

2024 LENTEN JOURNEY – Nourishing our Soul
AN INVITATION to collect for the Parkland Food Bank



Our Lenten journey this year focuses on feeding our souls. 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.

Week 1 **Nourishing our Soul – What shall we prepare?**
(Feb 18, 2024) *“Bread is beautiful because it is simple and nourishing” (Joel Strecker)*

Nourishing Comfort: (Food Bank Donation): **Breakfast: oatmeal, cereal etc.**

Week 2 **Nourishing our Soul – Do we have the right ingredients?**
(Feb 25, 2024) *“There is no satisfaction of life without hope. Faith is the substance, or ingredient, of hope. It is from what hope is made.” (Paw creek ministries)*

Nourishing Comfort: (Food Bank Donation): **Lunch: soup & crackers, tinned meat/fish**

Week 3 **Nourishing our Soul – What are the proportions? Can we substitute?**
(Mar 3, 2024) *“The mind & body are not separate. What affects one, affects the other.” (unknown)*

Nourishing Comfort: (Food Bank Donation) **Supper: canned stew, pasta/sauce etc.**

Week 4 **Nourishing our Soul – What steps do we take?**
(Mar 10, 2024) *“Heal the soul first; then healing of the mind & body will follow.” (Zhi Gang Sha)*

Nourishing Comfort: (Food Bank Donation) **Beverages to Share: coffee, tea, juice, canned milk**

Week 5 **Nourishing our Soul – Recognizing Hunger**
(Mar 17, 2024) *“When the soul is starved for nourishment, it lets us know with feelings of emptiness, anxiety, or yearning” (Menachem Mendel Schneerson)*

Nourishing Comfort: (Food Bank Donation) **Snacks: cookies, muffin mixes etc.**

PALM SUNDAY– March 24, 2024 **Nourishing our Soul – Let Us Break Bread Together**
“When you recover or discover something that nourishes your soul and brings joy; care enough about yourself to make room for it in your life.” (Jean Shinoda Bolen)

EASTER SUNDAY – March 31, 2024 **Nourishing our Soul – Christ is the Living Bread**
“Jesus came not for us to read about Him, but to know Him. To experience a relationship with Him. To “taste” him. Indeed, Jesus is “the bread of life.” (Ken Weliever)

NO COLLECTION FOR PALM SUNDAY AND EASTER SUNDAY