

Mary's Meals - Lent 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		\$25.20 feeds a child every school day for a year.	Every 13¢ you give feeds a child for a day .	Every 65¢ you give feeds a child for a week .	Find out more about Mary's Meals and others ways you can help at www.marysmealsusa.org	
Porridge Day. Each Wednesday & Friday Fr. Mark will eat porridge from a cup. You can support him and donate \$1. Or choose to join him & also eat porridge & donate \$2.			All listed porridge recipes can be found on the Lent page of Kitchen Table Faith. ssjohnpaulfaithformation.org/lent			
Bring your cup to Mass each Sunday to add your donation to the cup collection.		As a family, read about Mary's Meals & make your Lenten promise. www.marysmealsusa.org	18 February Give 13¢ for each snack you had today.	19 Give 13¢ for every game you own.	20 Give 13¢ for every light switch in your home.	21 Give 13¢ for each time you opened your refrigerator today.
22 Give \$1 for the first week of Lent & pray for those it will help feed.	23 Give 13¢ for each item of clothing on your floor.	24 Give 25¢ if you have a bed to sleep in every night.	25 Give 25¢ for everything you own with a screen on it.	26 Give 13¢ for each trashcan in your house.	27 Join Fr. Mark in Porridge Day. Try Perfect Porridge!	28 Give 13¢ for each time you write something today.
1 March Give \$2 for the second week of Lent & pray for those it will help feed.	2 Give 13¢ for each blue shirt you have.	3 Give 13¢ for each pair of jeans you have.	4 Join Fr. Mark in Porridge Day. Have you tried All Recipes Porridge?	5 Give 13¢ for each meal you ate today (including snacks).	6 Eat a meatless meal. Put in the money you saved by not buying meat.	7 Give 13¢ for every glass of clean water you use today.
8 Give \$3 for the third week of Lent & pray for those it will help feed.	9 Give 13¢ for each black shirt you have.	10 Give 25¢ for each time you go somewhere in a vehicle this week.	11 Give 13¢ Each time you use the microwave today.	12 Give 13¢ for every cup you use today.	13 Join Fr. Mark in Porridge Day. Try Best Breakfast Porridge.	14 Give 13¢ for every box of cereal in your house.

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15 Give \$4 for the fourth week of Lent & pray for those it will help feed.	16 Give 13¢ for each canned item in your house.	17 If you have a backpack you take to school donate 25¢.	18 Join Fr. Mark in Porridge Day. Have you tried Jamaican Cornmeal Porridge?	19 Instead of buying a treat at the concession stand, donate to Mary's Meals.	20 Give 13¢ to each boxed food item in your pantry.	21 Give 25¢ for each blanket on your bed.
22 Give \$5 for the fifth week of Lent & pray for those it will help feed.	23 Give 13¢ for each pair of shoes you have.	24 Give 13¢ for each snack you had today.	25 Give 25¢ if you get a ride to school (or work)	26 Give 13 ¢ for each sink in your house.	27 Join Fr. Mark in Porridge Day. Try Porridge Charlotte's Oats.	28 Give 13¢ for each piece of candy you ate this week.
29 Palm Sunday Give \$6 for the sixth week of Lent & pray for those it will help feed.	30 Give 25¢ for each shower/bath you took in the past week.	31 Give 13¢ for each trip in a vehicle you took in the last week.	1 April Join Fr. Mark in Porridge Day. How about Sophie Thompson's Bars?	2 Holy Thursday Give 13¢ for each person whose feet Jesus washes tonight.	3 Good Friday Give 13¢ for each soldier that got a piece of Jesus' clothing.	4 Holy Saturday Bring your filled cups to Mass with you.
5 Easter Bring your filled cup to Mass with you.						
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