

# 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 love and mercy (select yours):**

## PRAYER

- Go to Reconciliation during Lent (Parish Service on March 18th at 6pm, Thursdays 6-7pm, Saturdays 9-10am, or by appointment – contact Fr. Ben at [frben@stasb.org](mailto:frben@stasb.org))
- Pray the Stations of the Cross (Fridays during Lent at 5:30 pm)
- Attend Adoration of the Blessed Sacrament (Thursdays 6pm-7pm & Saturdays 9am-10am in the church)
- Sign up for the Bible in a Year Podcast with Fr. Mike Schmitz ([ascensionpress.com](http://ascensionpress.com))
- 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)
- Sign up for Bishop Robert Barron's Daily Lenten Reflections ([lentenreflections.com](http://lentenreflections.com))
- Listen to Redeemer Radio or Christian Music ([redeemerradio.com](http://redeemerradio.com)/Redeemer Radio App)
- Pray the Rosary and Divine Mercy Chaplet Regularly

## FASTING FROM

- Complaining
- Gossip or negativity
- Social Media
- TV/Radio & substitute Redeemer Radio ([redeemerradio.com](http://redeemerradio.com)) or other Catholic programming
- Screen time & substitute the "Forgiven Program" one day a week (visit [stasb.org](http://stasb.org) for link and access)
- Food between meals
- Your favorite food
- Alcoholic beverages or soda

## ALMSGIVING

- Give to Operation Rice Bowl ([csrcicebowl.org](http://csrcicebowl.org))
- Increase your weekly tithe (read more about giving to St. Anthony Parish at [stasb.org/giving](http://stasb.org/giving))
- Donate to our parish St. Vincent de Paul Society (food, time, funding)
- Give alms to our Parish-wide weekly Lent 2nd Collection or donate your time to those organizations
- Donate time to a ministry in our parish ([stasb.org/ministries](http://stasb.org/ministries))

## 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
- Download the Hallow App & Pray!

### FASTING FROM

- My favorite food, beverage, or treat
- Complaining or disobeying
- Gossip or negativity
- TV, YouTube, TikTok, or other 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

