**SAMPLE TEXT to parish administrators to use for the 2024 Lenten Meditations**

Join Episcopal Relief & Development on a Lenten Journey

For 15 years, Episcopal Relief & Development has been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations. During Lent, we pray, “Create and make in us new and contrite hearts.” Written by Miguel Escobar, our 2024 meditations focus on embracing this new heart, this new life in Christ, and looking deep within ourselves and acting in ways that seek and serve Christ in others.

Visit episcopalrelief.org/Lent or scan the QR code to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations and Scripture with others.

[Promotional image](https://www.episcopalrelief.org/wp-content/uploads/2023/12/General-Image-4_5.png)

[QR code](https://www.episcopalrelief.org/wp-content/uploads/2023/12/Lent-2024-landing-page-QR-code.png)

[Episcopal Relief & Development logos](https://www.episcopalrelief.org/press-and-resources/online-press-kit/)