

Pray one hour at Planned Parenthood for 40 Days for Life on Tuesday, March 5 or Thursday, March 21 – sign up for a shift at <https://www.bsps.org/mission-partnership>

Engage in a Shared Sacrifice by giving up something as a family unit: Possibilities at <https://www.teachingcatholickids.com/fasting/>



Have a Family Daily Devotion: daily devotions can be found at sites like <https://dailyfamilydevotions.com>

Create a Family Prayer Jar: for ideas go to <https://jackiebledsoe.com/how-to-use-a-family-prayer-jar-to-bring-your-family-together>

Choose a charity to support as a family during Lent such as Springfield Right to Life, First Step Pregnancy Center, St. Martin de Porres

Create a Lenten Calendar: see ideas at <https://prayingincolor.com/making-the-lenten-journey-calendar-templates>

Fill Mite Boxes, Rice Bowls, and Other Almsgiving: Rice Bowls are available in the back of church

Attend Stations of the Cross: every Friday at 5:30 PM in the church beginning February 16

Clean one room and donate things you don't need: donate at St. Martin de Porres, Habitat for Humanity

Celebrate St Joseph's Day on March 19: for ideas go to <https://www.catholicicing.com/st-joseph-feast-day-celebration-ideas>

Have a Random Acts of Kindness Day: See RandomActsOfKindness.org for ideas

Pray the Rosary as a family once a week

Attend Church on Good Friday: Our parish-wide service will be Friday, March 29 at 3 PM

Observe the Three Hours of Agony – practice being silent from 12 – 3 pm.

Attend one hour of Eucharistic Adoration: Adoration Chapel is open from 6 am – 9 pm.

Pick one expenditure “fast” and give what you would spend to a local charity

40 phone calls/letters to the important people in your life

10-minute guided prayer from SacredSpace.com based on the spiritual exercises of St. Ignatius

Go to or stream a weekday Mass one day during the week: Masses are at 8 AM on Monday, Wednesday and Thursday and at 8:20 AM on Tuesday and Friday

Unplug from your phone and turn off your car radio on your commute

Read daily reflections such as the Magnificat

Spend at least one weekend or evening volunteering during Lent

Abstain from social media for one day a week

Buy a coloring book or download Lenten coloring pages: one possibility at <https://chalicepress.com/products/coloring-lent>

Bring food to an older person on your block

Celebrate the Sacrament of Reconciliation as a Family: Saturdays 3-4 PM and weekday mornings from 7-8 AM

Participate in "Holy Heroes" program (activities for children ages 5-12): sign up at <https://bsps.flocknote.com/HolyHeroesLenten>