




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Una actividad de Cuaresma</i> 40 CANS FOR LENT <i>activity challenge</i>			February 22 Ash Wednesday Day 1: CAN of CARROTS	23 Day 2: CAN of CORN	24 Day 3: - CAN of GREEN BEANS	25 Day 4: CAN of CHICKEN BROTH
26 Day 5: - PEANUT BUTTER	27 Day 6: CAN of TOMATO SOUP	28 Day 7: - CAN of VEGETABLE SOUP	March 1 Day 8: ELBOW MACAROINI	2 Day 9: CAN of PORK AND BEANS	3 Day 10: SMALL CAN of COFFEE	4 Day 11: CANNED CHICKEN MEAT
5 Day 12: CAN of CHILI	6 Day 13: CAN of HASH	7 Day 14: CAN of TUNA	8 Day 15: CAN of SLOPPY JOE MIX	9 Day 16: - CAN of SPAM	10 Day 17: CAN of BEEF STEW	11 Day 18: TOOTHPASTE
12 Day 19: CANNED BEEF RAVIOLI	13 Day 20: SPAGHETTI O'S WITH MEATBALLS	14 Day 21: CAN of SPAGHETTI SAUCE WITH MEAT	15 Day 22: DISH SOAP	16 Day 23: APPLESAUCE	17 Day 24: FRUIT COCKTAIL	18 Day 25: CANNED PEACHES
March 19 Laetare Sunday Day 26: CANNED PEARS	March 20 St. Joseph's Day Day 27: LAUNDRY DETERGENT	21 Day 28: BOX of CEREAL	22 Day 29: INSTANT OATMEAL	23 Day 30: PANCAKE MIX	24 Day 31: PANCAKE SYRUP	March 25 Annunciation Day 32: TUNA or HAMBURGER HELPER
26 Day 33: INSTANT RICE	27 Day 34: SHAMPOO	28 Day 35: SALTINE CRACKERS	29 Day 36: SPAGHETTI NOODLES	30 Day 37: PEANUT BUTTER	31 Day 38: JELLY	April 1 Day 39: HOT COCOA

April 2 Palm Sunday Day 40: CAN of CHICKEN NOODLE SOUP	HOLY WEEK! EASTER IS SUNDAY, APRIL 9, 2023  Holy Family Parish exists to be a family of God and to form disciples who serve.  
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A CHALLENGE FROM OUR HOLY FAMILY FOOD PANTRIES!

The St. Francis and St. Vincent de Paul ministries offer a challenge to all families of our Holy Family Parish for Lent. The challenge is to give 40 cans of food (or personal care items) each day of Lent. Follow the calendar from Ash Wednesday to April 2nd and collect the item listed for each day. Every Sunday bring that week's items to the food boxes located in each of our church's gathering spaces. Together, we can help those in need.

Los ministerios de San Francisco y San Vicente de Paúl ofrecen un reto a todas las familias de nuestra Parroquia de la Sagrada Familia para la Cuaresma. El reto es dar 40 latas de comida (o productos de higiene personal) cada día de Cuaresma. Siga el calendario desde el Miércoles de Ceniza hasta el 2 de abril y recolecte el artículo para cada día. Cada domingo traiga los artículos de esa semana a las cajas de alimentos ubicadas en cada uno de los espacios de reunión de nuestra iglesia. Juntos, podemos ayudar a los necesitados.

