SAMPLE TEXT to parish administrators to use for the 2026 Lenten Meditations

Join Episcopal Relief & Development in exploring “Holy Habits”

For more than 15 years, Episcopal Relief & Development has been blessed to join readers on their spiritual journeys through thought-provoking Lenten Meditations. Written by Sister Monica Clare, an Episcopal nun, author and unlikely TikTok star, our 2026 meditations offer an invitation to rediscover—or deepen—holy habits of prayer, worship and Scripture engagement. These holy habits provide a path to a life rooted in God, giving shape, meaning and direction.

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 with others.

((Should include a link to the promotional image and QR code))