judging, condemning, forgiving, and giving. Jesus is entirely clear about this: "For the measure with which you measure will in return be measured out to you." Whatever your current comfort level with this straightforward teaching, focus today on Jesus' words here about giving: "Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap." While you may have questions that are prompted by these words, these words are easy to literally understand. The more you give gifts to other people, the more gifts will be given to you by God. Whether you understand/don't understand, like/don't like, accept/don't accept Jesus' words here, take them with you throughout this day. Sometime closer to the end of the day, spend some solid time in reflection. How did you give gifts to other people today? Be as concrete as you can. List as many examples as you can of your having given gifts to other people today. There is no narrow definition of "gifts". They just need to be real, concrete, and free.

Tuesday, 3/15: Matthew 23.1-12

In this passage from Matthew 23, Jesus criticizes the attitudes and behaviors of certain religious leaders. He teaches His disciples that they must be very different from these leaders. At the heart of His teaching, Jesus states a fundamental principle of Christian discipleship: "The greatest among you must be your servant." This applies to all disciples of Jesus in every time and place . . . all Christian disciples, of every age, background, state of life, ability, and disability. "The greatest among you must be your servant." You may want to write down that sentence on a piece of paper you will carry with you or place it on a device you will use throughout this day. If you can refer to it during the day and allow it to guide your actions, that would be wonderful. Either way, toward the end of the day, do the same sort of exercise you did yesterday. It is important you try to dedicate some serious reflection and time to this. How did you act today as the servant of other people? Make a list of all the concrete examples that you can remember. If you are lazy about this exercise, you might alternately reflect on the word "avoidance".

Wednesday, 3/16: Matthew 20.17-28

In today's reading from Matthew 20, Jesus speaks again of his mandate that His authentic disciples be servants of others. He says of Himself, ". . . the Son of Man did not come to be served but to serve and to give His life as a ransom for many." Jesus gives up His life . . . ultimately, He sacrifices His entire life . . . to free us from the realities of sin and death. Today's passage adds to and deepens yesterday's reflection on servant discipleship. The service that authentic disciples of Jesus offer to other people is sacrificial service. Whether it is the way Jesus serves or the way His disciples serve, the service involves sacrificing in order to accomplish the will of God. Continue our pattern of reflection for this week. Toward the end of the day, spend some solid time reflecting how you have lived this day. In what concrete ways have you sacrificed in the service of other people? You might consider this in terms of your sacrifice of time, talent, and treasure in the service of others. You might think about ways that you have sacrificed preferences, emotions, weaknesses, and other dimensions of self. Make an honest, thoughtful, and complete list of all the ways you recognize that you sacrificed in the service of other people today.

Thursday, 3/17: Luke 16.19-31

In today's very memorable parable from Luke 16, Lazarus is economically poor, apparently homeless, painfully ill, and hungry. It should be easy to imagine Lazarus. You might try to carry that image with you today, and focus on Jesus' description that Lazarus "would gladly have eaten his fill of the scraps that fell from the rich man's table." In your reflection time toward the end of today, answer this question as concretely as you can: How did you allow others to eat some of the scraps that fell from your table today? Not in the past, not in some imaginary future. Today. Not figurately, but as realistically as possible. How did you allow others to eat some of the scraps that fell from your table today? (In the extreme, if you honestly cannot come with any specific, real-life examples, you might reconsider the simple spiritual disciples that are meant to support your living Lent.)

Friday, 3/18: Matthew 21.33-43, 45-46

In today's Matthew 21 text, Jesus warns certain religious leaders who reject Him that, ". . . the Kingdom of God will be taken away from you and given to a people that will produce its fruit." From Jesus' first followers until the end of earthly time, His authentic disciples are people who accept His word, learn to understand it, and put it into practice. Authentic Christians plant the seed of God's word in this world, nourish its growth, and produce good fruit from it. Disciples of Jesus put His word into action and produce real, concrete results – good fruit. Following this week's pattern of reflection, toward the end of today, ask yourself this question: What is different in this world at the end of this day that you produced as good fruit for the Kingdom of God? Once again, do not be fuzzy, do not reference the past, and do not drift off into speculation about a future you hope to live. Today, what good fruits did you produce by living as an authentic disciple of Jesus? Make as detailed a list as you can.

Saturday, 3/19: Luke 15.1-3, 11-32

Today's passage from Luke 15 is, for many people, the parable that most deeply and broadly reveals the truth of God the Father's merciful, forgiving love for us when we have gone the furthest away from Him in our sin. The father in the parable – who represents God the Father – states twice that there is the greatest celebration and feasting after his son is reconciled with him because "This son of mine was dead and has come back to life again; he was lost, and has been found." This parable is very much focused on the dynamics of serious sin, penance, forgiveness, and reconciliation, but the love of God revealed in it applies to all people who are pursuing life in God, whether very sinful or very holy. God entirely loves us, is only moved by our behaviors, and rejoices in our positive growth. In your prayer time today, review with God what you have done through this week's Lenten spiritual exercises. What good has there been? Have you experienced any positive growth in terms of insights and action? Speak to God about how you feel about how you lived this week spiritually, and tell Him some of your reactions to the fact that He rejoices over your growth.

THE THIRD WEEK OF LENT

Sunday, 3/20: Luke 13.1-9

In this Sunday's reading from Luke 13, Jesus twice repeats His call for people to repent – to turn away from their sins. He also offers a parable that expresses God's merciful patience with people who do not produce the spiritual fruits they should. If at this point in Lent you are both working to turn away from sin and thankful to God for His merciful patience with you, you are on the right track spiritually! Our agenda during the upcoming week is to continue and build on the two major spiritual exercises we pursued during past two weeks: (1) During the First Week of Lent, we focused on opening our eyes and hearts to the needs of other people, and actively connecting ourselves with them and the Lord in prayer. (2) Last week, we tried to heighten our awareness of giving, serving, sacrificing, feeding, and producing abundant fruit for God in our interactions with other people. During this upcoming week, you are invited each day to consciously, actively put into practice those two spiritual exercises. As you do so, you will be invited each day this week to consider some straightforward challenges faced by anyone who is trying to grow as an authentic disciple of Jesus. Embrace each challenge an invitation to growth. If you intend to engage deeply in Lent this week, it is important that you read this prayer guide only one day at a time.

ALMSGIVING!

In many cases, the economically poor and hungry must beg in order to live. Your almsgiving through the **One Heart Lent Program** makes it possible for more people to be given the food they need – not to have to beg for it. This week, would you be willing to stand in for your hungry brothers and sisters by asking some of your family members, friends, neighbors, and coworkers to make contributions to your **One Heart Lent Program** jar? **Every dollar they contribute will provide one full meal at the Cor Unum Meal Center.** How many meals might you provide through your outreach this week?

Monday, 3/21: Luke 4.24-30

Each day this week, you are asked to focus on living the two major spiritual exercises in which we have grown this Lent: (1) Jesus calls you today to look for what you perceive as the needs of the people you encounter, and as you perceive those needs, to connect those people with God in prayer. (2) Jesus calls you today to serve, sacrifice, feed, and produce abundant fruit for Him in your relationships with all other people. Pursue this two-part exercise throughout this day. For your reflection, read today's passage from Luke 4. In this text, Jesus has spoken to His neighbors in the synagogue in His hometown of Nazareth, but many of them are not open to listening to what He tries to teach them. They are familiar with Jesus, but they are not open to the news about God and Himself that Jesus offers them. Whatever Jesus has told them offends them to the point of murderous fury against Him! Consider the proposal that the two calls from Jesus in today's spiritual exercise are permanent: full-time, for the rest of your life. If you want to be an authentic disciple of Jesus – if you want to accept His offer of salvation now and eternally – He tells you that you must spend every day of the rest of your life actively responding to these calls. In what ways does this sweeping challenge – that you must daily live out these calls for the rest of your life – prompt negative reactions in you? In your reflection today, simply answer that question honestly and directly.

Tuesday, 3/22: Matthew 18.21-35

Most of us who try to live Christian lives reach points at which we feel there must be a limit to how many times we must try to put into practice Jesus' love. Especially when times are tough or other people have no interest in the way of Jesus, we can find ourselves in the position of Peter in this passage from Matthew 18, when he asks Jesus what is the limit of how many times he must forgive the brother who sins against him. Peter has a good question, and Jesus has a direct answer: There is no limit. Jesus' disciples must work without ceasing to forgive people who sin against them. Jesus then offers a parable to illuminate this teaching. There is no limit to God's outpouring love for you. You are called to imitate God's outpouring love. There can therefore be no limit to your living outpouring love for other people – whether that is in the form of forgiveness, or any other form of love. When the going gets tough, you may need to reassess the situation, re-strategize your approaches, consult and discuss the challenges at hand, but you can

never stop working to extend merciful love to any other person. This teaching can be a great challenge. As you continue to work actively today to pursue this week's two-part spiritual exercise, hear Jesus speaking the dialogue in today's gospel text directly with you. In your prayer time, speak directly with Him about how you respond to the challenges you experience in all of this.

Wednesday, 3/23: Matthew 5.17-19

In this text from Matthew 5, Jesus teaches that everything you do to live God's commandments of love – in great ways and in small ways – teaches others how to live God's commandments of love. Most people welcome that news! Jesus teaches here, equally clearly, that everything you do to break God's commandments of love – in great ways and in small ways – teaches others how to break God's commandments of love. This can be harder to accept. The fact is that however we choose to live our lives affects other people. The choices we make show people who we are and teach people how to live – for the good, for the bad, in the biggest areas of life, and in the smallest areas of life. Jesus is not trying to make you neurotic. He is trying to reveal to you the truth. How do you respond, both positively and negatively, to Jesus' teaching in this passage? However you respond, how might His words here encourage and motivate you to live holiness and reject sinfulness? Speak directly to Jesus about this in your prayer time today. Remember to keep pushing on this week's two-part spiritual exercise throughout the day!

Thursday, 3/24: Luke 11.14-23

In this passage from Luke 11, Jesus miraculously drives a demon out of a man, healing the man's inability to speak. This is a direct revelation of the power of God working through Jesus. Of the people who witness the miracle, some respond with amazement. Others attack Jesus with entirely unfounded and illogical accusations. Others test Him by demanding an additional sign that He is the instrument of God's power. Jesus responds to all of these reactions with patience, logical explanations, and teachings that are meant to enlighten His listeners. However people react to Him, Jesus makes it clear to all that, “. . . it is by the finger of God that I drive out demons . . .”, and that through His actions, “the Kingdom of God has come upon you.” Whatever the results of His words and actions in terms of people's acceptance or rejection, like or dislike, understanding or misunderstanding, Jesus stands strong in the truth that He is the instrument of God's power and that He is opening the Kingdom of God to other people. Continue today focusing as much as you can on being the instrument of God's merciful love in the world . . . searching for and lifting up in prayer other people's needs . . . serving, sacrificing, feeding, and producing abundant fruit for God in relation with all other people. If you do this, at the end of the day, however people have reacted to you, echo in whatever way you honestly can the words of Jesus: It is by the finger of God that I have done good today, and the Kingdom of God has come upon others. How do you react to this?

Friday, 3/25: Mark 12.28-34

In today's reading from Mark 12, Jesus tells a scribe that God's first commandments are to love God with all of his being, and to love his neighbors as himself (as God loves us). Clearly, Jesus' teaching here is about ongoing growth. No one currently on earth nearly fully loves God with all of his/her being, and no one currently on earth nearly fully loves our neighbors as himself/herself. We are invited to grow in these realities each day of our lives. That means that to be an authentic disciple of Jesus is to be a work in progress. As you hopefully continue to devote yourself to living out this week's two-part spiritual exercise, how do you react to the suggestion that, as a disciple of Jesus, you are . . . and always will be . . . a work in progress? In your prayer time, speak directly to Jesus about this.

Saturday, 3/26: Luke 18.9-14

In today's parable from Luke 18, Jesus presents two figures. The first is a Pharisee who lists for himself his good works, does not acknowledge his sinfulness, recognizes the sinfulness of a person near him, and does nothing to extend mercy in word, deed, or even prayer for the other person. The second figure is a tax collector who acknowledges his sin and asks God for mercy. Jesus explains that the first person is not justified (not in a proper relationship with God), but the second person is justified. In your understanding, why is the first person not justified, and why is the second person justified? With your experience of how you chose during the past week to respond to

the invitation to live out our two-part spiritual exercise, spend some time today looking at the details Jesus gives about the two figures in the passage. Looking at each figure separately, honestly ask yourself how you have been like each person in the parable during the past week, and how you have been different. At this point in Lent, are you more similar to the Pharisee or the tax collector? Spend some time reflecting on this, and before the end of the day dedicate some prayer to speaking with God about your experience of this Third Week of Lent.

THE FOURTH WEEK OF LENT

Sunday, 3/27: Luke 15.1-3, 11-32

This Sunday's Gospel reading offers us the opportunity to hear again the parable of the merciful father from Luke 15, which we also read two Saturdays ago. In the parable, it is easy for us to recognize ways in which the younger son becomes more realistic about himself, his bad state, his sins, and his desire for change. We witness his growth in honesty, self-awareness, repentance, conversion, and constructive action. The younger son is an inspiration for anyone who is deeply living Lent – anyone who is striving to repent and believe in the Gospel during this season of grace. During the upcoming week, we will be invited through the daily scripture passages to consider perspectives and behaviors that commonly underlie the weaknesses of our faith and the patterns of our sin. These negative perspectives and behaviors were identified by Jesus when He first invited people to become His disciples, and He continues to lift them up for us today as we pursue growth as His disciples. In your prayer today, speak directly to God about your willingness to be challenged this week to be honest about some of the realities that may underlie your weaknesses and failures as an authentic disciple of Jesus. To what extent do you intend this week to work to repent and believe in the Gospel? If you intend to actively participate in this week's spiritual exercises, it is once again important that you read this prayer guide only one day at a time.

ALMSGIVING!

If you have been pursuing the almsgiving possibilities offered during recent weeks, you are doing much to grow in union with God and to be more connected daily with your brothers and sisters in need. This week, consider whether there are other material areas of your life that you might like to redirect toward doing God's work for the economically poor. If those areas are near at hand, consider redirecting the treasure involved to your **One Heart Lent Program** jar.

Monday, 3/28: John 4.43-54

In today's reading, a royal official, in the midst of a truly desperate situation, believes Jesus. His "believing" Jesus is straightforward: He listens to what Jesus tells him and tells him to do; grasps what Jesus tells him and tells him to do; and does what Jesus tells him to do. In the same scene, Jesus states about many other people in the crowd: "Unless you people see signs and wonders, you will not believe." These people expect Jesus to do amazing things before they will believe in Him. In the past six months or so, what are ways in which you have expected Jesus to do one or another amazing thing before you have been willing to believe in Him? Do not quickly pass over this question, because reality can be subtle. For example, one of us knows Jesus commands us to forgive without limitations, but he says, "I have so much other garbage to deal with in my life, I'm not going to forgive right now." Is that person perhaps waiting for Jesus to miraculously clean up the rest of his life before he will believe Jesus about forgiveness? Another of us knows Jesus teaches us to be sexually moral, but she says, "There's been so much sexual immorality in people in the Church, including its leaders . . . I'm not going to change right now." Is that person perhaps waiting for Jesus to miraculously eradicate other people's sexual immorality before she will believe Jesus' teaching about sexual morality? Whether the examples in your own life are very obvious or more subtle, what are ways in which you have recently expected Jesus to do one or another amazing thing before you have been willing to believe Him? (Be sure to reflect on the meaning of "believe" mentioned above.)

Tuesday, 3/29: John 5.1-16

In this passage, Jesus miraculously heals a man who has been ill for 38 years. The miracle is one hundred percent

wonderful. At the same time, like all of Jesus' healing miracles, it is by nature temporary. The man will continue to face the realities of sickness, disability, aging, and earthly death that all people face on this planet. The much greater gift Jesus gives the man follows the healing. Jesus seeks out the man and tells him, "Look, you are well; do not sin any more, so that nothing worse may happen to you." This gift is immeasurably more wonderful than even the gift of the miraculous healing. It is the invitation to salvation – beginning now, meant to continue eternally. If the man responds positively to Jesus' command to not sin any more, he will presumably follow after Jesus to learn more about what this means, to put it into practice, and to find out how he should handle the life-long process that will be involved in turning away from sin and growing in holiness. Today, just focusing on the nearly four weeks since we began Lent, what are specific areas of sin in your life in which you have said "No" to Jesus' telling you "Do not sin any more"? Try to be honest about this and do not spend a lot of time beating yourself up. The goal here is awareness. In your prayer time, share with Jesus this honest assessment of your choosing to not stop sinning during the past four weeks.

Wednesday, 3/30: John 5.17-30

In this critical text from John 5, Jesus makes a detailed claim about who He is. The gospel writer makes clear that, at the heart of all Jesus says here . . . and the specific reason that some people subsequently try all the more to kill Jesus . . . is that Jesus calls "God His own father, making himself equal to God." Jesus claims to be God. Everything He says, does, teaches, and commands is the full revelation of God and God's will. In theory, any authentic disciple of Jesus should accept and honor His teachings from the get-go as the full revelation of God's truth. All of our natural, understandable, sincere, and very good questions, challenges, struggles, and negative reactions to any of Jesus' teachings should theoretically follow from there – after first welcoming His teachings as revelation from Jesus Who is God. In your recent life, can you recall ways in which you have heard teachings of Jesus that you have not from the get-go welcomed as the full revelation of God's truth? Do not be defensive in this reflection, and do not get lost in detailed self-analysis.

Thursday, 3/31: John 5.31-47

In this section of John 5, Jesus recognizes the many people who reject Him. He says that He comes in the name of His Father . . . revealing the truth of God the Father in His words and actions . . . but people do not accept Him. (Moses, John the Baptist, the scriptures, and God the Father confirm the truth of Jesus, but people do not accept Him.) Other human beings come in their own names . . . saying things and acting as they do . . . and people accept them. This passage is particularly important in the United States of America in 2022. Through the power of the Holy Spirit, Jesus still comes in the name of His Father . . . and people do not accept Him. Other human beings come in their own names . . . especially when they come with celebrity, wealth, physical attractiveness, style, athletic prowess, ideology, political influence, and raw earthly power . . . and people accept them. Today, do not get lost on reflections about society. Reflect on yourself. What are ways in your recent life that you have placed the name and authority of other people above the name and authority of Jesus? Whose word and opinion has been more important to you than His? These may be people to whom you listen from afar, or whom you know very well.

Friday, 4/1: John 7.1-2, 10, 25-30

In this passage from John 7, some people in Jerusalem at first wonder if Jesus might be the Messiah. They then say to themselves that when the Messiah comes, no one will know where he is from. They are sure they know where Jesus is from, so Jesus must not be the Messiah. These people are incorrect. They have some knowledge of the Jewish tradition and they have some knowledge of Jesus, but what they know is limited. What they do not know about God's plan of salvation, and what they do not know about Jesus, is much greater than what they know. These people's big error here is that they act as if their limited knowledge is complete and definitive. They effectively allow no room for the revelation of God's truth beyond their limited knowledge . . . including the revelation of Who Jesus is. In your recent life, can you see ways that you have thought and acted as if your limited knowledge about God and life is complete and definitive, and as a result you have not been open to the revelation of God's truth? Do not brush off these questions. If we were more honest in this area, the world would change dramatically for the better.

Saturday, 4/2: John 7.40-53

In this section of John 7, certain religious leaders are increasingly, and ultimately murderously, opposed to Jesus. When people in their circles – people who work for them and their own members – make positive statements about Jesus or raise questions about their condemnation of Jesus – these leaders respond with anger and derision. This passage took place around 2000 years ago, and has never been more real in our country than it is in 2022. Many people are furiously opposed to Jesus and His teachings. When some people who oppose Jesus are in positions of leadership – in families, businesses, schools, legislatures, executive offices of government, social institutions, various forms of media, and artistic/cultural movements – and they encounter people who believe in or are even open to the way of Jesus, they respond with anger and derision. At the end of today’s John text, the gospel writer states, “Then each went to his own house.” When you experience living in the midst of leaders on any level who oppose Jesus and respond with anger and derision to those who do not share their condemnation of Him . . . and you go back to your own house . . . how do those leaders affect you? Can you see any ways in which you allow the rejection of Jesus by so many leaders in our society to weaken your relationship with Jesus, or to turn you away from Him? Try to be honest in exploring this today. When you consider “leaders”, begin with people close to you, and widen the circle from there to all of society.

THE FIFTH WEEK OF LENT

Sunday, 4/3: John 8.1-11

This account from John 8 introduces one of the best-known people in the gospels: the woman who has committed adultery. Many people remember the details of this story. For all we recall about this woman, we know nothing about her life after this encounter with Jesus. Is she thankful to God for the blessings she has received through Jesus? Does she follow Jesus’ instructions to not sin anymore? Does she return to Jesus to learn more about the power of love she has experienced through Him? How does she choose to live the rest of her life? We are beginning the Fifth Week of Lent. During Lent, you have hopefully in numerous ways had positive encounters with Jesus. If you have been deeply living Lent, you should be able to remember some of the details of the growth you have experienced. With all the good you have experienced spiritually this season, you should have this question: How will you choose to live the rest of your life? During this Fifth Week of Lent, you will be invited each day through the gospel passages to consider significant spiritual issues raised by Jesus that, if handled in Him, might provide strong direction and foundations for your continuing growth as His disciple after Lent. Speak directly to God today about your intentions for actively living this week of Lent. As usual, if you intend to use this prayer guide during the upcoming week, read it only one day at a time.

ALMSGIVING!

This week, as you continue your pattern of Lenten almsgiving, assess what you’ve been doing. Take a look at your **One Heart Lent Program** jar. All the money you’ve collected in there will help feed the hungry. How do you feel about that? What are your thoughts about the material sacrifices you’ve been making? Are you better off having made them? When Lent comes to an end, will you want to continue any of these sacrifices? How do you view your experience of telling others about this effort, and of asking others to sacrifice for the poor? Are those experiences you would like to be permanent parts of your life?

Monday, 4/4: John 8.1-11

In this passage, which we also read yesterday, certain religious leaders have learned that a woman has committed the grave sin of adultery. They believe she should be condemned to death by stoning for this sin. Jesus famously says to them, “Let the one among you who is without sin be the first to throw a stone at her.” In response to this, the people who have intended to condemn the woman to death go away. Jesus tells the woman that He does not condemn her, and instructs her to go and to not sin anymore. Perhaps much more than the people 2000 years ago in today’s passage, we live in a culture that fiercely condemns people to social death. We constantly seek to learn about

what are considered to be other people's errors. News about people's perceived failures is communicated as widely as possible. We commonly condemn people to social death in response to their perceived "sins" against current popular standards. Cancel culture has become a significant part of American life. None of this can be reconciled with authentic Christian discipleship. Today, honestly consider ways you are part of cancel culture. Think of some examples from your recent life – either in your direct experiences or your indirect connections with this reality. Then, hear Jesus say to you about all of your connections with American cancel culture: "Let the one among you who is without sin be the first to throw a stone at her." What does Jesus' saying this to you mean for your life? What needs to change?

Tuesday, 4/5: John 8.21-30

In this section of John 8, Jesus tells some people, "You belong to what is below, I belong to what is above. You belong to this world, but I do not belong to this world." When Jesus refers to "what is below" and "this world," He means realities of human life that are sinful and not of God. When He refers to "what is above," Jesus means realities of human life that are holy and of God. Note what a powerful word "belong" is here. It is obvious and wonderful that Jesus "belongs" to God and what's holy. There is no negative sense to His "belonging" to God. When we consider the possibility that we might "belong" to realities that are sinful and not of God, it is not only negative, but embarrassing and shameful. We don't like to think we "belong" to anyone or anything that's bad. Yet Jesus directly states that some people do "belong to what is below." By this point in Lent, you have hopefully grown in your honesty about yourself with God . . . and with yourself. In your prayer time today, speak directly to God. With the insights you have gained during Lent, how do you sincerely believe you currently belong to what is above? How do you currently belong to what is below . . . or significantly risk falling into that reality? Based on that, speak to God about what you seek from Him in terms of continuing to grow as a disciple of Jesus.

Wednesday, 4/6: John 8.31-42

In these verses from John 8, Jesus tells some people who believe in Him, "If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." These people are surely not anything like perfect believers in Jesus, but they have clearly accepted the relationship He has offered them and have responded positively to some significant parts of His teaching. (That's what it means to "believe" in Jesus.) Jesus' direction to these people is to remain in His word. Jesus' "word" encompasses all of His revelation of the truth, which we receive through the Church – including His teachings, the scripture, the sacraments, and the Christian tradition of prayer. During Lent, you have presumably inserted yourself in a more active way into various dimensions of the word of Jesus. Today, hear Him say directly to you what He says to the believers in today's passage: "If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." In your reflection time, get as specific as you can about these questions: What do Jesus' directions about remaining in His word currently mean to you? How do you intend to respond to His directions? Are they any concrete steps you intend to take?

Thursday, 4/7: John 8.51-59

In this text, Jesus states that ". . . whoever keeps my word will never see death." This is one of His fundamental teachings. If a person decides to live as an authentic disciple of Jesus, Jesus will lead that person through whatever happens during earthly life – from the very best realities of human life and through the very worst. Even when a person faces earthly death, if that person has chosen to truly live as a disciple of Jesus, Jesus will lead that person through earthly death to eternal life. (When Jesus says here that ". . . whoever keeps my word will never see death," He does not mean earthly death. All of us face earthly death. He means eternal death.) In theory, a disciple of Jesus should have this fundamental teaching at the center of his/her consciousness each day. What's one reason I will choose to do Jesus' will . . . and I will choose to reject sin . . . today? Because I believe those choices will lead to eternal life. Why am I willing to experience the passion that can be involved in living as an authentic disciple of Jesus? Because I desire to live eternally. At this point in Lent, your desire to live as an authentic disciple of Jesus has

hopefully grown. Are there any things you should do to have His words in this passage – “. . . whoever keeps my word will never see death” – remain more at the forefront of your consciousness in your day-by-day life?

Friday, 4/8: John 10.31-42

In this passage from John 10, Jesus tells people who murderously oppose Him because He equates Himself with God the Father that even if they do not accept His words, they should look at the works He does, “so that you may realize and understand that the Father is in me and I am in the Father.” The works that Jesus does should make clear to these people that He truly breathes into the world the life and love of God. Even when the truth is not clear to people in their minds, they should be able to recognize God’s presence in Jesus through His works. When people today choose to live as disciples of Jesus, they produce good works – concrete realities that result from putting His teachings into practice. You are meant to do that personally, and all disciples of Jesus do that together as the Church. When our thoughts and feelings about Jesus may not be absolutely clear, we are meant to be able to look around us at the works being done in His name to recognize the truth of Who He is. Perhaps encouraged by ways you have been living this Lent, how can you best live your life both doing the works of Jesus and being part of a community of other people who are actively doing the works of Jesus? How can you open your eyes and thoughts more to the works of Jesus being done in your part of the world and beyond? When Jesus directs you to look at the works He is doing today, how can you be best positioned to see the realities He wants you to see? (This may involve spending less time looking at realities that have nothing to do with the works of Jesus.)

Saturday, 4/9: John 11.45-56

In these verses from John 11, certain religious leaders who oppose Jesus debate how to respond to Him, as He is attracting increasing numbers of followers. One of these leaders, Caiaphas, wants to kill Jesus. He tells his fellow leaders that it would be good for Jesus to be put to death rather than have their entire people somehow destroyed by the Romans. Caiaphas’ argument here is absolutely ridiculous – both in suggesting that a godly man should be killed and that the nation is at active risk of being destroyed by the Romans because of Jesus’ popularity. Yet not a single leader in the passage speaks up against Caiaphas’ ridiculous argument. No one says, “That makes no sense.” No one says, “That’s really not true.” No one says, “Could you come up with a better argument?” Many or all of these leaders have the capacity to reject Caiaphas’ false argument, but instead, the gospel writer tells us, “. . . from that day on they planned to kill him.” We live in a country in which the truth – including the teaching of Jesus – has for decades been compromised and abandoned by many leaders who have the capacity to reject false arguments that oppose the truth, but who choose to go along with false arguments. How confident are you at this time that you are not such a person, and will not follow such people? Speak directly to God about this. The events we will enter into during Holy Week have everything to do with these questions.

HOLY WEEK

Sunday, 4/10: Luke 22.14–23.56

As we begin Holy Week, we are invited to listen to the account of Jesus’ passion and death in the Gospel of Luke. Take some time today – and in the days leading up to the Triduum, if you like – to slowly read through this text. For each of the people or closely-associated groups of people about whom you read in this passion account, ask yourself two questions: (1) How does this person/these people respond to Jesus in this text? (2) How are you like this person/these people? Do not dive into deep or extended self-analysis. Simply read through the text and ask yourself those two questions.

Monday, 4/11: John 12.1-11

In today’s passage from John 12, Judas Iscariot, the disciple who directly betrays Jesus to His enemies, is a liar. He is dishonest with the group of people at the dinner described in the text. Most importantly, Judas is a liar with Jesus Himself. To grow as an authentic disciple of Jesus, it is necessary to be honest with Him. Reflecting on the spiritual growth you have hopefully experienced through your observation of Lent, in your prayer time today speak directly

to Jesus about where you stand with Him in terms of your honesty. Consider, and speak with Him about, any sincere commitments you might want to make about living honestly with Him after Easter.

Tuesday, 4/12: John 13.21-33, 36-38

In this text from John 13, Jesus tells Judas, “What you are going to do, do quickly.” Jesus acknowledges that Judas is completely free to commit the very worst evil. Judas remains free. He can still make the decision to turn away from sin and be faithful to Jesus. During Lent, you have hopefully come to a greater consciousness of your complete freedom to choose how you live – with and in Jesus, or apart from Him. Hopefully, you have also grown in your understanding that Jesus does not force you to do anything. In your prayer time, speak directly and honestly to Jesus about where you stand today in terms of how you want to use your freedom. Are there any sincere commitments you might want to make about how you will use your freedom after Easter?

Wednesday, 4/13: Matthew 26.14-25

In this account from Matthew 26, Judas is willing to hand over Jesus in exchange for thirty pieces of silver. If you have a fundamental understanding of your sin, you should be able to recognize the realities you choose in exchange for faithfulness to Jesus. In your prayer today, speak directly to Jesus about this. Based on your experience of Lent, do you recognize earthly realities that are likely to tempt you to abandon Jesus and His teaching? Based on this, are there any sincere commitments you might want to make about how you will choose to live your life after Easter? Speak directly to Jesus about this in your prayer time today.

YOUR JAR!

After this Wednesday, we begin the observance of the holiest days of the year, the Triduum: Holy Thursday, Good Friday, Holy Saturday, and Easter.

Your helping to feed the hungry through the **One Heart Lent Program** is a wonderful gift for God and the neediest of our brothers and sister. Please remove the money you’ve collected in your **One Heart Lent Program** jar. Count it, then put it in the form of a check or money order and mail it to **One Heart Lent Program, 118 South Broadway, Lawrence, MA 01843**. One hundred percent of the money you have collected will be used to feed hungry people through the Cor Unum Meal Center!

For all of the hungry people whose lives you have changed through your sacrifice for the **One Heart Lent Program**, many thanks! We hope that you will stay in touch with the **Cor Unum Meal Center** in the months and years ahead. Link to Cor Unum’s social media accounts via **CorUnumMealCenter.org!** **God bless you!**