

IDEAS FOR LENT

Payer

- ✓ Each person selects a virtue towards which he or she wants to strive and, in secret, writes it on a piece of paper and puts in an envelope or box. These are then kept in a visible place and prayed for during the week.
- ✓ At a larger family meal, randomly pick the name of another family member for whom you will pray during Lent.
- ✓ Provide a period of time during grace before meals for prayers of petition remembering the needs of your family, friends, co-workers, school-mates and parishioners.
- ✓ Choose a book of brief daily Lenten reflections which are read in the morning or evening.

Fasting

- ✓ Fast from TV as a family one day a week and instead spend the time together talking, reading or being just being together.
- ✓ Make meals a technology –free zone. The first person who checks her or his phone, tablet, or computer etc at dinner gives \$1 to the family Lenten alms pot.
- ✓ Give up some favored website or social media such as FaceBook, Twitter.
- ✓ Forgo snacks or desserts for Lent and instead make a monetary offering to a charity of your choice. The amount does not have to reflect what you actually “saved” from eating or drinking less, but rather is symbolic gift.
- ✓ Fast from critical comments, sarcasm, negativity... whatever is your poison. Make a donation to the family “alms pot” each time you forget.

Charity

- ✓ Once a week, each family member leaves a very brief note in each family member’s bedroom offering a word of thanks or compliment such as “Thanks for making the coffee in the morning” or “You did a great job dealing with that difficult problem.”
- ✓ Create a family “alms pot” where individuals and the family together can donate towards a charity.
- ✓ Select one person in your life that you find challenging and make it a point to spend extra time with them regularly during Lent.
- ✓ Individually or better yet, as a family, volunteer one hour a week at some kind of “hands-on” ministry with the poor.
- ✓ Once a week, write to a politician, clergy or celebrity praising them for a good deed or public stance.