

Use this as a springboard for a family discussion about your family celebration of Lent.

Prayer:

- _____ commit to either going to Mass at St. Mary's or watching the live streamed or recorded Mass from St. Mary's each Sunday during Lent
- _____ faithfully pray in the morning, evening and/or at mealtime
- _____ plan on going to the Stations of the Cross one Friday evening at St. Mary's or watch the Stations of the Cross for children on you tube at home. Possibilities are:
<https://www.youtube.com/watch?v=98uwVb5clrg>
<https://www.youtube.com/watch?v=j0qv7c4PsrA>
- _____ read from the Parish Lenten Meditation Book at meal time or bedtime daily. These are available in the main entrance of the Church as well as on the table in the rectory entrance
- _____ watch the parish virtual Lenten retreat on March 8 and 9 at 7:00 PM or any time after that. The link will be available on the parish website
- _____ other _____

Fasting:

- _____ fast from electronics for an hour each day at dinnertime
- _____ fast from arguing or fighting
- _____ fast from TV and replace it with a family board game in the evening
- _____ fast from selfishness and offer to fold laundry or clean the table or make your bed each day
- _____ fast from laziness by getting up when you are awakened
- _____ fast from procrastinating by going to bed at a reasonable time without complaining
- _____ other _____

Almsgiving:

- _____ fix a meal for someone outside your household and deliver it with a nice note
- _____ give up Starbucks or Tim Horton and put that money into a Catholic Charities Box in your home (Boxes are available in the Church and/or rectory entrance)
- _____ donate food or clothing to those in need
- _____ give cheerfully to anyone in need
- _____ other _____