



The Desert Will

Bloom

Saint Winifred Church

One Family

One Faith

One Mission

These forty days are rooted in the ancient traditions of prayer, fasting and generous service.

As we celebrate this holy season, here are some daily suggestions of little things we can do to make our Lent more fruitful, joyful and fulfilling.

As we enter the Desert of Lent, we seek ways to blossom with new life for ourselves and our community. These little things will help us grow spiritually as individuals and as a parish family. Have a blessed Lent and let us pray for each other on this sacred journey of faith and renewal.

February

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Ash Wednesday  Ask God to bless you during Lent	15 Write a note of thanks to someone who inspired you	16 Pray for our Country and our community	17 Do something extra to help a family member
18 Stay for the entire Mass even the final song	19 Drink only water today	20 Say something nice about a person you struggle with	21 Take time to pray as a whole family today	22 Forgive someone who hurt you today	23 Pray for people who are homeless	24 Fast from interrupting others today
25 Spend five minutes in silent prayer before the Blessed Sacrament	26 Clear out a closet and donate clothes to the poor	27 Do something you have been trying to avoid	28 Fast from Social Media today			