



One Heart Lent Program

The **One Heart Lent Program** raises money to provide free, nutritious meals in Lawrence through the **Cor Unum Meal Center**. (“Cor Unum” means “One Heart” in Latin.) Cor Unum serves meals to hundreds of people every day, 365 days a year.

The **One Heart Lent Program** includes:

- an information sheet that explains the program and Lent, with a cut-off label that people attach to jars for their almsgiving during Lent
- a day-by-day Lent Guide, which includes scripture passages and reflections for each day of Lent

All materials are free. They may be downloaded for week-by-week publication in parish/school bulletins, as well as for print or electronic distribution to a wide variety of constituencies, including young people.

To access the 2022 **One Heart Lent Program** materials, go to:

<https://tinyurl.com/ywcx95a2>