



20 Meaningful things you can do for Lent



Are you tired of giving up Chocolate for Lent? Here are some other creative ideas for a meaningful Lenten season. This is **not** INSTEAD of fasting and sacrificing and almsgiving; practices endorsed by Jesus Christ himself which the main actions the church calls us to do during the Lenten season, **but in addition to those.**

1. Go to Daily Mass...with a twist- Pick someone to offer up in prayer each time you attend Lenten mass.

2. Pray like a Monk- Sign up for BestLentEver to receive reflections each day from Dynamic Catholic. Beginning Ash Wednesday and continuing all 40 days you will receive an email and video from Matthew Kelley based on the book you received from us this Christmas I HEARD GOD LAUGH to help you reflect and encourage you this Lenten season. More books are in back of church if you need one! Go to BestLentEver .com to sign up!

3. Pray it forward- Pray the Rosary every day for the intentions of someone in your life. Or.. pray an intentional rosary...praying for someone on each of the 10 Hail Mary beads before you pray each Hail Mary. You may also visit **Daily Rosary.net** to sign up for daily Rosary meditations.

4. Read the Bible in One Year with Father Mike Schmitz. You can listen on Bible in One Year Podcast. It is not too late to start!

5. Lenten Marriage Jar Affirmations- Each day of Lent put a slip of paper in a jar with one thing you love about your spouse or one thing you noticed your spouse doing that was kind or loving for you or others. At the end of Lent give this jar to your spouse with the words of affirmation! Let them know they are loved!

6. Secret Intercessor- Pick one person you feel called to offer up in prayer during Lent and on Holy Saturday send them a card letting them know you offered prayers for them as an act of Love with Christ for them.

7. Tithe time- Tithe to Local outreach as well as offerings to church.

8. Good Samaritan bags- Pack bags with healthy snacks, toiletries, socks and other helpful items. Keep them in your car to hand out when you see people in need. A small bible/food gift card for \$5 would also be great to include.

9. Rice -Bowl done right- make a point to fill up the rice bowl with money or give digitally at CRS Operation Rice Bowl.

10. Secret Santa(but Lent) St. Nicholas gave all year round, keeping his eye open for people in need. With online shopping for groceries etc. you could shower someone in need in or around our community with anonymous gifts of food, diapers or necessities.

11. Book study group with friends- Pick a book that inspires you to discuss Christ's journey to Crucifixion or a book that deepens your prayer life. Meet weekly with friends throughout Lent on Zoom or in small groups to discuss and have meaningful conversations about the book. Discuss and journal with the book *I HEARD GOD LAUGH*. There is a wonderful journal that goes with the book available through Dynamic Catholic for \$14.95. Go to DynamicCatholic.com to order **Dig the well before you get Thirsty.**

12. Adoration- If you have never spent an hour with our Lord before make time to sign up for an hour or join someone on their hour during this Lenten season. Our Adoration hours are 8 a.m. to 10 p.m. on Wednesdays. Our church is open Wed-Friday for all day for your own quiet time.

13. Attend a Lenten retreat or Conference- Find a Lenten retreat online or take time to pray for the success of our upcoming St. Joseph sponsored event with nationally known speaker **Patrick Madrid on August 29, 2021.** Please do not pass up this opportunity to go to this event that St. Joseph Church is sponsoring. **Sign up online at Eventbrite: Patrick Madrid-“Why Be Catholic?” Emporia, Ks. Plan to Come!! Invite others-Catholic and Non- Catholic. All are welcome! It is not too early to plan to come or invite others.**

14. Take a Hike- Jesus' time in the desert was a journey of silence and solitude. Go and pray in wilderness, beach, desert, park or anywhere you can be alone... with phone silenced or left behind.

15. I was in prison... Ministry to those in prison is directly prescribed by Christ. You may just be a pen pal but your words of encouragement may be the seed of grace someone is looking for.

16. Lectio Divina- 1. Pray to the Holy Spirit that you may listen and understand his word today. 2. Pick a short passage to read from anywhere in the Bible. 3. Meditate on it. 4. Listen to what God speaks to your heart 5. Write in a journal on what the scripture means to you. Do this daily during Lent and beyond.

17. Confession- We are called to go to Confession during the Lenten season. Make a good examination of Conscience and go before mass on Saturdays at 4:00-4:30 in Father's office. We will have a Penance service on March 16th @ 6:30 pm and March 20th for extended times @ 3:00-4:30 before Mass. See bulletin each week for additional Lenten services.

18. Read from the Bible each day- Spend time in God's word each morning to start your day. Strengthen your personal relationship with Christ. Make it your first priority each day. **Make a commitment to read the Sunday scriptures before you go to Mass. Familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.**

19. Stations of the Cross/Fish Fry- Each Wednesday of Lent @ 7:10 p.m. and on Friday, **March 19** we will follow the stations with a Fish Fry at the K of C Hall. Stations start at 6:00 with free Fish Fry following at 6:30! Look for a sign up for dine in or carry out and details soon.

20. Fasting- We are called to fast on Ash Wednesday and on Good Friday. We are to abstain from meat all Fridays of Lent, but could you do it a little more this Lent? Could you deprive yourself more than on those days? Could you abstain from other idols such as screen time, social media etc? Pray about it.

