

2026 Lenten Meditations Social Media Toolkit

We invite you to use the text and image guidance below on your social media feeds to share Episcopal Relief & Development's Lenten Meditations with your community in 2026. Follow Episcopal Relief & Development on [Facebook](#) and [Instagram](#) and tag us and our author, [Sister Monica Clare](#), in your posts to share the ways you are using the Meditations!

Images

[Square image](#) for use on Facebook and Instagram posts.


[Portrait image](#) for use on Facebook and Instagram stories.


Suggested Social Post Text

Facebook Caption

This Lenten season, Episcopal Relief & Development and Sister Monica Clare, a nun of the Community of St. John Baptist and beloved TikTok personality, invite us to reflect on the "Holy Habits" that bring us closer to God. Through daily meditations, we're invited to think deeply about our faith, transforming this Lenten season into a time of holy habit-building. 💜

Join us as we build our Holy Habits:

 Subscribe to daily emails.

 Read the meditations.

 Explore resources.

 episcopalrelief.org/Lent


Tags: @EpiscopalRelief @ClaudettePowell2015


Hashtags: #Lent2026 #EpiscopalRelief #HolyHabits

Instagram Caption

Join Episcopal Relief & Development this Lent. 💜 Through daily meditations authored by Sister Monica Clare, you are invited to reflect on the Holy Habits that bring us closer to God.

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Tags: @episcopalrelief @claudette_monica

Hashtags: #Lent2026 #EpiscopalRelief #HolyHabits

Suggested Facebook or Instagram Story Guidance

- Link Sticker: Add a direct link to episcopalrelief.org/Lent
- Tag
 - o Instagram
 - Tap the Sticker icon (the square with a smiling face) at the top of the screen.
 - Select the @mention sticker.
 - Add Instagram tags @episcopalrelief and @claudette_monica
 - o Facebook:
 - Tap the Sticker icon (it often looks like a square smiley face) at the top of the screen.
 - Select the @ Tag sticker
 - Add the Facebook tags @EpiscopalRelief @ClaudettePowell2015
- Text Overlay: Add clear, prominent text (e.g., *"Subscribe to daily emails, read the meditations online or download a PDF"*).