



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. It's 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?**

**IF YOU HAD **12**  
ONE LAST MEAL ON  
EARTH WHAT WOULD  
IT BE AND WHY?**

**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**