

## **Prayer**

CELEBRATE MASS AS A FAMILY

CELEBRATE THE SACRAMENT OF RECONCILIATION AS A FAMILY

ATTEND FISH FRY AND STATIONS OF THE CROSS ON FRIDAYS

LIGHT A VOTIVE CANDLE IN THE CHURCH AND PRAY FOR A SPECIAL INTENTION ALL WEEK

LEARN A NEW PRAYER AND RECITE IT TOGETHER BEFORE DINNER OR BEDTIME

TAKE A WALK THROUGH YOUR NEIGHBORHOOD LOOKING FOR SIGNS OF NEW LIFE

SPEND SOME TIME IN SILENCE – START OUT WITH 30 SECONDS IN THE CAR GOING TO SCHOOL

WORK UP YOUR SILENT TIME TO ONE HOUR ON GOOD FRIDAY

ATTEND STATIONS OF THE CROSS ON FRIDAY EVENING

ATTEND THE FAMILY SEDER MEAL

READ THE STORY OF JESUS LIFE AND PASSION- (CHILDREN'S BIBLES ARE AVAILABLE FOR YOUNGER CHILDREN)

WATCH A MOVIE DEPICTING JESUS' LIFE – Jesus, Son of God, The Passion of the Christ

ATTEND HOLY THURSDAY MASS AND TAKE PILGRIMAGE TO OTHER LOCAL CHURCHES

ATTEND THE PASSION PLAY ON GOOD FRIDAY AS A FAMILY

CELEBRATE THE EASTER VIGIL HOLY SATURDAY

CELEBRATE EASTER MASS



## **Fasting**

SCREEN FAST – PICK ONE DAY OUT OF EACH WEEK THAT YOUR FAMILY WILL REFRAIN FROM USING TV, PHONES, VIDEO GAMES, COMPUTER, IPAD, MUSIC AND SPEND TIME CONNECTING WITH FAMILY

HAVE A SOUP AND BREAD SUPPER

DON'T COMPLAIN WHEN YOU DON'T GET YOUR WAY

GIVE UP NEGATIVITY ALWAYS SAY SOMETHING POSITIVE

GO TO BED EARLIER AND WAKE UP EARLIER

CONSERVE ENERGY BY NOT HAVING ON ALL THE LIGHTS

CONSERVE WATER BY TAKING SHORTER TIME IN THE SHOWER

GIVE OF YOUR TIME TO CLEAN UP A MESS THAT WAS NOT YOURS

TAKE TIME TO PLAY WITH YOUNGER BROTHERS AND SISTERS

TAKE THE DOG FOR A FAMILY WALK

## **Almsgiving**

DONATE A MEAL – NON-PERISHABLE ITEMS TO THE FOOD PANTRY

WORK THE FOOD PANTRY AS A FAMILY THIRD SATURDAY EACH MONTH

FORTY DAYS – FORTY ITEMS – DONATE ITEMS THAT WILL BENEFIT SOMEONE ELSE TO LOCAL DROP OFFS

DONATE:

BOOKS TO ACORN LIBRARY, BOOK FIRST CHICAGO.ORG

TOYS TO SHARE OUR SPACE.ORG, TOYBOXCONNECTIONS.ORG

SHOES TO SHOESFORSOLES.ORG

CHILDREN'S CLOTHING TO CRADLES TO CRAYONS 10352 WESTERN AVE

ADULTS TO TOGETHER WE COPE, TINLEY PARK

NEAT REPEATS, WORTH

BABY ITEMS TO COURAGE PROGRAM , 9711 KOLIN, OAK LAWN

SHP.ORG SLEEP IN HEAVENLY PEACE BED MAKING March 16

DONATE MATTRESSES. SHEETS. PILLOWS AND /OR COMFORTERS TO SHP.ORG

CREATE EASTER BASKETS FOR POR LIBORI DEI MISSION

SPRING CLEAN THE YARD OR NEIGHBORHOOD  
BY PICKING UP GARBAGE

BEGIN TO PLANT SEEDLINGS FOR A GARDEN