

My Lenten Plans...Ways to Walk with Jesus

As we begin Lent, we prepare ourselves through prayer, fasting, and charitable works for the great celebration of God's loving rule over evil, Easter. Take a moment and decide which activities you will include in your 2018 Lenten Journey...choose a few or as many as you can that best suit your spiritual needs.

Make your commitment and share it with another person. Let's help each other keep a holy Lent this year.

1. PRAYER

- I will attend Ash Wednesday Service 2/14 at 8am or 7pm
- I will pray with the "Little Black Book" daily meditations
- I will participate in the 1% challenge, reading from my Bible each day
- I will attend the Lenten Series, 'Spiritual Soup for the Soul' 2/21, 2/28, 3/7 & 3/21 at 6:00pm
- I will attend the Communal Penance Service 3/14 at 7pm
- I will go to Confession, Saturdays 3-3:30pm
- I will attend Eucharistic Adoration with Christ, Mondays after 6pm Mass & after Holy Thursday 7pm Mass 3/29
- I will attend Stations of the Cross, Fridays at 11:45am or 7pm
- I will say the Rosary Mondays at 5:30pm, Fridays at 12:15, or 2/18 & 3/18 at 7:45am
- I will make Sunday special by planning ways to spend part of the day with family, or those who are in need, lonely or ill
- I will attend a Silent Retreat at the Redemptorist Retreat Center (For Women: 3/16-18 or 3/23-25) (For Men: 2/16-18, 2/23-25, 3/2-4, 3/9-11)
- I will attend the Tenebrae Service, 3/26 at 7pm
- I will attend the Triduum Mass
Holy Thursday 3/29 at 7pm
Good Friday 3/30 at 7pm
Easter Vigil 3/31 at 8pm

2. FASTING

- I will fast from a behavior in my life where I may need healing, conversion or renewal
- I will put aside all that will sidetrack me ... to free myself from all distraction in order to hear what God truly wants from me

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3. CHARITABLE WORKS

- I will set aside my spare change or money saved in our fasting and donate to the Catholic Relief Service's Operation Rice Bowl
- I will provide a donation to the featured Almsgiving program highlighted each week in Lent
- I will make a donation to the Environment of the Church in honor of a loved one
- I will donate my time by volunteering for Mardi Gras 2/11
- I will donate my time by volunteering to help set-up or tear-down the Holy Week Environment
- I will reassess my time and how I can become more involved with the Church and its committees
- I will evangelize through inviting someone to a Lenten fish dinner, Bible studies such as "Little Rock Scripture Studies" or "Exploring the Readings", or other Gatherings
- I will partake in some Spring Cleaning and give my excess material possessions to those in need

LENTEEN RENEWAL PRAYER

Merciful God, we ask that you guide this community during this season of Lent.

With your grace, help us to overcome our addiction to power, honor, and wealth.

Make us instruments of your peace and grant us the ability to act with mercy and justice toward our brothers and sisters, always striving to keep you at the center of our lives.

Bless us as we seek to live your law of love.

We ask this through Christ our Lord,
Amen.

