

LENTEN ALMSGIVING

A FAMILY PROJECT



WHAT CAN WE DO?

One of the reasons we fast during lent is to spend less money on expensive foods and give that money to someone else who really needs it. Do you know someone in your family who can't pay a bill right now? Do you know someone at your parish who is out of a job or has a lot of medical bills? Who are the Orthodox charities and what do they do? As a family, decide who you want to help this year - then work towards it!

1

EAT SIMPLER

Find meatless, inexpensive foods to eat this lent

2

CHOOSE

Find someone in need near you or research Orthodox charities

3

GIVE

Emulate St. Nicholas & give your gift quietly, hoping not to be thanked



FASTING

What do we eat during Lent? Why?



SAINT BASIL

Started the first charities: hospitals, orphanages, & hospices



SAINT NICHOLAS

He tried to always give anonymously & generously

RESEARCH PROJECT

Who are the Orthodox charities and what do they do?

Pull out a piece of paper and pencil, then start learning more about the following Orthodox charitable organizations. Can you find more than these? Who are they? What do they do?

- IOCC
- OCMC
- Zoe for Life
- Saint Basil Academy
- Saint Michael's Home for the Aged
- FOCUS
- Hogar Rafael Ayau Orphanage
- Holy Trinity Nursing Home
- Martha and Mary House
- Orthodox Christian Prison Ministry
- Project Mexico



FASTING MATH

When we fast, we are learning to patiently wait for something we really want. We can't have everything on demand and this is one of the ways we learn to control our desires.

Ask your parents to tell you how much they typically spend each week on food.

Then find recipes using beans, legumes, and vegetables for lent and be willing to try new foods!

ADDITIONAL RESOURCES

Great Lent by Fr. Alexander Schmemman

Coming Closer to Christ: Confession and Forgiveness
by Metropolitan Anthony of Sourozh

Speaking the Truth: The Purpose of Lent Podcast on AFR
by Fr. Thomas Hopko

Speaking the Truth: The Temptation of Jesus Podcast on AFR
by Fr. Thomas Hopko

Speaking the Truth: Fasting Podcast on AFR by Fr. Thomas Hopko



Next, help your parents do the grocery shopping during lent. Choose foods that will cost less than you normally spend and make sure to keep track of how much is being spent each week. Is it more than you normally spend for groceries? Then try to find simpler recipes to make for meals. Is it less than your family normally spends on groceries? Great job! Keep it up. Think about how much you want to help a person, family, or organization your family is choosing to help this lenten season.

This is also an opportunity to help your parents make some of the meals. Another reason why we eat more simple meals during lent is to allow us more time to pray at home and attend more services at church. What can you do to make meals ahead of time so you can go to church more often this lent?

Finally, designate a jar, box, or container for saving your money during lent. Add to it often and work towards saving up as much money as possible to help make a difference in someone's life!

"The bread in your cupboard belongs to the hungry; the coat unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor."

– SAINT BASIL THE GREAT



What is your family going to use to hold the money you are saving during lent this year?

It can be as simple as a mason jar, a box, or container you have around your home.



LENTEN ALMSGIVING PROJECT: EATING SIMPLER

	WE SPENT ON FOOD	WE SAVED FOR ALMSGIVING
Before Lent		
Week 1 of Lent		
Week 2 of Lent		
Week 3 of Lent		
Week 4 of Lent		
Week 5 of Lent		
Week 6 of Lent		
Holy Week		

LENTEN ALMSGIVING PROJECT: CHARITIES

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