

<p>Come and journey with us through Lent and consider Catholic Charities (CCDA) programs, clients, and employees as the focus of your prayer intentions and acts of service. For more information on any of these opportunities please email:</p> <p>volunteer.newcomer@ccda.net</p>		<p>February 25 Shrove Tuesday</p> <p>Sign up to receive monthly emails from CCDA to keep up to date on programs and opportunities.</p>	<p>26 Ash Wednesday</p> <p>Donate a new or gently used coat to Catholic Charities clients who need help staying warm this winter.</p>	<p>27 Saint Gabriel of Our Lady of Sorrows, Patron Saint of Students</p> <p>Donate \$60 or \$125 to help cover the tuition for an ESOL student's class.</p>	<p>28</p> <p>Pray for safe travels for an Afghan refugee arriving today in Virginia.</p>	<p>29</p> <p>Speak another language? Volunteer to help interpret for clients.</p>
<p>1 First Sunday of Lent</p> <p>Offer your mass for refugees to feel welcome in their new community.</p>	<p>2</p> <p>Sign up to help set up apartments for newly arriving refugee families.</p>	<p>3</p> <p>Pray for the immigration attorneys at Hogar Legal Services as they help clients navigate the challenging immi-</p>	<p>4</p> <p>Read a newcomer's story (Recommend: Enrique's Journey, From Beetles to Angels).</p>	<p>5</p> <p>Make "Welcome" cards for clients who are new to the community.</p>	<p>6</p> <p>Pray for all who work to help newcomers.</p>	<p>7 Perpetua and Felicity, Patrons of mothers</p> <p>Throw a "baby shower" for a CCDA client who is expecting.</p>
<p>8 Second Sunday of Lent/Feast of John of God, Patron of the mentally ill</p> <p>Pray for the healing of our clients suffering from mental illnesses.</p>	<p>9</p> <p>Designate Catholic Charities Diocese of Arlington as your "Amazon Smile" recipient.</p>	<p>10</p> <p>Fill a backpack with school supplies for a newly arrived refugee student.</p>	<p>11</p> <p>Host a "Know Your Rights" presentation with Hogar attorneys at your parish/community center.</p>	<p>12</p> <p>Ask how you can help us clean and organize our warehouse!</p>	<p>13</p> <p>Sign up to volunteer at a Naturalization Workshop, where you will help an immigrant apply for citizenship!</p>	<p>14</p> <p>Meditate on the refugee experience of the Holy Family, fleeing to Egypt.</p>
<p>15 Third Sunday of Lent</p> <p>Be adventurous and try food at a restaurant run by immigrants or refugees!</p>	<p>16</p> <p>Stay off social media for a day as a sacrifice for all who have lost contact with loved ones because of civil unrest.</p>	<p>17 St. Patrick's Day</p> <p>Purchase a pack of size 6 diapers for a newcomer family.</p>	<p>18</p> <p>Sign up as a conversation partner for students learning English.</p>	<p>19 Feast of St Joseph</p> <p>Say a prayer for refugee fathers.</p>	<p>20</p> <p>Sacrifice your morning coffee and use the money to purchase hygiene items for a newcomer.</p>	<p>21</p> <p>Pray for the wisdom of world leaders and for peace in places of conflict.</p>
<p>22 Fourth Sunday of Lent—Mother's Day</p> <p>Pray for refugee and immigrant mothers making sacrifices for their children's well-being.</p>	<p>23</p> <p>Host a naturalization workshop at your parish!</p>	<p>24 Feast of Oscar Romero, Patron of El Salvador</p> <p>Pray for peace and stability in El Salvador and for all who are forced to flee their homes.</p>	<p>25 Feast of the Annunciation</p> <p>Share CCDA volunteer opportunities with a friend.</p>	<p>26</p> <p>Ask how you can help plan an upcoming special event for refugee children!</p>	<p>27 Feast of Lazarus, Patron of the poor and sick</p> <p>Pack a box of pantry items for a refugee family.</p>	<p>28</p> <p>Know someone who's hiring? Let us know so we can direct clients in search of employment.</p>
<p>29 Fifth Sunday of Lent</p> <p>Light a candle at church for refugees, immigrants, and victims of trafficking around the world.</p>	<p>30</p> <p>Organize a donation drive at your school, parish, or workplace for refugees.</p>	<p>31</p> <p>Give up sweets for a day and consider those who struggle to meet their basic nutritional needs.</p>	<p>April 1</p> <p>Share information about Catholic Charities on your social media.</p>	<p>2</p> <p>Mentors needed for refugee youth! If you are interested please let us know! Pray for those who are already mentors.</p>	<p>3</p> <p>Offer a rosary for families who have been separated from one another.</p>	<p>4 Saint Isidore of Seville (Patron Saint of Computer Users)</p> <p>Donate a new or used laptop to student in a computer class.</p>
<p>5 Palm Sunday</p> <p>Ask your pastor about organizing a refugee simulation at your parish.</p>	<p>6</p> <p>Donate funds to Hogar Legal to help cover indigent clients' legal fees.</p>	<p>7</p> <p>Sign up to receive our Volunteer Newsletter so you can stay up-to-date about our biggest volunteer needs.</p>	<p>8</p> <p>Put together a bedroom set (twin sheets, comforter, pillows) for a refugee child.</p>	<p>9 Maundy Thursday</p> <p>Share a meal with a stranger. Remembering the last supper of fellowship Jesus had with his disciples/friends.</p>	<p>10 Good Friday</p> <p>Pray today for all who are suffering from loneliness and trauma.</p>	<p>11 Holy Saturday</p> <p>Have a conversation with your family about how you can be more welcoming of "the stranger" in your community.</p>

APRIL 12—EASTER SUNDAY—Today make a conscious effort to see the face of the risen Christ in all those you encounter. Celebrate the joy of the resurrection and the promise of peace and life that abounds!