



Ash
Wednesday


Pray for courage to
make a good Lenten
commitment!

****Attend the Fish
Fry or Stations
of the Cross**

Enjoy
nature! 

1st Sunday
of Lent
Attend Mass

Go to bed without
being told.

****Attend the Fish
Fry or Stations
of the Cross**

Donate food or
clothing to the
needy

PRAY for our
priests
Fr. Estabrook
& Fr. Kondik

Thank God for
what you
have.

Text or send
"Thinking of you"
to a relative



Give up your
dessert & pray
for the hungry!



2nd Sunday
of Lent
Attend
Mass

SHARE a
compliment
with someone

DO your
homework
quietly

Talk with
new
friend

Pray for a
friend.

SAY three
kind things
today!

****Attend the Fish
Fry or Stations
of the Cross**

Clean up your
room.



****Attend the Fish
Fry or Stations
of the Cross**

Use your best
manners today
in what you do

THANK
your
teachers.

PRAY
for the
elderly.

Give up your video
games today &
pray for the poor.

Say "thank
you" to your
parents!

3rd
Sunday
of Lent
Attend
Mass

APOLOGIZE to
someone you hurt.



HELP your
mom or dad without
being asked.

PRAY for
the poor.

CALL a
grandparent to
say "HI!"

Give up junk food
today & pray for
those who are
hungry.

DO something
nice for a
friend.

****Attend the Fish
Fry or Stations
of the Cross**

4th Sunday
of Lent
Attend
Mass

SHARE what
you have today
with others.

****Attend the Fish
Fry or Stations
of the Cross**

Skip desert
or sweets
today.

Help your
family do the
dishes.

Give up TV for
the day & pray
for the poor

PRAY for our
world and
religious leaders.

List three gifts
from God

Organize your
toys or clothes.



SAY a compliment
to three different
people today.

PRAY for the
homeless.

Clear the
dinner table.

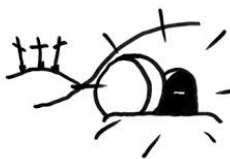
The Triduum: Attend Church Services
Holy Thursday, Good Friday & Holy Saturday

Share with
your family
members what
you love about
each of them.

Holy
Thursday

Good
Friday

Holy
Saturday



- Join us for Stations of the Cross: 7:30pm in church
- Join us for Fish Fries: Fridays starting Feb. 20, 5-7pm in the Academy Gym

Happy Easter!