

Take up your *Cross*

1st Sunday of Lent

Our Parish Mission

Prayer

Begin Lent with a new prayer ritual. Go to pray-as-you-go.org or formed.org and make this part of your daily routine.

Fasting

Try fasting from social media this weekend.

Almsgiving

Pick up a Rice bowl and support Catholic Relief Services. Your donations provide lifesaving support to more than 159 million people in more than 100 countries.

Monday

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Mt 25:40

Look for ways to treat each person you meet today as you would treat Jesus.

Tuesday

"This is how you are to pray: Our Father who art in heaven, hallowed be thy name." Mt 6:9

Offer an Our Father together. Pray it slowly and pay attention to each word and phrase.

Wednesday

"A clean heart create for me, O God, and a steadfast spirit renew within me." Ps 51:12

Be aware of your words and actions today. How can you make each one more loving and kind?

Thursday

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Mt 7:7

What does your family need to be happy and holy? Offer a prayer together and bring those needs to God.

Friday

"Go first and be reconciled with your brother, and then come offer your gift." Mt 5:24

Talk about any ways in which your family members need to forgive and reconcile with one another. Offer words of forgiveness to one another.