

Heart to Heart Lenten Appeal

A Chance to Sit, Share, and Simply Be Together

Lent invites us, gently, to slow down a little. To notice one another. To remember that God often turns up not in the spectacular, but in the small: a warm bowl of soup, a place at a table, a conversation where someone feels seen.

That's what SVP Soup & Sarnie is all about. It's a simple moment where everyone can share food, share stories, and share a bit of themselves. It can be a single gathering or a weekly rhythm through Lent, but the heart remains the same: to create space for people to connect, heart to heart.

And remember you don't need to do it alone.

- If you're a university, you might run this with your local parish SVP.
- If you're a parish, consider partnering with your local school community.

These partnerships strengthen the bonds we already share and help more people feel included.



Table Activities

Gentle ways to spark conversation

Heart-to-Heart Conversation Cards

A small bowl or jar on each table with simple prompts such as:

- What's something simple that brought you joy this week?
- Who is someone who has shown you kindness recently?
- What's a favourite memory of feeling part of a community?
- If you could thank someone from your past, who would it be and why?
- What's one thing you're hoping for this Lent?

These are not tests just invitations to launch conversation.

Pass the Heart

Place a small paper or wooden heart in the middle. Every few minutes, invite people to pass it around. When it reaches someone, they can share:

- something they're grateful for,
- someone they'd like to remember,
- or a hope for the coming week.

Blessings Placemats

A simple "creative prompt sheet" at each place:

- Draw something that made you smile recently.
- Write the name of someone you're holding in prayer.
- Sketch a symbol of hope.

Ideal for anyone who has forgotten how good doodling feels and a great conversation starter.



Event Planning Sheet

Things to think about... a one page guide for organisers!

We want to create a warm, welcoming space where people can share food and conversation during Lent as part of the Heart to Heart Appeal ideally in partnership with the local SVP (for unis) or with local schools (for parishes).



EVENT DETAILS

DATE: _____

TIME: _____

WHERE: _____

ONE-OFF OR WEEKLY: _____

MENU: KEEP IT SIMPLE AND COMFORTING

- 2-3 SOUPS (ONE VEGETARIAN)
- SANDWICHES CUT SMALL
- WATER, TEA, COFFEE
- OPTIONAL FRUIT OR SIMPLE SWEET

WHO WILL FOOD BE PROVIDED BY:

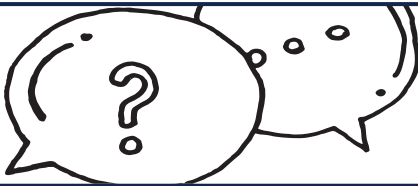
HOW IS IT FUNDED: _____

WHO WILL DO THE DIFFERENT JOBS ON THE DAY?

- SET-UP TEAM
- SERVING & GREETING TEAM
- HOSTING TEAM
- WASHING UP TEAM
- CLEAN-UP TEAM

TABLE SETUP - THINK "SIMPLE HOSPITALITY":

- CONVERSATION CARDS
- SMALL CENTREPIECE (CANDLE, PLANT, WOODEN HEART)
- PLACEMATS OR ACTIVITIES
- WATER JUGS, CUPS, NAPKINS



SUGGESTED FLOW OF THE EVENT

- WARM WELCOME; OPTIONAL SHORT PRAYER
- SERVING OF SOUP AND SARNIES
- GENTLE CONVERSATION USING TABLE PROMPTS
- WORD OF THANKS AND BLESSING
- TIDY-UP TOGETHER

HOW WILL PEOPLE KNOW TO COME?

TELL PEOPLE THROUGH:

- PARISH BULLETIN
- SCHOOL NEWSLETTER
- SOCIAL MEDIA
- MASS OR ASSEMBLY ANNOUNCEMENTS

