

LENT CHALLENGE

During the Season of Lent, I will open my heart and challenge myself to become more like Christ by participating in these acts of penance and contemplation (select yours):

Fasting

- Fast from any food between meals
- Fast from your favorite food
- Fast from alcoholic beverages or soda
- Fast from TV/Radio & substitute Redeemer Radio (redeemerradio.com) or other Catholic programming
- Fast one day a week from screen time or a percentage of screen time
- Fast from complaining
- Fast from gossip or negativity

Almsgiving

- Give to Operation Rice Bowl (csrcicebowl.org)
- Increase your weekly tithes (read more about giving to St. Anthony Parish at stasb.org/giving)
- Donate to our parish St. Vincent de Paul Society (food, time, money)
- Donate to our Lenten 2nd collection for various groups of the community
- Donate time to our service ministries (stasb.org/serviceministries)
- Give of your time, talent, or treasure to a worthy cause (stasb.org/timetalent)

Prayer

- Participate in extra morning or evening weekday Mass (stasb.org/masstimes)
- Spend 10 minutes in meditative prayer each day
- Increase family prayer time
- Go to Reconciliation during Lent (Parish Lenten Penance Service, March 28 at 6:15pm)
- Spend some time in Eucharistic Adoration (Thursdays 6:00-7:00 pm or Saturdays 9:00- 10:00 am)
- Meditate on the Passion Gospel (uscgb.org)
- Read Bishop Robert Barron's Lenten Reflections (wordonfire.org)
- Pray the Rosary for world peace or an end to abortion
- Listen to Redeemer Radio or Christian Music (redeemerradio.com)
- Pray the Stations of the Cross (Fridays of Lent 5:30 pm with *Living Stations* on April 12)
- Participate in the Triduum & Easter Liturgies (Holy Thursday, Good Friday, Holy Saturday, Easter Sunday)

Kids Lent Challenge!

During the Season of Lent, I will try to be more like Jesus by: (pick a one or a few from each act of penance that will bring you closer to the Lord by doing them often during Lent)

PRAYER

- Pray a decade of the Rosary every day
- Read a little from your bible each night
- Pray with your family at mealtimes
- Pray for peace, life, and our parish
- Go to Reconciliation during Lent

FASTING

- Fast from your favorite food
- Fast from complaining
- Fast from gossip or negativity
- Fast from TV
- Fast one day a week from screen time

GIVING

- Collect coins for Operation Rice Bowl
- Donate your time to help at our parish
- Donate your time to help at school
- Do extra chores at home to help out
- Donate your time to a local organization

