

Lenten Accompaniment

For Newcomers 2023

February 22 – April 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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.</p> <p>For more information on any of these opportunities, please email: volunteer.newcomer@ccda.net</p>		 <p>DONATE</p>	<p>22</p> <p>Ash Wednesday (Lent Begins) Speak another language? Volunteer to help interpret for clients. volunteer.newcomer@ccda.net</p>	<p>23</p> <p>Pray for a newly arrived Afghan refugee family in the Diocese. Various Prayers</p>	<p>24</p> <p>Mentors needed for refugee youth! If you are interested please let us know! Pray for those who are already mentors. volunteer.newcomer@ccda.net</p>	<p>25</p> <p>Offer prayers for refugees & migrants world over. Prayer</p>
<p>26</p> <p>First Sunday of Lent! Offer your mass for refugees to feel welcome in their new community!</p>	<p>27</p> <p>Organize a donation drive at your school, parish, or workplace for refugees. MRSDonations@ccda.net</p>	<p>28</p> <p>Learn about the USCCB's Justice for Immigrants organization: JusticeforImmigrants.org</p>	<p>1</p> <p>Pack a box of pantry items for a refugee family. Mobile Response center</p>	<p>2</p> <p>Donate to Hogar Legal to help cover indigent clients' legal fees. Hogar Legal</p>	<p>3</p> <p>Donate a new or used laptop to students for class use. Donate to MRS</p>	<p>4</p> <p>Donate funds to help cover the tuition for a student's education class.</p>
<p>5</p> <p>Second Sunday of Lent! Throw a virtual "baby shower" for CCDA clients who are expecting. Help infants & mothers.</p>	<p>6</p> <p>Ask how you can help plan a donation drive for refugees! MRSDonations@ccda.net</p>	<p>7</p> <p>Pack your lunch & use the money to buy something from our: Amazon Wishlist</p>	<p>8</p> <p>Pray for the immigration attorneys at Hogar Legal Services as they assist clients. Hogar Legal</p>	<p>9</p> <p>Make "Welcome" cards for clients who are new to the community. MRS Donation</p>	<p>10</p> <p>Read a newcomer's story. Recommended: Enrique's Journey, From Beetles to Angels.</p>	<p>11</p> <p>Say prayer for Refugee fathers. Pray for a refugee father.</p>
<p>12</p> <p>Third Sunday of Lent! Be adventurous & try a new dish at a restaurant run by immigrant refugees!</p>	<p>13</p> <p>Pray for the healing of our clients suffering from trauma & PTSD. Prayers for Healing</p>	<p>14</p> <p>Sign up to volunteer at a Naturalization Workshop, where you will help with citizenship applications. hogar@ccda.net</p>	<p>15</p> <p>Visit our Wishlist and see what you might be able to purchase to help. Amazon Wishlist</p>	<p>16</p> <p>Fill a backpack with school supplies for a newly arriving student. MRSDonations@ccda.net</p>	<p>17</p> <p>St. Patrick's Day! Organize & host a "know your rights" presentation by Hogar attorneys at your parish. hogar@ccda.net</p>	<p>18</p> <p>Ask how you can help out our Manassas warehouse. volunteer.newcomer@ccda.net</p>
<p>19</p> <p>Fourth Sunday of Lent! Pray for refugee & immigrant mothers concerned for their children's safety. A mother's prayer</p>	<p>20</p> <p>Meditate on the refugee experience of the Holy Family, fleeing from Egypt. Matthew 2:1 – 23</p>	<p>21</p> <p>Know someone who's hiring? Let us know so we can direct clients in search of employment. Job Assistance</p>	<p>22</p> <p>Purchase a pack of diapers for a newcomer family. Diapers</p>	<p>23</p> <p>Sign up as a conversation partner for students learning English. volunteer.newcomer@ccda.net</p>	<p>24</p> <p>Feast Of St. Oscar Romero Pray for the stability in El Salvador & all forced to flee their homeland. St. Oscar Romero</p>	<p>25</p> <p>Feast of the Annunciation Sacrifice your morning coffee & use the money to purchase hygiene items for a newcomer. Hygiene Bags</p>
<p>26</p> <p>Fifth Sunday of Lent! Light candle at church for victims of human trafficking around the world. Prayer</p>	<p>27</p> <p>Detach from all social media for a day as a sacrifice for all who struggle to make ends meet. Food Pantry</p>	<p>28</p> <p>Organize a naturalization workshop at your parish! MRSDonations@ccda.net</p>	<p>29</p> <p>Donate to Hogar Legal to help cover legal & naturalization fees. Hogar Legal</p>	<p>30</p> <p>Share CCDA volunteer opportunities with a friend. Bring Love</p>	<p>31</p> <p>Share information about Catholic Charities on your social media. www.ccda.net</p>	<p>1</p> <p>Pray for the wisdom of world leaders & for peace in the world. Timothy 2:1-2 Romans 13:1-7 Jeremiah 29:23</p>
<p>2</p> <p>Palm Sunday! Ask your pastor or principal about organizing a Lenten simulation in your parish or school. MRSDonations@ccda.net</p>	<p>3</p> <p>Put together a bedroom set (twin sheets, comforter, pillows) for a refugee family. Amazon Wishlist</p>	<p>4</p> <p>Learn a couple of phrases in a new language and remember those in prayer who are working to learn English.</p>	<p>5</p> <p>Give up sweets for a day in remembrance of those who are experiencing bitterness.</p>	<p>6</p> <p>Holy Thursday! Pack your lunch & use the money to buy something from our: Amazon Wishlist</p>	<p>7</p> <p>Good Friday! Pray today for all who are suffering from loneliness & trauma. Various Prayers</p>	<p>8</p> <p>Holy Saturday! Discuss with your family about how you can be more welcoming of "the stranger" in your community.</p>

April 9th - 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 is everlasting!