

LENT

A TIME TO RENEW

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				16 What is my Lent going to be? I will.	17 pray for strength to...	18 not criticize	19 give up snacks* give \$ to
1st WEEK Lk. 4: 1-13	20 phone a lonely person	21 pray for a member of my family	22 pray "Our Father" with feeling	23 fast* from "junk" food & give \$ to..	24 pray for persecuted people of Poland	25 Let someone else choose TV programs	26 - Family Rosary As a family, say 1st decade of Sorrowful Mysteries-Agony in the Garden
2nd WEEK Phil. 3:17-4:1 Luke 9: 28-36	27 Read over Mass texts before-hand, pay special attention to homily	28 I will not complain about anything today.	1 Say a kind word to a teacher or co-worker	2 Fast from junk food or dessert	3 help at home with an unpopular chore	4 Lend a neighbor a helping hand	5 Family Rosary 2nd decade: Scourging at the Pillar
3rd WEEK Luke 13: 1-9	6 Spend fifteen minutes reading my Bible	7 Do a good deed in secret	8 Keep my temper today	9 Pray for persecuted people of South and Central America	10 Share something I'd really like to keep to myself	11 Give up all TV today	12 Family Rosary 3rd decade: Crowning with Thorns
4th WEEK Luke 15: 1-3, 11-32	13 Spend fifteen minutes praying for needs of others	14 Fast* from desserts, give \$ to . . .	15 Do no bragging or complaining	16 Give someone a sincere compliment	17 Limit TV to one program	18 Forgive someone who has hurt me	19 Family Rosary 4th decade: Carrying of the Cross
5th WEEK John 8: 1-11	20 Spend fifteen minutes meditating on today's gospel	21 Help someone do something I can do well	22 Fast* from junk foods \$. . .	23 Write to someone lonely and far away	24 Reflect on the Stations of the Cross	25 Say "I love you" to a member of my family	26 Family Rosary 5th decade: Crucifixion and Death of Jesus
HOLY WEEK	27 Plan on attending Mass all this week	28 Spend 15 minutes-perhaps outdoors-talking to God	29 Pray for and support Bruce Ritter's "Covenant House"	30 Pray for those about to be Baptized	31 Go to Holy Thursday services 7:30 PM	1 Go to Good Friday services 3:00 PM	2 Go to the Easter Vigil 7:30 PM

*Money saved by fasting can be given to feed a hungry family.