

Eat Simply...So Others May Simply Eat



Lent offers us a unique period of time to evaluate our life journey as a follower of Christ. We are encouraged to assess if this journey has led us to an improved understanding and deepening of our relationship with our Lord, with our neighbors, and with our brothers and sisters of the world community.

For the last 34 years, we at Holy Cross have embraced our Lenten Project “Eat Simply So Others May Simply Eat” as a way to raise our consciousness to the significant needs of our struggling friends. We willingly sacrifice larger or better meals for simpler meals during Lent. Our joint effort to “EAT MORE SIMPLY SO OTHERS MAY SIMPLY EAT” unites us in a special way with one another and also with those who are struggling on Long Island.

We encourage you not only to participate in this program, but also to discuss it at the dinner table with your children and family members. Many of us are not consciously aware of the number of people that are struggling and hungry right here in our own area. *During 2025, our Outreach pantry served an average of 180 people each month.*

The Lenten envelopes marked, EAT SIMPLY...SO OTHERS MAY SIMPLY EAT, will be available throughout the weekends of Lent. We suggest that you place the envelope in a prominent place in your kitchen as a reminder of how you and your family will be uniting yourselves with our struggling neighbors and with those facing food insecurity in the world. We encourage you to reflect, discuss and to decide how you will eat more basic meals during Lent. Perhaps you have a favorite simple recipe to share. We'd be happy to put it in the bulletin for fellow parishioners to try.

Each weekend or whenever you choose during Lent, you may place your envelope in the collection basket. The monies donated will be used to help those who come to Parish Outreach for assistance. We are continually grateful for the very generous response of our parishioners of Holy Cross in donating money, food, and supermarket gift cards which enables us to meet their needs.

Parish Outreach

