



## One Heart Lent Program

The **One Heart Lent Program** helps feed hungry people in Lawrence, MA. In Lawrence today, 75 percent of children are at risk for hunger. **The need is great.**

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. It is an amazing, love-filled place.

**Lent** is an ideal time to get involved in helping feed our hungry brothers and sisters. During Lent, we renew our relationships with God and one another by turning away from sin and becoming more faithful to the Gospel of Jesus Christ. To help do this, we traditionally embrace three disciplines during Lent: prayer, fasting, and **almsgiving**.

**Almsgiving** is our sharing our material treasure with people who are in need. When we sacrifice 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 putting into practice God's merciful, generous love.

The **One Heart Lent Program** is a fantastic opportunity for your Lenten almsgiving. Cut off the other half of this sheet and attach it to an empty jar. Throughout Lent, place your Lenten alms in the jar. At the end of Lent, put your collection in the form of a check or money order and mail it to:

**One Heart Lent Program  
118 South Broadway  
Lawrence, MA 01843**

Every dollar you collect will be used to help feed hungry people in Lawrence!

To help guide your prayer and reflection this Lent, the **One Heart Lent Program** offers a prayer guide that you may access at **CorUnumMealCenter.org**. The website offers full information about this unique project. Check it out!



In Lawrence, MA 75 percent of children are at risk for hunger. They deserve to eat.

The **One Heart Lent Program** raises money to provide free, nutritious meal in Lawrence through the **Cor Unum Meal Center** ("Cor Unum" means "One Heart" in Latin), which serves meals to hundreds of people every day, 365 days a year.

Use this jar to collect alms during Lent. One hundred percent of the money you collect will be used to help feed hungry people through Cor Unum.

At the end of Lent, put your collection in the form of a check or money order and mail it to: **One Heart Lent Program, 118 South Broadway, Lawrence, MA 01843.**

To learn more about the Cor Unum Meal Center, go to **CorUnumMealCenter.org**.

On the homepage, click on **One Heart Lent Program** to find a daily reflection guide for your prayer during Lent.

Check out the website to learn more about hunger in Lawrence, the fantastic work of the **Cor Unum Meal Center**, and additional opportunities for getting involved.

When you participate in the **One Heart Lent Program**, you help change the world for our neediest brothers and sisters!



**One Heart  
Lent Program  
COLLECTION JAR**

**CorUnumMealCenter.org**