



Lent 2024:

Not only do our bodies need nourishment to live; it is important that we recognize that our souls also require nourishment. “When your soul is so giving and kind, it’s easy to give parts of yourself to everyone else until you’re empty.”

Our Lenten journey this year focuses on feeding our souls. In a world where families struggle to put food on the tables, we humbly ask all of you to each take a moment, close your eyes and give thanks to all that we have been given.

There is no food more spiritually familiar to us than that of bread; our spiritual lives are deeply connected to bread. As we continue together on our Lenten journey, let us nourish our souls and remember that Christ is the Living Bread.