

Twenty Ways ...

... to Exercise Good Stewardship of Lent and Easter

Are you looking for ideas to help you with your Lenten experience? Don't worry, you have February, March and April to be a good steward of the gift of Lent and the Easter Triduum. Here are 20 ideas to fill the days of Lent and the beginning of the Easter season.

1. Attempt a more intentional prayer life – start a habit in the morning and before bedtime.
2. Read a book on Christian spirituality, one that will enrich your spiritual journey.
3. Attend a weekday Mass.
4. Pray the rosary.
5. Make a point of experiencing the sacrament of reconciliation at the beginning and end of Lent at minimum.
6. Give up meat on Fridays but don't substitute lobster - make fasting something that is truly sacrificial.
7. Resolve to stop engaging in rumors, gossip, and negative chatter that devalues others.
8. Begin and end each week with an e-mail thanking someone for all that they do.
9. Be sure to say grace at any restaurant you frequent (don't dodge making the Sign of the Cross either).
10. Reconcile with someone you've hurt or aren't speaking to.
11. Invite someone who's been away from the church to attend Mass with you.
12. Make a gift to a charitable cause - make it a sacrificial gift, not what's "left over."
13. Thank a bishop, priest or member of a religious congregation for their public witness - invite them out for coffee or a meal.
14. Visit someone who's alone.
15. Reflect on the most pressing challenges confronting our Church and pray for a Spirit-filled response.
16. Pray the Stations of the Cross.
17. Find out if there is a person participating in your parish's RCIA program and send a note of encouragement.
18. Discover the ways your diocese is ministering to the poor and see how you can help.
19. Attend your parish's Good Friday liturgy, squeeze in and make room in your pew to give others a spot to sit.
20. Invite someone you know will be alone to Easter Sunday dinner.