

Ideas for Honoring the **Season of Lent**

Prayer

- Peruse a local bookstore for a spiritual book to read or ask around for suggestions. Better yet, invite others to join you in a book discussion before Easter.
- Follow a day-by-day Lenten prayer book. Find some options at <http://pastoral.center/lent-day-by-day-books>.
- Attend a Stations of the Cross service, an evening of reflection, or another spiritual program at your parish.
- Use your right brain to pray, such as with *Pray and Color: A Coloring Book and Guide to Prayer* by Sybil MacBeth. Explore creative prayer forms at <http://pastoral.center/creative-prayer>.
- Listen to a daily reflection on Pray-As-You-Go (Pray-As-You-Go.org). It is 10-12 minutes of music, a daily Scripture reading, and thought-provoking questions you can listen to anytime, anywhere.
- Make an appointment with a trained spiritual director. Ask someone on the parish staff for referrals, or check out Spiritual Directors International to learn more and to find directors in your area: <http://www.sdiworld.org>
- Try attending daily Mass on a weekday. Some parishes offer Mass in the morning, at noon, or after work hours.
- Celebrate the sacrament of reconciliation. If it's been a long time (years or decades), let the priest know that, and he can help walk you through it. Here's a cheat sheet: <http://goo.gl/8QI8F8>

Fasting

- Fast from Facebook or any other social or streaming media that swallows too much of your time.
- Turn off the news, music, or podcasts while you commute and use the quiet time for prayer and reflection instead.
- Give up any habit that keeps you from being the person God wants you to be.
- Besides abstaining from meat on Fridays, consider fasting from lavish meals that the poor can't afford on other days of the week too.
- Fast from purchases from companies that exploit the poor or have questionable environmental records.

Almsgiving

- Choose at least one thing you spend money on unnecessarily and give that up for Lent. Donate the money you saved to a charity of your choice or the Catholic Relief Services rice bowl (crsricebowl.org).
- Choose a small act of love, service, or social justice you can do each day for 40 days. It might be the same thing or differ by day.
- Volunteer with a new project, group, or organization at least once during Lent.
- Buy gift cards for fast-food restaurants to keep in your purse, wallet, or glove compartment to give out to those who ask you for money. Another idea is to keep granola bars in your car for the same situations.

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