

LENT

prayer • fasting • almsgiving

March 6-16, 2019

FASTING & DENIAL: Water only fast. Avoid all non-water beverages and drink water in solidarity with those who do not have access to safe drinking water.

GOOD DEEDS: Collect the money you would have spent on soda pop, coffee, alcohol or other beverages and donate it to the Catholic Relief Services Collection. **Additional:** K of C Friday Fish Fry, 4:30-7:30 pm

PRAYER: Attend the Stations of the Cross Friday at 5:30 pm at St. Mary's

March 17-23, 2019

FASTING & DENIAL: Complaining, Gossiping and Swearing Fast—Work to eliminate negative language; instead use positive words and actions that lift up others.

GOOD DEEDS: Every time you complain, gossip or swear this week, say a prayer, charge yourself a quarter or dollar and at the end of the week donate it to the Catholic Relief Services Collection. **Additional:** Volunteer/donate/ attend School Auction.

PRAYER: Pray a family Rosary together 30 minutes before weekend Mass. **Additional:** Walk the trails with your family, pointing out things in God's Creation. Even better, let your children point them out to you.

ESSENTIAL: Receive the SACRAMENT OF RECONCILIATION at an area Parish.

March 24-30, 2019

FASTING & DENIAL : Random Spending Fast—Avoid spending money this week. Distinguish between your wants and needs; only purchase necessities. Don't go out to eat or go out on the weekend and make coffee at home.

GOOD DEEDS: Donate what you don't spend to the GlenEd pantry. **PRAYER:** Attend a daily Mass this week **Additional:** Surf Catholic Websites (see listing on other side)

March 31—April 6, 2019

FASTING & DENIAL Sweets Fast—Go without dessert, sweets, sugar, soda pop. Strive to eat and drink healthier things.

GOOD WORKS: Donate the money you save through fasting to your favorite charity. **Additional:** Visit friend or relative or anyone in a care facility or living alone.

PRAYER: Prayerfully read one or two paragraphs in a Gospel. Stop and meditate on anything that catches your attention. Pray the Rosary 30 minutes before each weekend Mass

April 7—13, 2019

FASTING & DENIAL Choose your Challenge- Choose to fast from whatever it is (relationships, habits, places, media, music, technology) that separates you from God or distracts you from being the best version of yourself.

GOOD DEEDS: Spend time doing things that draw you into closer relationship with God and others.

PRAYER: When you hear a siren or see a medivac helicopter pray an Our Father, Hail Mary and Glory be for the Emergency responders and the people in their care. Stations of the Cross Friday at 5:30 pm.

April 14—21, 2019

FASTING & DENIAL Social Media Fast—At the beginning of the week, post information on your social media accounts about your fast and why you're fasting. Then fast from Facebook, Twitter, Instagram, Snap-Chat, Pinterest and other social media until Easter Sunday. **Additional:** Eliminate e-mail and social media notifications on your phone. And if you're really up for a challenge: don't text for the week!

GOOD DEEDS: Take time to sort through your clothes/possessions and donate unneeded items to charity.

PRAYER: Attend HOLY THURSDAY OR GOOD FRIDAY OR EASTER VIGIL MASS or ALL 3!