

Weekly Lenten Ideas for Almsgiving

- WEEK 1:** Give up something you usually buy for yourself, such as a cup of coffee or a song download from the Internet. Double the amount you would have spent and put it in the collection basket at church or donate it to a cause of your choice.
- WEEK 2:** Share the world's energy by turning down the heat, taking shorter showers, or walking or biking instead of driving to a destination.
- WEEK 3:** Offer to help someone else in the family, at work, or in school with a chore or task.
- WEEK 4:** Call your grandma/grandpa, or a family member you haven't talked to in a while. Let them know that you are thinking of them.
- WEEK 5:** Clean out a closet or chest of drawers and give away clothes, toys, books or other items you haven't used in the past year.
- WEEK 6:** Write a letter of gratitude to someone at your parish or in your community to thank them for the services they are extending to those in need.