

Almsgiving

Being mindful of the poor is not an option for Christians. In fact, Jesus tells us that when we feed the hungry, visit the imprisoned, and clothe the naked, we are encountering Him. So, along with fasting and praying, almsgiving has been a traditional Lenten practice. Jesus poured His life out for others. As His disciples, we are called to do the same in our everyday lives, as well as in the extra steps we take outside our ordinary lives and routines. Keeping the Corporal Works of Mercy in mind is helpful as we consider our Lenten almsgiving.

- Feed the hungry (help out at a soup kitchen, donate food).
- Give drink to the thirsty. (show hospitality to those in need).
- Welcome the stranger (be welcoming to those you meet).
- Clothe the naked (donate clothing to a shelter).
- Visit the sick (visit the homebound, hospitalized, those in nursing homes).
- Bury the dead (visit a cemetery, pray for the dead).

Deciding how to incorporate almsgiving into our Lenten practice doesn't so much involve getting out our planner and seeing what fits into our schedule. It is more about what Lent as a whole is all about: finding a quiet space and listening to the Lord's call, committed to following Him wherever He leads and wherever we might encounter Him on that day in the guise of the poor or needy.