

Lenten Bingo

Go to confession at least once during Lent	Read the writing of a saint daily during Lent	Volunteer at a local charity or organization at least once	Pray the rosary daily during Lent	Reflect on renewing your baptismal promises for at least 20 minutes
Pray a <i>morning offering</i> prayer daily during Lent	Say a prayer for someone who has hurt you	Kindly share your faith with a family member or friend (without being pushy)	Provide a meal for someone in need	Spend time in nature reflecting on God's creation for at least 30 minutes
Pray in the Adoration Chapel for at least an hour	Read <i>Keeping Friday</i> pamphlet from the CCCB	Practice gratitude daily	Commit to and faithfully observe some form of fasting for Lent	Donate clothing or household items to those in need
Attend Mass every Sunday during Lent	Commit to and faithfully observe some form of additional prayer for Lent	Go to Mass once extra a week during Lent	Write a letter to a friend or family member expressing appreciation	Consecrate yourself to Mary or to St. Joseph
Read the Bible daily during Lent	Attend Stations of the Cross weekly during Lent	Commit to and observe some form of almsgiving for Lent	Reflect on the meaning of Lent and the upcoming Easter season	Attend the Easter Vigil

Understanding Lent:

Lent is a season of spiritual renewal and preparation for the celebration of Easter. It is a time for reflection, repentance, and renewal of our commitment to follow Christ. During Lent, we are called to deepen our relationship with God through prayer, fasting, and almsgiving.

Fasting: Fasting is a traditional Lenten practice that helps us detach from worldly distractions and focus on our spiritual journey. By abstaining from certain foods or activities, we can discipline our bodies and minds, making room for God's grace to work in our lives.

Almsgiving: Almsgiving is the act of giving to those in need, an expression of our love and compassion for others. During Lent, we are encouraged to share our blessings with the less fortunate, whether through financial donations, acts of service, or simply offering a listening ear to those who are hurting.

Prayer: Prayer is the foundation of our relationship with God, a way to communicate with Him and deepen our faith. During Lent, we are invited to set aside time each day for prayer, whether through traditional prayers like the rosary or personal conversations with God. Prayer helps us to open our hearts to God's will and seek His guidance in our lives.

Lenten Practices: As we journey through Lent, consider incorporating the following practices into your spiritual routine:

- Attend Mass every Sunday during Lent to receive the Eucharist and be nourished by God's word.
- Pray the rosary daily as a powerful tool for meditation and intercession.
- Make an extra effort to attend Mass once a week beyond the Sunday obligation.
- Take time to go to confession at least once during Lent to receive God's mercy and forgiveness.
- Dedicate time each day to reading the Bible and reflecting on God's word.
- Begin each day with a morning offering, consecrating your day to God's will.
- Participate in Stations of the Cross and Evening Prayer weekly to journey with Christ through His passion and death.
- Read the writings of a saint daily to learn from their wisdom and holiness.
- Reflect on renewing your baptismal promises for at least 10 minutes, reaffirming your commitment to follow Christ.

Bingo Challenge: As an added incentive to fully engage in Lenten practices, we invite you to participate in our Lenten Bingo challenge. Complete a row, column, or diagonal of Lenten activities on your bingo card, and bring it to Fr. Greg Merkley to receive a special prize!

Let us use this season of Lent as an opportunity to draw closer to God, deepen our faith, and grow in holiness. May God bless you abundantly as you journey with Him this Lenten season.