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Name:

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**Pray for world political and religious leaders**

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**Do something to help the Earth**

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**Give up Television and Social Media for a day**

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**Genuinely compliment someone who isn't expecting it**

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**Receive ashes on Ash Wednesday**

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**Give up something you use in EXCESS!**

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**Call someone you have not talked to in awhile**

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**Call an elderly neighbor who may be alone at this time**

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**Donate to a local charity or food bank**

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**Clear your mind of things and sit quietly with God**

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**Read a passage in the Bible**

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**Go for a walk and enjoy nature**

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**Eat something healthy today**

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**Write down three positive attributes of a friend and pass them along to him/her**

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**Light a candle at home and pray for someone you know from church**

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**Pray for all those you personally know who are or have been sick from Covid-19**

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**Refrain from eating meat on all Fridays during Lent**

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**Physically or virtually participate in at least one Stations of the Cross**

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**Physically or virtually participate in Holy Thursday Mass**

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**Physically or virtually participate in Good Friday Mass**

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**Physically or virtually participate in the Easter Vigil Mass**

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**Physically or virtually participate in Easter Sunday Mass**

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**Make home-made pretzels with your family! (A traditional Lenten food)**

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**Watch a religious movie or TV show about Jesus**

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**Have an hour of silence observing Jesus' crucifixion**

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**Look for the good in everyone you see today (coworkers/family/friends)**

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**Collect spare change in a jar throughout Lent and donate it to church on Easter**

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**Learn about a Saint you are unfamiliar with**

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**Thank someone who is/was a good influence to you**

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**Pray for Pope Francis**

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**Listen to religious music while doing some sort of chore or task**

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**Send a card/note/letter of encouragement to Fr. Andy or staff member of Sacred Heart**

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**Have a socially distant visit with a grandparent or relative who you have not seen lately**

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**Donate a bag of clothes you no longer wear**

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**Reenact the “washing of feet” with members of your family**

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**Shovel your neighbors sidewalks during the next snowstorm**

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**Pick up groceries for an elderly person who may be afraid to go to the store at this time**

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**Give up sweets/chocolate/candy for an entire week**

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**Pray for all those confined in nursing homes**

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**Pray for all healthcare professionals during this time**

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**Mend a bridge with someone you may have a grudge with**

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**Support a local business!**

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**Pray the rosary with your family**

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**Draw/paint/purchase a cross of Jesus and hang it on your bedroom wall**

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**Tell your teacher something you like about him/her**

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**Sing a song of praise to God**

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**Go to confession**

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