



**PRAY:** Come to Stations of the Cross-Fridays @ 2:15 at St. James  
**FAST and Abstain:** Friday Fish Fries  
**GIVE:** Your time and alms to others.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Purple: Fast &amp; Abstain from meat  Green: Abstain from meat  Orange: Giving to Operation Rice Bowl</p>		<p><b>Feb. 25</b> Go to <a href="http://dynamiccatholic.com/bestlentever">http://dynamiccatholic.com/bestlentever</a> for daily reflections</p>	<p><b>Feb. 26</b> Eat one meal and pray for the hungry. Attend Mass. ✝</p>	<p><b>Feb. 27</b> Make an almsgiving jar to place change in for <b>Operation Rice Bowl (ORB)-*</b></p>	<p><b>Feb. 28</b> Check out one of websites of the back of this sheet. Attend our Fish Fry</p>	<p><b>Feb. 29</b> Talk to God and repent of your sins-go to Reconciliation this Lent.</p>
<p><b>March 1</b> Bring a can of soup and put in box in back of church for SVDP. #</p>	<p><b>March 2</b> Thank God for the gift of clean water and pray for those who need some</p>	<p><b>March 3</b> Place a quarter in you (ORB)-for every TV and WI-fi device in your house.*</p>	<p><b>March 4</b> Give up fast food and pack a garbage free lunch in reusable containers.</p>	<p><b>March 5</b> Write a list of things you are thankful for; add to it during Lent.</p>	<p>March 6 Fast from TV. Say a Rosary, read the Bible or go to Stations instead. Attend our Fish Fry</p>	<p>March 7 Make pretzels <a href="http://catholicfood.com/ash-wednesday-lent-fasting-and-pretzel">http://catholicfood.com/ash-wednesday-lent-fasting-and-pretzel</a></p>
<p><b>March 8</b> Spring clean your closet and donate clothes to SVDP#</p>	<p><b>March 9</b> Pray for those in jail, the guilty as well as the innocent.</p>	<p><b>March 10</b> Add a quarter for every faucet. Pray for those who need clean water.*</p>	<p><b>March 11</b> Listen to Christian music all day SOS 90.5 FM. See back of sheet for details.</p>	<p><b>March 12</b> Thank a teacher or co-worker. 🍏</p>	<p><b>March 13</b> Thank God for your family and pray for orphans. Attend our Fish Fry</p>	<p><b>March 14</b> Fast from Video games and play board games.</p>
<p><b>March 15</b> Bring pasta or sauce for Multi-Cultural Center. Put in box #</p>	<p><b>March 16</b> Pray for all suffering religious persecution.</p>	<p><b>March 17</b> Add a quarter for each bed and pray for the homeless.*</p>	<p><b>March 18</b> Fast from all types of social media. </p>	<p><b>March 19</b> Thank God for your friends and pray for them.</p>	<p><b>March 20</b> Go out of your way to help someone. Attend our Fish Fry</p>	<p><b>March 21</b> Thank God for creation and take a hike or visit a park.</p>
<p><b>March 22</b> Bring baby food or diapers for Multi-Cult. food pantry#</p>	<p><b>March 23</b> Pray for peace in our world. 🌍</p>	<p><b>March 24</b> Add a quarter for every vanity item used today-hair products, make-up*</p>	<p><b>March 25</b> Put down your phones and have a conversation with family.</p>	<p><b>March 26</b> Call a friend or family member and invite them to Stations</p>	<p><b>March 27</b> Thank God for your shoes and give any extra to those in need.</p>	<p><b>March 28</b> Read a story on the life of a saint today.</p>
<p><b>March 29</b> Bring a can of fruit or vegetables for MultiCult. Center#</p>	<p><b>March 30</b> Pray for our priests and vocations.</p>	<p><b>March 31</b> Go to Reconciliation Service. Check bulletin for day &amp; time.*</p>	<p><b>April 1</b> Add a quarter for every pet and thank God for animals.</p>	<p><b>April 2</b> Smile to all those you meet today. 😊</p>	<p><b>April 3</b> Phone or write a family member to say you care.</p>	<p><b>April 4</b> Make Easter eggs to give to friends and family</p>
<p><b>April 5 Palm Sunday</b> Find a place for your palms </p>	<p><b>April 6</b> Holy Week-Pray for yourself.</p>	<p><b>April 7</b> Add a quarter for each meal and pray for the Hungry.*</p>	<p><b>April 8</b> Thank God for doctors and pray for those who are ill.</p>	<p><b>April 9</b> Holy Thursday-thank God for the Eucharist-Attend Service 7:00 pm.</p>	<p><b>April 10</b> Good Friday-Attend Service at 1:00 pm at St. James, fast and pray</p>	<p><b>April 11</b> Holy Saturday-Attend Vigil Service at 8:00 pm at St. James.</p>

**This sheet is intended to provide Resources for you to use during this Lenten Season. You will find internet links for Daily Prayer, Lenten Resources and information about the Lenten Season. Also you will find extra information about Calendar suggestions from the flip side of this sheet.**

Links for Lenten Resources

<http://www.crivoice.org/cylent.html>

Link for Daily Lenten Reflection

<http://dynamiccatholic.com/bestlentover>

Link for Daily Prayers for lent.

<http://www.crivoice.org/lent2.html>

Link for a Contest to follow during Lent

[lentmadness.org](http://lentmadness.org).

### **Prayer of Cardinal John Henry Newman**

Dear Jesus, help me to spread your fragrance everywhere.  
Flood my soul with your spirit and light.  
Penetrate and possess my whole being so utterly, that all my life may be only a radiance of Thine.  
Shine through me and be so in me, that everyone I come in contact with may feel your Presence within my soul.  
Let them look up and see no longer me, but only Jesus.

### **Excerpt from "Talking with God," by Henry Baron**

I must follow you, Lord, on this Lenten journey;  
I must go where you went  
with eyes and ears wide open  
if I'm to change.

... keep me listening, Lord of all  
let me not get lost or hide among  
the heedless sons and daughters  
of my own Jerusalem.

*(Talking with God; Exxel Publishing, 2010)*

### **Psalm 51 (NRSV)**

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ... Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit. ...

#Place food items in the boxes you will find in the back of both churches. Our donations will be taken to St. Vincent de Paul's Food Pantry and Multi-Cultural's Food Pantry.

\*Monies you collect can be put in the Rice Bowl. Boxes supplied in the back of both Churches. They will be collected during Holy Week.

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