



Pilgrims of Hope

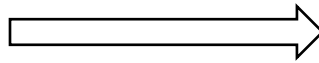
Our LENTEN JOURNEY of HOPE

is like a LONG WALK.



PRAYER

helps us avoid sin for a long period of time and helps us get through hard days



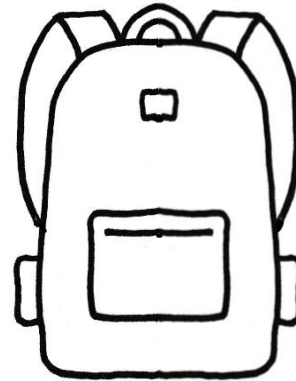
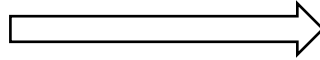
GOOD SHOES

help us walk for long periods and over difficult surfaces



FASTING

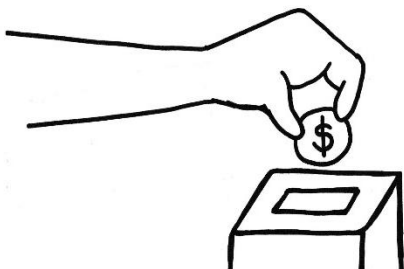
leaving behind the things and food we don't need so we rely on God and the journey is easier



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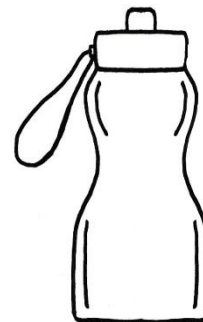
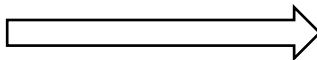
BACKPACK

leaving behind the clothes we don't need to make the backpack light and the long walk easier



ALMSGIVING

loving actions are important to bring on a Lenten journey



WATER

important to bring on our long walk