

LENTEN JOURNEY WITH LSS

March 2022

SUN

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TUE

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Let us know you're participating! Tag us on Instagram [@lsssw_1970](#)

Pray for children in foster care **2**

Write a card of encouragement to a foster parent **3**

Sign up to volunteer in your neighborhood **4**

Pray for children seeking asylum **5**

Baby Shower: **6**
Gather baby lotion and shampoo

Look up which **7**
countries refugees often come from

Make a sign **8**
to welcome refugees in their language

Pray for people coming to the United States **9**

Read a poem or story by a refugee author **10**

Visit a refugee-owned business **11**

Pray for people learning English **12**

Baby Shower: **13**
Gather gift cards

Look up your **14**
local state representative

Check out LSS-SW's advocacy initiatives **15**

Pray for your legislators **16**

Research bills in your state **17**

Write a letter to your Senator **18**

Pray for people experiencing homelessness **19**

Baby Shower: **20**
Gather new onesies for babies

Call an older member of your family **21**

Donate at the Building Foundations Luncheon **22**

Pray for isolated older adults **23**

Write a card to a homebound senior **24**

Follow LSS-SW on Facebook and Instagram **25**

Pray for people going to bed hungry **26**

Baby Shower: **27**
Gather new baby toys

Thank a mother figure in your life **28**

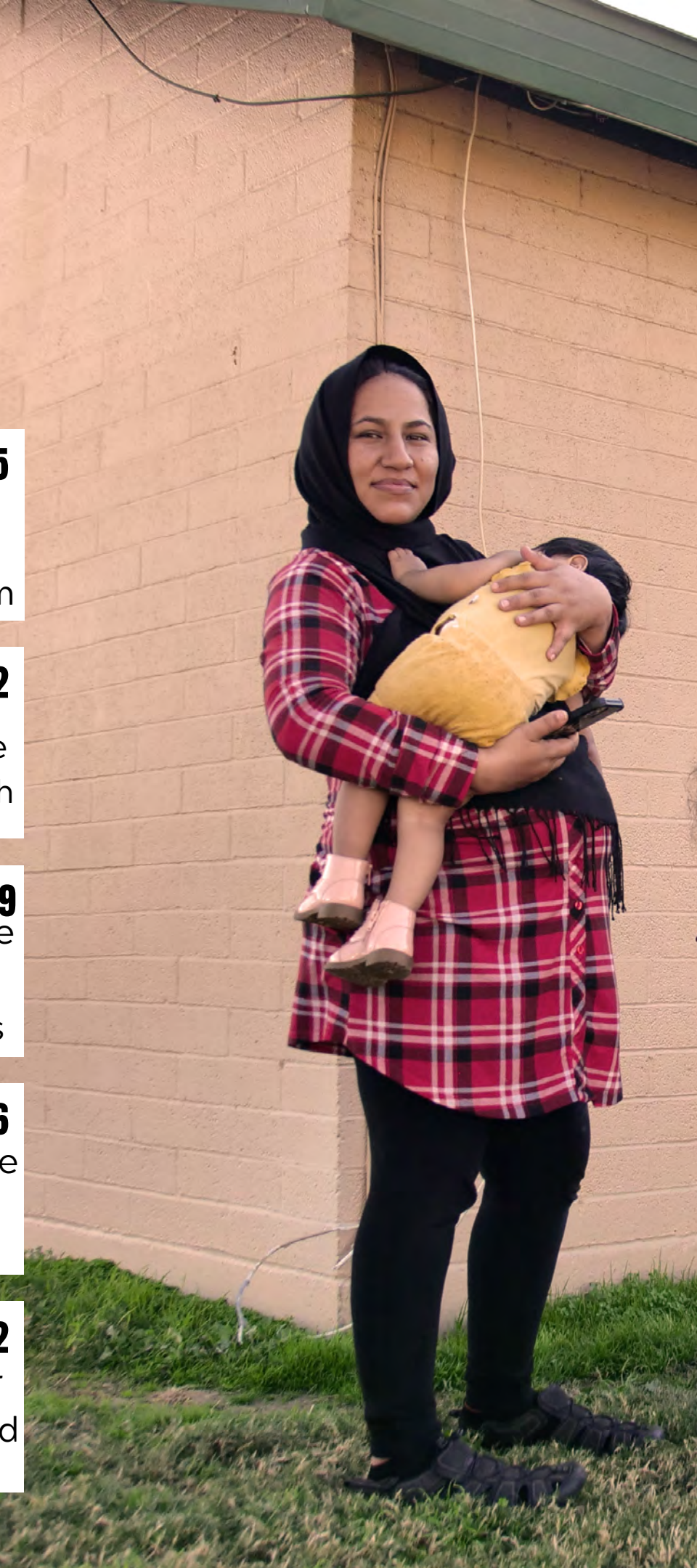
Thank a father figure in your life **29**

Pray for families with young children **30**

Try a craft you enjoyed as a child **31**

Try a recipe from another country **1**

Write a letter to an old friend **2**



For resources and tips, visit www.lss-sw.org/lent-with-lss

LENTEN JOURNEY WITH LSS

April 2022



SUN

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Try a recipe
from another
country **1**

Write a letter
to an old friend **2**

Baby Shower:
Gather diaper
cream **3**

Pray for people
experiencing
hunger **4**

It's Arizona Gives Day!
Make a donation at
www.azgives.org/lss-sw **5 6**

Learn how to
say hello in a
new language **7**

Sign up to
volunteer in your
neighborhood **8**

Support the
refugee Women's
Empowerment
Program **9**

Baby Shower:
Gather diapers **10**

Donate a
grocery store
gift card to
LSS **11**

Donate laundry
detergent to
I-HELP **12**

Pray for people
sleeping in their
car tonight **13**

Prepare snack
packs for people
seeking asylum **14**

Sign up to
volunteer next
month **15**

Call someone
who lives alone **16**

Celebrate life! Tag us in a
photo of your Easter
celebration! **17**

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