HOPE FOR HAITIANS

Growing in thoughtfullness and prayer as I gather alms for the Poor of Haiti this Lent

Lent 2026
40 Days of Caring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			18 *February* ***Ash Wednesday***	19 Write a love note to your grandparents or a person in need	20 Ask your parents what you can do for them; do it cheerfully	21 Give away a box of clothes today
22 Worship the Lord your God and serve only Him	23 Give a nickel for every pillow in your home	24 Say I'm sorry to someone you've hurt	25 Give a dime for every bed in your house	26 Say a prayer for people who are lonely	27 Make a list and thank God for all your blessings	28 Give $1 if you went out to eat this week including fast food
1 Family Ask: Are we aware of the poor? What can we do?	2 Give a nickel for every room you have in your house	3 Think of adults who help you and pray that God will help them	4 Give a dime for every coat you own	5 Let the people you love know that you love them	6 Give a nickel every time you eat a snack	7 As a family call-or-visit someone: shut-in, elderly or alone.
8 Which Spiritual Work of Mercy can you do as a family	9 Give a quarter for each box of cereal in your home	10 Go out of your way to be kind to someone you don't like	11 Pray for all the people in hospitals	12 Smile at everyone you walk past today	13 Give a dime for every pair of shoes you own	14 Ask to help in the kitchen or with dishes

Oh God, help me think about others not just myself

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Pray the rosary today for those less fortunate	16 Give a quarter for every bathroom in your house	17 Be friendly today	18 and again today	19 Give a dime for every TV, Computer or game system in your house	20 Eat simply today and give the money saved to help Haitian families live better lives	21 Be thankful for friends, and the gifts that make life better
22 *Spend time in God's presence; don't say or do anything*	23 *If you have a pretzel snack see the shape of arms in prayer*	24 Give up something you want today for those who have less	25 Write a love note to someone in your family	26 Help your mother or father to show your love and graitude	27 Pray the Stations of the Cross today	28 Receive the sacrament of reconcilaition
29 **Palm Sunday** All glory, laud and honor to you Redeemer King	30 Our faithful God will not let you be tested beyond your strength	31 Jesus suffered. He understands the suffering of the Haitian people. **Finish your gift for Hope for Haitians**	1 **April**	2 **Holy Thursday** Jesus prayed in the garden, what happened?	3 **Good Friday** Thank you, Jesus for dying on the cross	4 **Easter Vigil** Reflect on your Lenten Journey
1 Easter Sunday	*Remember to live out the entire season of Easter and celebrate Jesus' Resurrection all the way to Pentecost (May 24, 2026)*					Learn More

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter.

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https://hopeforhaitians.org