

PRAYER & COMPASSION *for* NEIGHBORS *seeking* HOPE.

This Lent, we invite you to join us in prayer for the individuals and families served by Catholic Charities. This guide provides weekly stories inspired by the real lives of those we serve, accompanied by intentions to guide your daily intercessions. You may use these provided petitions or offer your own from the heart as we seek stability and peace for our neighbors.

WEEK OF ASH WEDNESDAY

In Allegheny County, a former foster youth with mental health struggles is preparing for a baby. We are helping her secure a home and a future for her child through case management and financial aid for a security deposit.

- WED Continued success and engagement in her mental health.
- THU Provision of the funds needed for her security deposit.
- FRI A healthy pregnancy and a peaceful, safe birth.
- SAT A renewed will to live and thrive in this new chapter.

FIRST WEEK OF LENT

A veteran in Greene County with significant mobility challenges cares for his adult daughter with mental illness. After his wife's passing, he handles all cooking, cleaning, and bills alone. We helped with a water shut-off to ease his burden.

- SUN Physical strength for his body to manage daily chores.
- MON Peace and stability for his daughter's mental health.
- TUE Comfort as he carries the grief of his wife's passing.
- WED Provision for bills and utilities to keep their home running.
- THU A positive and resilient spirit despite his heavy burdens.
- FRI For helpers to stand by him in his daily tasks.
- SAT Moments of rest and rejuvenation for this weary caregiver.

SECOND WEEK OF LENT

After the recent passing of an elderly client in Allegheny County, we remember her journey. Through Counseling, she conquered lifelong anxiety and self-blame, eventually learning to drive and finding a peace she never thought possible.

- SUN Gratitude for independence and strength she found in life.
- MON Eternal rest and perpetual light for her soul.
- TUE Comfort for the staff and friends who remember her joy.
- WED Freedom for all who suffer from self-blame and negativity.
- THU Mental health care access for all.
- FRI Dignity for seniors navigating the challenges of aging.
- SAT The courage for others to seek the "lifeline" of therapy.

THIRD WEEK OF LENT

An Allegheny County student found a fresh start through our Gismondi Job Training Program. After years of uncertainty, he has a new trade and a renewed spirit. His wife expressed deep gratitude for the new hope and confidence he has gained through the program.

- SUN Steady confidence in the new skills he is learning.
- MON A successful transition into a stable, rewarding career.
- TUE Joy for his wife as she witnesses his spirit renewed.
- WED Meaningful work that brings dignity to his household.
- THU Persistence for all who fear it is "too late" to start again.
- FRI The strengthening of families through career success.
- SAT Wisdom for the instructors who believe in their students.

FOURTH WEEK OF LENT

A Lawrence County woman is overcoming addiction and domestic violence. With our gas utility help, a job, and a home, she is focused on her sobriety and the goal of returning to parenting her children in a healthy environment.

- SUN Sustained grace in sobriety and protection from addiction.
- MON Guidance along a righteous path of healing.
- TUE Success and physical endurance in her new full-time job.
- WED Deep healing from the trauma of domestic violence.
- THU Favor and wisdom as she seeks to regain care of her children.
- FRI The restoration of the sacred bond between mother and child.
- SAT Continued protection of the home she has worked so hard to build.

FIFTH WEEK OF LENT

After an eviction, a mother and daughter in Allegheny County became homeless. We are helping the mother seek mental health treatment so she can feel confident in keeping a job and providing a stable home for her teenage daughter.

- SUN Courage to seek necessary mental health treatment.
- MON Confidence to stay employed for her daughter's sake.
- TUE A sense of security and love for the teenage daughter.
- WED Effective coping tools to manage daily anxiety.
- THU The blessing of a long-term home where they can thrive.
- FRI Wholeness and healing for the mother's mind and spirit.
- SAT Deepened trust and communication between mother and child.

HOLY WEEK

A patient at our Free Health Care Center suffered extreme foot pain from worn-out shoes. His provider personally bought him a new pair. We serve those struggling to find proper attire for the miles they must walk each day in the city.

- SUN Immediate relief from extreme foot pain.
- MON Safety and comfort as he walks the city streets.
- TUE Proper shoes and attire for all who lack basic necessities.
- WED Inspiration to practice small, life-changing acts of kindness.
- THU Renewed compassion for healthcare providers.
- FRI A restored sense of worth for those who feel forgotten.
- SAT Abundant resources for the Free Health Care Center mission.



Scan to take this journey with you.

Access a mobile-friendly version of this guide to pray on the go or share with a friend.

ccpgh.org/lent