



Stockton Area Ministerial Alliance

CATECHETICAL RESOURCE FOR FAMILIES, PARISHES, AND SCHOOLS

What is SAMA?

SAMA is the Stockton Area Ministerial Alliance. They run a Food Pantry, Thrift Store, and Benevolence Fund. The Food Pantry feeds an average of 150 families per month. The Thrift Store is staffed wholly by volunteers and contributes all its profits to the Benevolence Fund.

The Benevolence Fund provides resources such as gas vouchers, utility assistance, backpacks for school, and foods for the Food Pantry.

Why do we practice prayer, fasting, and almsgiving during Lent?



The word Lent comes from an old English word meaning "spring," or "a new birth." Lent helps us to renew our lives as children of God and renew our life in Jesus and with each other.



These practices of prayer, fasting, and almsgiving help us to purify our minds and hearts so that we may remember and live the merciful love of God.



LENTEN CALENDAR

Designed for families, this calendar comes with a Scripture passage and practical suggestion to do each day. (From Sadlier Press)



RENEW YOUR BAPTISM

An activity for primary-age children (From Sadlier Press)



31 WAYS TO CREATIVE FASTING

- 1. Delete the two most used apps on your phone.
2. Bring your lunch to work instead of eating out.
3. Give up online purchases and much more...



DEVELOPING PRAYER

The main obstacle to prayer is our lack of planning. If you want to take a four-week vacation, you don't just get up one summer morning and go. Take the time to plan prayer and have everyone in your home agree.



"It is my hope and prayer, that all of you, especially the youth of our One Church, East to West, join me in this Lenten Youth Mission of Mercy to respond to the call of the poor!" Bishop Edward Rice

