



Lent

prayer. fasting. almsgiving.

Cut along the dotted lines, fold each slip of paper, and place them in a jar or bowl. Each day this Lent, draw a slip of paper and join the Prince of Peace community in daily acts of service and prayer.

Find more information about all events & liturgies at
POPOLATHE.ORG/LENT

Take a vow of positivity today. Greet everyone you see with a smile.	Find a way to help someone in need by making a small donation today.	Find a family member or prayer partner to check in with today. Ask how their Lent is going.
Which of your classmates or co-workers do you know the least? Eat lunch with someone new at school or work.	Collect loose change to donate to CRS Operation Rice Bowl.	Write an anonymous 'thank you' to your boss, teacher, or leader and let them know what they do well.
Think of someone who is an example of Christ like service. Highlight their example on social media.	Attend Stations of the Cross this week, or pray them on your own at home today.	Do a random act of kindness... anonymously.
Go to a weekday Mass sometime this week.	Share a scripture verse with a friend or a loved one who may need a boost today.	Clear your mind of other things and sit quietly with God.
Plan a one-on-one activity with a friend, child, or loved one.	The next time you receive a text today, tell the person who sent it something you appreciate about them.	Ask God how you can be an answer to someone else's prayer today.
Spend an hour today to feed yourself spiritually, mentally, or emotionally.	Think of someone for whom you've had negative feelings lately. Try praying for them today.	Give up television and/or other screen time for today.
Pray intentionally for our priests today.	Make a craft, piece of art, or creative project that glorifies the Lord.	Pray for the people in our RCIA Program preparing to enter the Church.
At your next meal out, before you say your prayer, ask your server if they have a need you can pray for.	Do you know a single parent? Invite their child(ren) over so they can have some free time to take care of themselves.	Send a card or note of encouragement to a priest or member of a religious community.
Do something healthy to take care of the body God gave you.	Pray for all our children who will receive the sacraments of 1st reconciliation, 1st Eucharist, & Confirmation.	Think of a neighbor you don't know very well. Bring them some homemade goodies or a thoughtful gift.
Make an effort to go to Confession today or sometime before Easter!	Listen to religious music while doing a task you have been putting off.	Share your favorite scripture on Social Media or with a friend.
Volunteer some of your time to help at church, school, or home.	Grab a few canned goods to donate to the next Catholic Charities Food Drive.	Make a list of all the things a mentor or teacher has done for you. Send it to them with a note of thanks.
Learn more about a saint that your family is unfamiliar with.	Choose to forgive someone who hurt you.	Visit an elderly friend, relative, or someone at Villa St. Francis that doesn't receive a lot of visitors.
Invite another family over for dinner this week, and share prayer intentions before your meal.	Set your phone down for at least one full hour today to spend uninterrupted time with someone you love.	Listen in to Fr. Mike Schmitz's "Catechism in a Year" or "Bible in a Year" podcast.
Pray the rosary as a family.	Whether at Church or home, pray with the Stations of the Cross today.	Find a new Catholic movie, show, or podcast to enjoy today on Formed.org.