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):

PRAYER
- Go to Reconciliation during Lent (Parish Lenten Service: March 19th at 6:15 pm)
- Pray the Stations of the Cross (Fridays of Lent at 5:30 pm)
- Attend Adoration of the Blessed Sacrament (TH 6pm-7pm and FRI/SAT 9am-10am, weekly)
- Go to the Lenten Reflection by Fr. Terry Fisher (March 12th at 6:15 pm)
- Attend the Triduum & Easter Liturgies (Holy Thursday, Good Friday, Holy Saturday, Easter Sunday)
- Participate in extra morning or evening weekday Mass (MWF 8:15 am, T/TH 5:30 pm at St. Anthony)
- Spend 10 minutes in meditative prayer each day (Magnificat, Word Among Us, Hallow.app, iBreviary.com)
- Meditate on the Passion Gospel (John 18:1–19:42)
- 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)

FASTING FROM
- Complaining
- Gossip or negativity
- Social Media
- TV/Radio & substitute Redeemer Radio (redeemerradio.com) or other Catholic programming
- Screen time & substitute the “Forgiven Program” one day a week (visit stasb.org for link and access)

GIVING
- Give to Operation Rice Bowl (crsricebowl.org)
- Increase your weekly tithe (read more about giving to St. Anthony Parish at stasb.org/giving)
- Donate to our parish St. Vincent de Paul Society (food, time, funding)
- Give to our weekly 2nd collection Parish Alms for various groups in the community
- Give of your time, talent, or treasure to a worthy cause (stasb.org/timetalent)

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 Jesus 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 Adoration Club

FASTING FROM
- My favorite food, beverage, or treat
- Complaining or disobeying
- Gossip or negativity
- TV, YouTube, TikTok, or other video apps
- Screen time one day a week

GIVING
- Collect coins for Operation Rice Bowl
- Invite someone new to play or hangout
- Give your time to help at our parish
- Give your time to help at school
- Do extra chores at home to help out