



Franciscan Foundation for the Holy Land
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Lent 2026

Dear <<Salutation>>,



*“Then I turned my face to the Lord God, seeking him by prayer
and pleas for mercy with fasting and sackcloth and ashes.”*

DANIEL 9:3

What are you giving up for Lent? From the days of my youth, this question marked the beginning of Lent – forty days until Easter, forty days of doing without something. Whether the choice was to give up candy, soda or late-night television, the announcement of the decision was always followed by a question...*Why?*

The spiritual journey of Lent is traditionally marked by prayer, fasting and almsgiving. Clearly, the practice of giving up something can be connected to fasting. And so, by giving up I am actively engaged in Lent; giving up is my fast. In fasting I become aware of a physical emptying, a void which I can then fill with something other than my own needs...a void that I can allow God to fill with His mercy, His forgiveness, His love.

With God in my life, I realize that this relationship always needs work. And so, during Lent I pray...finding some moments of quiet to empty my mind of the busyness of life and focus on this God who is love and mercy. Add to that personal prayer, the needs and challenges others face, in your families, in our nation, but also in the Holy Land where Christians continue to live with an uneasiness of conflict.

And then there is almsgiving. Having made room for God, realizing God’s love and mercy for me, I am ready to respond to the needs of others, in faith with generosity.

Please join me this Lent by offering your own fast, with prayer, and with generosity to the work of the Franciscan Foundation for the Holy Land. Help me to support children and young adults who want to learn and provide a future for themselves and their families, to support families who struggle to remain in their homes in the place where Jesus himself lived and walked, to support the many social works of the Franciscan Friars throughout the Holy Land.

I ask you to prayerfully consider making a Lenten gift. Your gift becomes part of the quiet good that continues day after day in the places where it is needed most. It is one small act offered with love, and God knows how to use such gifts well.



 *Complete, cut and mail today!* *(Over, please!)*

Your Gifts Make A Difference

Please accept this gift to support the Christians in the Holy Land:
☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1,000 ☐ \$2,500 ☐ \$5,000 ☐ Other: _____

Payment Method:
☐ Card ☐ Check Or you may pay online at [FFHL.org/Lenten](https://ffhl.org/Lenten)

Please make checks payable to: **Franciscan Foundation for the Holy Land**

Card Number: _____ Exp.: _____ CVV: _____
Name: _____ Signature: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____



JOIN THE
Good Shepherd Society

Legacy gifts through the Good Shepherd Society (GSS) create lasting impacts for Holy Land Christians in need. If you are interested in joining GSS and leaving FFHL in your will, estate or trust, visit [FFHLLegacy.org](https://ffhllegacy.org) or check the box below to receive more information.

☐ I am interested in a planned gift for FFHL.

Contributions are tax-deductible to the full extent allowed by law. Donations will go to areas of greatest needs. See our website for all program information.

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“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

MATTHEW 5:16

May this spiritual journey of Lent, manifested by your generosity, strengthen your relationship with God, with those whom you love, and with our Christian sisters and brothers in the Holy Land, and may this journey prepare all of us well for the celebration of Easter when we will know the answer to our why question...that our participation in God's love and mercy overcomes darkness and death, is always victorious.

I thank you for your generosity and for your spiritual support of our mission. Be assured of my prayers for you and your loved ones during this Holy Season of Lent.

Yours in the Spirit of St. Francis,

Fr. John Puodziunas

Fr. John Puodziunas, O.F.M.
President of FFHL



During this season of Lent, let us join in prayers of hope with our brothers and sisters in the Holy Land.



Thanks to our generous donors, children of all ages receive the opportunities Christian education and blessings for a brighter future.



Procession of prayers during Holy Week at the Church of the Holy Sepulchre in Old Jerusalem.

STAY IN TOUCH WITH THE HOLY LAND

Submit your email on the giving form (opposite side) to receive news, updates and stories on the Holy Land and about how FFHL is making a difference.

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Please find the enclosed card below for sending your prayers and intentions. They will be carried to the Holy Land and offered up to the Lord.



Fr. John Puodziunas and the members of the Franciscan Foundation for the Holy Land will be praying for you and your loved ones. **Please list your special prayers and intentions here.**
