

Cathedral of St. Matthew the Apostle

Simple Lenten Meals

SOUP * BREAD * WATER



Every Friday during Lent
Following the 5:30pm Mass & the 6:00pm Stations of the Cross
North Conference Room

PRAYER

The Social Justice Committee invites you for fellowship and reflection during this time of Lent. Join us every Friday, following the evening Mass and Stations of the Cross.

The Meals begin at about 6:30pm.

FASTING

Different groups from various parish ministries will prepare and serve a simple meal of meatless soup, bread, and water.

ALMSGIVING

Charitable organizations will be invited to present on their mission and the services they provide to our neighbors in need. The donations that will be collected during every meal will be offered to that evening's presenter.

For more information on this year's participants, please visit: www.stmatthewscathedral.org

February 12

Catholic Relief Services

*Assisting the poor and vulnerable overseas
& supporting hunger relief programs in the USA.*

Meal Provider:

Social Justice & Community Service Committee

February 19

Courtney's House

*Helping victims escape human trafficking
and find a new life.*

Meal Provider: Cathedral Young Adults

February 26

Northwest Center

*Supporting mothers through their pregnancy center
and maternity home.*

Meal Provider: Knights of Columbus

March 4

L'Arche Community

*Offering a home for adults with
intellectual disabilities.*

Meal Provider: RCIA Catechumens

March 11

Project Rachel

*Providing compassionate ministry for spiritual,
emotional, and psychological healing after abortion.*

Meal Provider: Hispanic Community

March 18

Little Sisters of the Poor

Religious sisters caring for the elderly poor.

Meal Provider: Liturgy Committee