



Lenten Chain Ideas of Prayer, Almsgiving, Fasting and Sacrifice.

Pray the STATIONS OF THE CROSS (shown on pg. 399 in your book).


Try to go to  as often as you can.

Giving up Fast Food for the  of Lent

Giving up Starbucks for the Forty Days of 

Make the annual  to the Santuario de Chimayo.


Praying the Divine Mercy Chaplet.

Abstaining from meat an extra day during Lent besides  and Good Friday.

Read from the  daily


Donating food to the food pantry at the parish or St. John's Soup Kitchen

Attending a  service

 those who are lonely or ill

Collect clothes for the 

 a video game, a favorite TV show or time on the Internet.

 extra chores around the house.

Be Kind to people and do something nice for someone else every day.

Spiritual reading—for example read a book about a **saint**—maybe St. John the Baptist or the Apostles.

Cook foods for St. Elizabeth's shelter

Collect goods to **donate** to an organization like Bienvenidos Outreach, St. Therese Clinic, St. Vincent DePaul or Catholic Charities.

Set aside TEN minutes a day for **silent prayer** or meditation.

Volunteer to help at the **Parish**

Pray for people you don't like or for people who don't like you.

Tune out. Turn off the TV. *Spend quality time* talking with friends and family.

Reach Out. Invite a non-active Catholic to attend Mass and receive **Ashes** on Ash Wednesday.

Pray the Seven Penitential psalms. (6, 31, 50, 101, 129, and 142)

Devote each day to the Lord. *Lord, I offer you this day, and all that I think and do and say.*

Keep a *Lenten Journal*, fill it with spiritual thoughts, reflections, special intentions, people you want to pray for, hurts and disappointments and progress reports on your Lenten resolutions.

Give of your **talents**.

Do one or more of the **SEVEN CORPORAL WORKS OF MERCY** feed the hungry, give drink to the thirsty, cloth the naked, shelter the homeless, visit the sick, visit the imprisoned and bury the dead.

Do one or more of the **SEVEN SPIRITUAL WORKS OF MERCY** admonish the sinner, instruct the ignorant, counsel the doubtful, bear wrongs patiently, forgive injuries and pray for the living and the dead

Attend **Benediction**. Which is the unveiling of the Blessed Sacrament.

Attending services during the **Sacred Triduum**, which are the three most sacred days during the Church year. Attending the Holy Thursday Mass, where the Last Supper is reenacted, Good Friday Services, where the **Passion of Our Lord** is acted out and the Easter Vigil commemorated the resurrection of our Lord.

Learn the Beatitudes. (pg. 385 in your book).

Learn the **Nicene Creed** (pg. 19 in your book.)

Listen to CD's of Spiritual Music or a Spiritual Speaker.

Read the Sunday readings before Mass that day.

Pray the **Angelus**

Pray the *Sorrowful Mysteries of the Rosary* (pg. 397 of your books).

Offer up any Pain or difficulty you experience during **Holy Week** and unite your sufferings with the pain of Christ.

Learn the **LAST SEVEN WORDS OF JESUS** (p. 17 in your books.)

Memorize the Great Commandment: *"Love God with all your heart, with all your mind and all your strength; and love your neighbor as yourself."* (based on Mark 12:30-31 pg. 389 in your books).

Set aside ten minutes every day to read the **Passion** accounts in the **Gospels**.

Make it a point to **Forgive** someone on Good Friday.

Don't watch TV from sundown on Holy Thursday to Easter morning.

Make an additional **sacrifice** by fasting and abstaining from meat on Holy Thursday and Holy Saturday, in addition to Good Friday.

Collect your loose change and give to the **needy**.

Make small sacrifices like giving up desserts after dinner.

Spend *less time talking on the phone*. Write a letter instead.

Tell someone you **love** them every day.

Thank **God** for all your **blessings** every day.