

## ***What am I doing for Lent this year?***

Even before Ash Wednesday, plan this time of renewal by seeking a better understanding of how God sees you. Choose a day and a place where you can put yourself in God's presence—a quiet room at home or perhaps before the Blessed Sacrament at church.

### ***Where Am I This Year?***

On a scale of 1 to 10, how would you rate or sum up:

- Your health?
- Your relationships with your immediate and extended family?
- Your relationship to/with God?
- Your relationship with your parish's assembly and pastoral leadership?
- Your concern for your other nations, ethnicities, and those in your community?
- (whether you are an employee, homemaker, a student, retired or unemployed)  
Your satisfaction with your work?
- Your financial stability and stewardship of God's gifts to you (and your family)?
- Your education and understanding of the Catholic faith?
- Your overall happiness?

Your next step is to make some simple and achievable plans for self-renewal this Lent. The decisions you make will build on your reawakened knowledge of yourself. They will help you shape a Lent, through which God may renew your heart.

Consider resolving during the 2023 Lenten Season, to ensure:

- ❖ The Sunday Eucharist is the source and summit of your entire spiritual life.
- ❖ You have committed yourself to daily prayer (beyond the simple meal prayer); including reading individually and/or as a family, the Lenten prayer books provided by the parish.
- ❖ You actively participate in the Stations of the Cross and Eucharistic Adoration.
- ❖ You give *alms* (give money or goods to the poor), *fast* (consume less quantity), exercise *abstinence* (avoiding something like meat on Fridays);
- ❖ You participate in the Sacrament of Reconciliation before the Easter Vigil;
- ❖ You condition your body through physical exercise, as you condition your soul through spiritual exercise.
- ❖ You avoid spiritual distractions—give yourself time this Lent to read, pray, and do good works—away from the television, computers, smart phones, video games, etc.
- ❖ You invest fully of your time, talents, and treasures in building up your local parish.