



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.

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Attend Eucharistic Adoration	3 Say a prayer of Gratitude today
4 Fast from impatience today	5 Be Positive today –reject negativity	6 Pray for those who lost loved ones to violence	7 Thank someone who has helped you grow in faith	8 Fast from television or radio today	9 Come to Fish Fry and attend Stations	10 Take time for yourself today
11 Spend some time reading Scripture	12 Attend Monday Evening Mass	13 Offer coins and prayers for homeless people	14 Pray for those who are sick	15 Pray for our Diocese as we go On Mission	16 Visit someone who is ill or lonely	17 Learn a new prayer
18 Sit in a different pew in Church	19 Do something extra for a friend or family member	20 Fast from Gossip or Name-calling	21 List five things you are grateful for	22 Pray for Peace in our world	23 Attend Taize Prayer tonight	24 Learn about your favorite Saint
25 Take Palm home and make a palm cross for a neighbor	26 Read a Passion Narrative from one of the Gospels	27 Spend 5-10 minutes in silent prayer with God	28 Thank God for the gift of your Lenten Journey	29 Holy Thursday Lent Ends at Sunset	30 Good Friday	31 Holy Saturday