

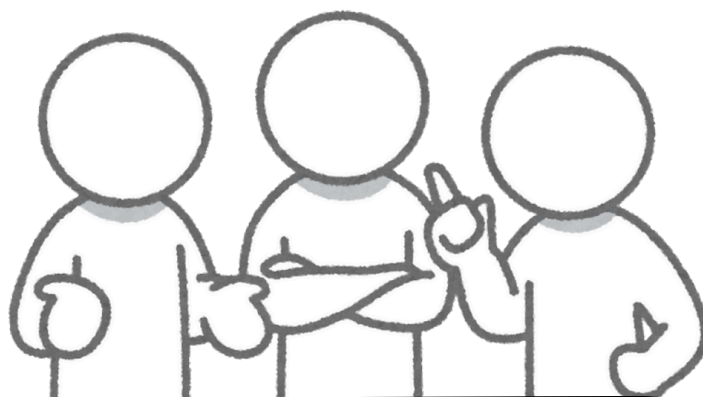


St Vincent
de Paul Society
England and Wales
Turning Concern into Action

CONVERSATION CALENDAR

Heart to Heart Lenten Appeal

A Question a Day to Listen,
Share, and Connect



The Conversation Calendar offers one simple question each day of Lent – an invitation to pause and talk with someone, heart to heart. It might be a friend, a family member, or someone you don't usually get the chance to speak with. There's no right answer and no pressure to say something clever. What matters is the space created when we choose to listen and be heard.



These small daily conversations can open doors. They help us notice one another more deeply, build understanding, and strengthen the quiet threads that hold communities together. You can use the Conversation Calendar anywhere: at home around the table, in classrooms, in parish groups, or in moments of one-to-one connection. All it asks is a little time, a little openness, and a willingness to meet someone where they are: one question, one conversation, one heart-to-heart moment at a time.



CONVERSATION CALENDAR

**WHAT'S YOUR
FAVOURITE THING TO
DO ON THE WEEKEND?** **1**

**IS THERE A
PERSON WHO
REALLY MAKES
YOU FEEL HEARD?** **3**

DO YOU PREFER **2
MORNINGS OR LATE
NIGHTS? WHY?**

**WHAT'S A
HOBBY YOU
REALLY WANT
TO TRY?** **4**

**IF YOU COULD LIVE
IN ANY FICTIONAL
WORLD, WHICH
WOULD IT BE?** **7**

IF YOU COULD **5
HAVE A SUPERPOWER,
WHAT WOULD IT BE?**

**DO YOU
PREFER SMALL **6**
GROUPS OR BIG
CROWDS?**

WHAT'S YOUR **11
GO-TO SNACK?**

HAVE YOU **8
EVER MADE
SOMETHING YOU
WERE PROUD OF?**

WHO IN YOUR **10
LIFE ALWAYS MAKES
YOU LAUGH?**

WHAT'S YOUR **9
GO-TO COMFORT
FOOD?**

WHAT DO YOU **12
PREFER AND WHY?
EARLY MORNINGS
OR LATE NIGHTS?**

DO YOU PREFER **15
TEA, COFFEE, OR
NEITHER?**

WHAT'S **13
SOMETHING
YOU'RE
GRATEFUL FOR
TODAY?**

WHAT'S YOUR **14
FAVOURITE BOARD OR
CARD GAME?**

WHAT QUALITIES **19
DO YOU VALUE
MOST IN A FRIEND?**

WHO INSPIRES **16
YOU THE MOST,
AND WHY?**

WHERE DO YOU **18
FEEL MOST ABLE
TO BE YOURSELF?**

**WHAT WOULD
BE YOUR
DREAM
HOLIDAY? **17****

WHAT'S **20
SOMETHING THAT
GIVES YOU HOPE?**



CONVERSATION CALENDAR

WHAT'S ONE **21**
THING YOU'RE TRYING
TO GET BETTER AT?

WHAT HELPS **22**
YOU FEEL PEACEFUL
OR CALM?

IF YOU COULD **23**
INSTANTLY
MASTER ANY SKILL,
WHAT WOULD IT BE?

IF YOU COULD **24**
ONLY WEAR ONE
COLOUR FOR THE REST
OF YOUR LIFE, WHAT
WOULD IT BE?

WHAT'S SOMETHING **27**
SMALL THAT MAKES
A BIG DIFFERENCE
TO YOUR DAY?

IF YOU COULD **25**
BE ANY CHARACTER
FROM A FILM OR BOOK,
WHO WOULD YOU PICK?

IF YOU COULD **26**
TELEPORT
ANYWHERE RIGHT
NOW, WHERE
WOULD YOU GO?

WHAT'S SOMETHING **31**
YOU WANT TO LEARN
MORE ABOUT?

WHAT HELPS **28**
YOU KEEP
GOING WHEN
THINGS FEEL
HARD?

WHAT IS YOUR **30**
EARLIEST MEMORY?

IF YOU COULD SIT DOWN
AND HAVE A CUPPA WITH
ANYONE PRESENT OR
FROM HISTORY WHO
WOULD YOU PICK? **29**

DO YOU HAVE
A PET? OR **32**
DREAM PET?

WHAT'S THE LAST **35**
KIND THING
SOMEONE DID FOR
YOU?

IF YOU COULD **33**
SWAP LIVES WITH A
CELEBRITY FOR A DAY,
WHO WOULD IT BE?

WHAT DO YOU **34**
THINK MAKES A
COMMUNITY FEEL SAFE
AND WELCOMING?

WHAT'S **39**
SOMETHING YOU'RE
REALLY CURIOUS
ABOUT RIGHT NOW?

WHAT'S YOUR **36**
FAVOURITE SEASON OF
THE YEAR, AND WHY?

WHAT'S ONE **38**
THING YOU'D CHANGE
ABOUT THE WORLD IF
YOU COULD?

WHAT'S ONE **37**
GOAL YOU HOPE
TO ACHIEVE THIS
YEAR?

IF YOU COULD INVITE ONE
PERSON FROM YOUR COMMUNITY -
SOMEONE WHO MIGHT FEEL LONELY
OR OVERLOOKED - TO A MODERN
'LAST SUPPER' GATHERING, WHO
WOULD YOU INVITE AND WHY? **40**