



Almsgiving

"The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist."

-- Pope St. Gregory the Great

Time: spend time with your family, call extended family on the phone, or write a letter to an old friend.

Treasure: Donate 40 items in your house this Lent!

Talent: Use your gifts to bring joy to someone this Lent. Make cards for the homebound or those serving overseas.

Fasting

"Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the good Samaritan, who bent down to his brother in need and took care of him."

-- Pope Francis

Family Challenge: give up something non-food related! Fast from gossip, from violent television, from bringing work home with you, from fighting.

Prayer

"Prayer is where the action is." -- John Wesley

1. Read the Bible as a family!
2. Walk the Stations of the Cross
3. Pray the rosary together
4. Say evening prayers together. Try using the "prayer bump"
5. Create a Family prayer book!
6. Go to Reconciliation together!
7. Go to Mass together!

"As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor -- He knows your weakness. He wants only your love, wants only the chance to love you."

-- Blessed Teresa of Calcutta