

Journeying Through Lent

Seek

Closer communion with God



- Read the Bible
- Pray
- Quiet time
- Daily Rosary
- Set your cellphone for Bible quote of the day
- Study the saints
- Daily Mass
- Enjoy nature

Serve

Your fellow man



- Volunteer
- Visit an elderly neighbor
- Give a compliment
- Pray for your enemies
- Hug someone
- Perform an act of kindness
- Call someone who's lonely

Sacrifice

For the growth of your spirit



- Fast
- Give up a luxury
- Choose not to gossip
- Donate items to charity
- Give up your daily latte
- Skip dessert
- Pack your lunch instead of eating out

As Pope Francis has often said, sacrifice must truly enrich others to be beneficial. "Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else."

We invite you, in addition to choosing some of the above, to consider *putting aside \$1 a day* during Lent so that the elderly and poor may reap the rewards of your sacrifice.

