



EMBRACING LENT

PRAYER, PENANCE, & THE POOR

224

PRAYER

READ SCRIPTURES [GOSPELS IN SEQUENCE]

ROSARY [SORROWFUL MYSTERIES DAILY... INTEGRATE W/STATIONS]

DAILY QUIET TIME [ESPECIALLY IN HOLY COMMUNION]

STATIONS ON FRIDAYS [TRY DIFFERENT SET EACH WEEK?]

INCREASE DEVOTION BY A "HALF STEP" ...& **HOLD GROUND!**

the POOR

DO YOUR HOMEWORK... GIVE TILL IT STINGS... "TOUCH"

PENANCE: SACRAMENT OF CONFESSION!!!

FOOD & DRINK

REQ. FASTING & ABSTINENCE

DESSERTS

JUNK FOOD

DINING OUT

HEALTHY FOOD

PORTION CONTROL

ALCOHOL

SOFT DRINKS... [COFFEE]

BEST SUGGESTION; **SIMPLIFY... DETACHMENT** IS OBJECTIVE!

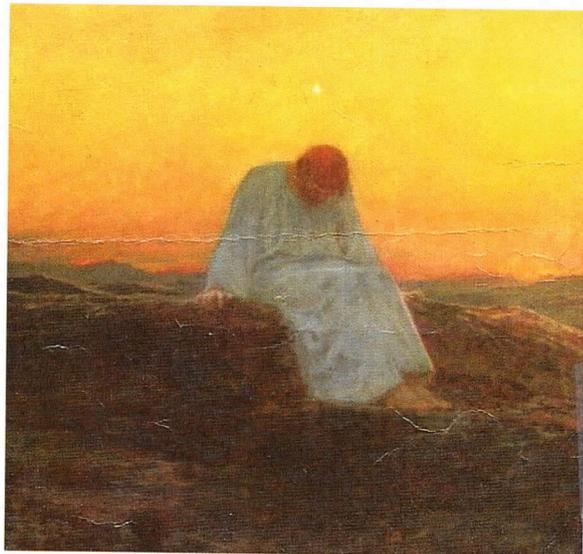
EXCEPTIONS & "HOLY FLEXIBILITY"

WOMEN PREGNANT OR NURSING

HEALTH ISSUES

COLD OR FLU

EXTRAORDINARY SITUATIONS [GREAT AUNT MABEL & DESSERT]





BUT NOT JUST ABOUT FOOD...

SCREENS!!!

ENTERTAINMENT

“TECHNOLOGY FAST”

- unnecessary use of computer/phone/internet
- ESPECIALLY FRIVOLOUS SOCIAL MEDIA

NEWS, TELEVISION, MOVIES, “SURFING THE NET”

GOSSIP

MUSIC

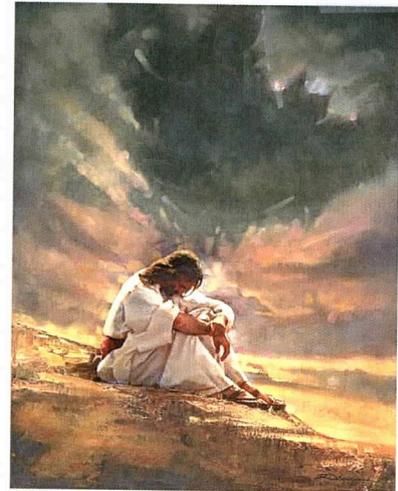
**NOT JUST ABOUT GIVING UP “STUFF”:
... TRY DOING SOMETHING**

SLEEP & EXERCISE

RESOLVE TO GIVE YOUR BODY
WHAT YOU ARE SUPPOSED TO

READING

SCRIPTURE AND SPIRITUAL CLASSIC



PARTICULAR FAULTS

INTENSIFIED FOCUS ON YOUR “USUAL”
AND ANOTHER...CERTAIN IMPERFECTIONS OF BEGINNERS

“GAUDETES, LAETARES, FEASTS & SOLEMNITIES”

PLAN YOUR OAISES –HOLY FLEXIBILITY [AKA “CHEATS”]

LAETARE SUNDAY, ST. PAT’S, ST. JOSEPH, ANNUNCIATION

THE “KEEPER”

NOT “WHEW, ENOUGH OF THAT!”

HOLD ON TO **ONE** WHEN LENT IS OVER...

**INCREASE DEVOTION BY A “HALF STEP”
& HOLD the GROUND!**