



# 2021 Lenten Commitment Card

**During the Season of Lent, I prayerfully commit to one or more of the following ACTS OF PENANCE (check all that apply):**

## **FASTING:**

1.  I will fast from alcoholic beverages or pop.
  2.  I will fast from television.
  3.  I will fast from any food between meals.
  4.  I will fast from gossip.
  5.  I will fast from complaining.
  6.  I will fast from a favorite food.
  7.  I will fast from leaving Mass early.
  8.  Other \_\_\_\_\_
- 

## **ALMSGIVING:**

1.  I will give to Operation Rice Bowl.
  2.  I will donate to the Poor Fund/St. Vincent De Paul Society.
  3.  I will donate time to the Center for the Homeless, St. Margaret's House, or another worthwhile cause.
  4.  I will help in a neighborhood/city project.
  5.  I will spend time with my family.
  6.  Other \_\_\_\_\_
- 

## **PRAYER:**

1.  I will explore the offerings and participate in the monthly prayer challenges that are a part of the Parish's Year of Prayer ([StPius.net/YearofPrayer](http://StPius.net/YearofPrayer))
  2.  I will participate in a Parish Rosary, **Monday, February 22 or Thursday, March 25**
  3.  I will attend the Tuesday Night Lenten Series, **Tuesdays, February 23-March 23**
  4.  I will attend Daily Mass during Lent:  Daily  Once a week  Once
  5.  I will participate in the Triduum **April 1-4**  Holy Thursday  Good Friday  
 Holy Saturday  Easter Sunday
  6.  I will participate in the Parish Lenten Penance Service on **March 17 or 18**
  7.  I will participate in the Rite of Reconciliation for Individual Penitents.
  8.  I will pray the Stations of the Cross on my own or with the parish community on Fridays.
  9.  I will use the reflections from the *Magnificat Lenten Companion* or Bishop Barron's *Lenten Gospel Reflections* book as a daily source of prayer.
  10.  I will spend time before the Blessed Sacrament on Fridays 2-5 p.m. or Saturdays, 8:30-9:30 a.m.
  11.  I will pray the Rosary for world peace, healing and/or mercy.
  12.  I will visit a prayer site(s) for a daily meditation—links can be found at [StPius.net/prayer](http://StPius.net/prayer)
  13.  I will use my mobile device to enhance my prayer life by downloading one or more Catholic apps.
  14.  I will commit to read a Catholic book for 5 minutes (or more) each day.
  15.  I will sign up to receive Redeemer Radio's *40 podcasts over 40 days* ([spokestreet.com](http://spokestreet.com)).
  16.  I will participate in prayer, fasting and a peaceful vigil at the local Whole Woman's Health as part of the 40 Days for Life Spring Campaign ([40daysforlife.com/local-campaigns/south-bend/](http://40daysforlife.com/local-campaigns/south-bend/))
  17.  I will continue to foster stewardship as a way of life and further my commitment to prayer.
  18.  Other \_\_\_\_\_
-