

Almsgiving

Below are a few almsgiving ideas - add any ideas you came up with during your discussion:

Donate items from your home - this can help by providing income for non profit organizations who can resell them and also by providing gently used items to those who need them but cannot afford them.

Prepare "blessing bags" to hand out to homeless or those in need - keep some in your car for when you encounter someone in need. Things to include might be non perishable snacks or drinks, food gift cards, a rosary and/or prayer card, a drawing or note of hope from a family member, hand sanitizer or wipes, etc.

Participate in an almsgiving program like Operation Rice Bowl or Heifer International.

- crsricebowl.org - Follow along during Lent, watching videos and donating a little each day to the people that the program helps
- heifer.org - learn as a family about how families in need around the world can use your gift to make their own home and lifestyle sustainable, then choose a kit or item (like seeds, tools, or a cow!) to purchase and Heifer International will send it to a family in need.

Cook a meal for a family you know who could use a break or a little help.

Sign up to give blood, if you are able.

Offer a Mass, Rosary, or other prayer for someone that you know who is in need of a prayer.