



Offering Up : Fasting and Abstinence

Week 1: Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.

Week 2: Offer up a bit of time normally used to watch television and use it to pray for or provide assistance to someone who is suffering or in need of healing.

Week 3: Abstain from hurtful words. Pause before responding to someone out of anger or resentment. Substitute words of healing and consideration.

Week 4: Fast from watching television or going online one day this week. Offer up that time to something that feeds your soul, such as going for a walk, reading a book, or listening to soothing music.

Week 5: Take time from something you usually do for yourself to write a note or make a phone call to a friend, relative, or acquaintance who needs your time and attention.

Week 6: Pick one or two days this week to refrain from eating one of your favorite foods. Don't tell anyone what you are doing so that it becomes a private practice.



Offering To : Sharing Your Resources with Others

Week 1: Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church.

Week 2: Share the world's energy by turning down the heat, taking shorter showers, or walking or biking instead of driving to a destination.

Week 3: Offer to help someone else in the family, at work, or in school with a chore or task.

Week 4: Visit someone who is sick or in a nursing home, or donate your time to a parish social ministry project.

Week 5: Clean out a closet or chest of drawers and give away clothes, toys, books or other items you haven't used in the past year.

Week 6: Write a letter of gratitude to someone at your parish or in your community to thank them for the services they are extending to those in need.



Offering Of : Prayer and Worship

Week 1: Go through your parish bulletin and look for Lenten services. Mark your calendar in order to plan on attending one or more of these over the next six weeks.

Week 2: Spend time going over the Sunday readings by yourself or with your family. Get to church early this week in order to spend extra time preparing to celebrate the liturgy.

Week 3: Make a list of people who need your prayers. Set aside time each day this week to remember them in your morning or evening prayers.

Week 4: Take time each day to ask God for forgiveness. Consider some part of your life that you want to change in order to become more loving and compassionate.

Week 5: Start or end each day this week with five extra minutes of prayer. Use a book of reflections or sit quietly in silence.

Week 6: Participate in a parish celebration of the Stations of the Cross or visit the church or a retreat center on your own to carry out this meditation.

Our Phonics Teacher Center offers a variety of online components including professional development videos, games and activities!



Keep your momentum
strong throughout the
six weeks of the Lenten
season with these
“Lenten Practices” cards!



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