

40 DAYS. 40 NAMES.

THE CHURCH EMPHASIZES SERVING THE POOR DURING LENT.
PRAY WITH US FOR OUR HOMELESS FRIENDS BY NAME.



Christ in the City is a Catholic formation and homeless outreach program. Join us in sacrificing and praying for our homeless friends by name each day during Lent.

- DAY 1:** Compliment each member of your family
Feb 17
Pray for Anita
- DAY 2:** Consider who the Lord has put in front of you to love today
Feb 18
Pray for Ryan
- DAY 3:** Make a prayer space in your home
Feb 19
Pray for Ace
- DAY 4:** Meet a neighbor
Feb 20
Pray for Robert
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for Your Family
- DAY 5:** Pray a rosary
Feb 22
Pray for Al
- DAY 6:** Call or spend time with a relative
Feb 23
Pray for Reggie
- DAY 7:** Forget the snooze button!
Feb 24
Pray for Kathy
- DAY 8:** Take a break from multitasking to be present
Feb 25
Pray for Alexander
- DAY 9:** Ask a friend for prayer intentions
Feb 26
Pray for Jesse
- DAY 10:** Fast from social media
Feb 27
Pray for Dahlia
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for Healthcare Workers
- DAY 11:** Do something you enjoyed as a kid. Reflect on childlike joy.
Mar 1
Pray for Anthony
- DAY 12:** Write a thank you note to a priest
Mar 2
Pray for Ramone

- DAY 13:** Skip a cup of coffee or tea
Mar 3
Pray for Sharon
- DAY 14:** Take a morning walk & reflect
Mar 4
Pray for Aubrey
- DAY 15:** Give time to your parish
Mar 5
Pray for Million
- DAY 16:** Visit or call someone who's sick
Mar 6
Pray for Chuck
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for Expectant Mothers
- DAY 17:** Pray the Chaplet of Divine Mercy
Mar 8
Pray for Brent
- DAY 18:** Fast from snacking between meals
Mar 9
Pray for Sadie
- DAY 19:** Talk to a homeless person at a stoplight (if n/a, offer a prayer)
Mar 10
Pray for Ed
- DAY 20:** Learn about a Saint
Mar 11
Pray for Mark
- DAY 21:** Exercise & offer up your workout
Mar 12
Pray for Steve
- DAY 22:** Get to know someone better today. Ask good questions & listen.
Mar 13
Pray for Malik
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for the Elderly
- DAY 23:** Offer up a cold shower
Mar 15
Pray for Gigi
- DAY 24:** Reconnect with a friend
Mar 16
Pray for Zach
- DAY 25:** Tell someone you appreciate them
Mar 17
Pray for William
- DAY 26:** Set aside 30 minutes to pray
Mar 18
Pray for Auggie

- DAY 27:** Celebrate St. Joseph's feast day!
Mar 19
Pray for Wiley
- DAY 28:** Offer up sleeping without a pillow
Mar 20
Pray for Ernie
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for Priests
- DAY 29:** Invite someone to coffee
Mar 22
Pray for Yatta
- DAY 30:** Do a chore you've been putting off
Mar 23
Pray for Effie
- DAY 31:** Write your own prayer
Mar 24
Pray for Kevin
- DAY 32:** Honor Mary on this feast day!
Mar 25
Pray for Jack
- DAY 33:** Downsize or simplify in some way
Mar 26
Pray for Kelso
- DAY 34:** Find a religious image to pray with
Mar 27
Pray for Sophie
- SUNDAY:** REFLECT WITH GRATITUDE
Pray for our Soldiers Overseas
- DAY 35:** Pray a decade of the rosary
Mar 29
Pray for Randy
- DAY 36:** Write 3 things you're grateful for
Mar 30
Pray for Michael
- DAY 37:** Reflect on the Gospel of the day
Mar 31
Pray for Diver
- DAY 38:** Fast from music; embrace silence
Apr 1
Pray for JP
- DAY 39:** Reflect on Jesus' love on the cross
Apr 2
Pray for Shala
- DAY 40:** Make time for a friend or coworker
Apr 3
Pray for Conrad



If this calendar helped you grow in faith and service this Lent, consider making a donation for our ministry to continue at www.christinthecity.org/lent.



Addressing Poverty at its Core

Young adults come from across the country to be missionaries with Christ in the City. They spend intentional time being formed in the Catholic faith and learning about resources to serve the poor. They walk the same routes each week to encounter and build friendships with the homeless.

In this way, Christ in the City is addressing poverty at its core by showing the homeless that they are seen, known, and loved.

As our friends recognize that they are worthy of being walked with, they begin a journey of healing which can change the course of their lives.

We must see each person as *human*, not a problem to be fixed.

At Christ in the City, **loving the homeless looks like:**



SEEING THE PERSON

- Looking someone in the eyes who hasn't been looked upon in months
- Taking the risk to introduce ourselves and remembering that person's name
- Connecting on a human level (talking about sports, hobbies, jobs, and dreams)



BEING A FRIEND

- Caring enough to simply listen
- Meeting someone for coffee and intentional conversation
- Laughing; sometimes crying
- Walking with an anxious friend to an appointment
- Showing someone the beauty that they cannot see in themselves



BRINGING HOPE

- Telling a friend, "You are worth it and you are not alone."
- Daring someone to dream and helping them to take the steps
- Resumes, housing applications, reconnecting with family, praying together
- Celebrating birthdays, holidays, sobriety, new housing!

How to Make Care Kits:

1.

KEEP A FEW ITEMS IN YOUR CAR

Socks are highly valued on the streets and soft foods are recommended. You can use clear bags or rubber bands to hold them together. For a full list of items to include visit www.christinthecity.org/tips.

2.

SHARE YOUR NAME & ASK THEIR NAME

There is such a difference between just handing someone a pair of socks, and instead looking them in the eyes, asking for their name, and making conversation with them. Especially if you drive the same route every day, it's such a cool opportunity to build relationships!

3.

FRIENDSHIP IS WORTH MORE THAN \$5

While useful, the items themselves do not mean as much as the personal encounter. Your time is the most valuable gift you can offer another person. Write down the names of the people you meet and pray for them!

