

*Notes from the Heart*

What will you do this  
Lent to make it  
more meaningful?

*Feel free to use this as a writing prompt or whatever you feel from the heart.*



*Take this notecard home, write something special to an anonymous parishioner,  
and bring your **Note from the Heart** back next week.*

# Notes from the Heart

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To note sender: If you'd like, share your contact information with the person who will receive your note to keep the conversation going.

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*"When given the choice with being right and being kind, choose kind." Inspiration & Illustration provided by Arinda Saylor.  
sacredheartfla.org/update*