

My invitation to spiritual growth this Lent

Pick one, or several, suggestions from this Lenten "check-list" - and track your daily progress through the Lenten Season.

- Weekend Mass (Saturday 6pm and Sunday 8:15am – or – Sat 4pm or Sun at 10:30am at Sacred Heart, Oberlin):**
 Feb 17/18 Feb 24/25 Mar 2/3 Mar 9/10 Mar 16/17 Mar 23/24 Mar 30/31
- Fast from watching TV or using social-media one day each week of Lent:**
 Feb 18-24 Feb 25-3/2 Mar 3-9 Mar 10-16 Mar 17-23 Mar 24-30
- Stations of the Cross (Lenten Friday's at 7pm at both St. Patrick & Sacred Heart, Oberlin):**
 Feb 16 Feb 23 Mar 1 Mar 8 Mar 15 Mar 22
- Spend time at Eucharistic Adoration (Wednesday 5:30-6:20pm or Friday 7:00-8:30am at Sacred Heart, Oberlin):**
 Feb 16 Feb 21/23 Feb28/Mar 1 Mar 6/8 Mar 13/15 Mar 20/22 Mar 27
- Go to confession sometime during Lent:**
 Feb 28: 5-8pm @ St. Patrick Mar 3: Noon-2pm @ Sacred Heart
 Every Friday 7:00-8:15 @ Sacred Heart Every Wednesday 5:30-6:15 @ St. Pat's (Not Ash Weds)
- Reach out to a different person each week (personal visit, phone call, text, card, letter, email):**
 Feb 18 Feb 25 Mar 3 Mar 10 Mar 17 Mar 24
- Commit to taking time every day for personal prayer:**
February
 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March
 1 2 3 4 5 6 7 8 9 10 11 12 13

 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
- Read & reflect upon the daily Mass readings (<http://bible.usccb.org>)**
February
 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March
 1 2 3 4 5 6 7 8 9 10 11 12 13

 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
- Take time for spiritual reading (books available from parish library → online catalog at <https://shoj.cc/library>)**
February
 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March
 1 2 3 4 5 6 7 8 9 10 11 12 13

 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SEE OTHER SIDE FOR MORE IDEAS

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Pray a daily rosary – individually, or as a family (Tutorial at <https://www.usccb.org/how-to-pray-the-rosary>)

February

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Each day of Lent, pray in gratitude for something different – make a list so you don't repeat:

February

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Pray at bedtime for those sleeping on the street:

February

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Pray each day of lent for more vocations to the priesthood or religious life, & encourage someone to consider priesthood:

February

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Pray the Angelus every day at Noon or 6pm: (<https://theangelusprayer.com>)

February

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

March

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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