

Ash Wednesday, February 26 - Easter Sunday on April 12

LENTEN PRACTICES



FASTING - USCCB WEBSITE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as

two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* ["of one's own right"] Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Christian tradition can name at least seven reasons for fasting:

From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.

For the Christian, fasting is ultimately about fasting from sin.

Fasting reveals our dependence on God and not the resources of this world.

Fasting is an ancient way of preparing for the Eucharist—the truest of foods.

Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.

Fasting is a means of saving resources to give to the poor.

Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

IDEAS: Screens | Complaining | Hot Showers | Shopping | Snacking | Lazy Shortcuts | Listening to Music (Embrace Silence) | Eating Out | Veiling Art & Images (Recall Barrenness without Christ) | Elevators | Coffee | Gossip / Negativity / Annoyance (Refusing to see God in Neighbors) | Alcohol | Possessions (Donate) | Sleep (1/2 hour) | Make-Up | Mirrors | Ingratitude (Write 1-5 Gritudes Daily) | Swear Words | Buying Lunch | Free Time (Read Scripture or Pray Instead) | Slouching | Taking the Easy Way (Choose More Difficult Way) | Idleness (Volunteer) | Driving (Walk or Bike Instead) | Hatred (Pray for Everyone You See) | Movies | “Can’t” | Sarcasm/Crude Humor | Frowning (Practice Smiling at Others) | Excuses | Sugar/Creamer in Coffee | Aversion to Mass (go to Daily Mass) or Adoration (go to Adoration) | Jewelry | Hiding Faith from Others | Road Rage | Aversion to Cleaning / Chores | Napping

ALMSGIVING

Corporal Works of Mercy	Spiritual Works of Mercy
Feeding the hungry	Converting sinners
Sheltering the homeless	Instructing the ignorant
Clothing the naked	Advising the doubtful
Visiting the sick	Comforting the sorrowful
Visiting the imprisoned	Bearing wrongs patiently
Giving drink to the thirsty	Forgiving injuries
Burying the dead	Praying for the living and dead

PRAYER – STSCHOLASTICA.ORG, “8 WAYS TO PRAY DURING LENT”

1. Make your abstinence a prayer-in-action. You can make what you’re giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the thing you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up. Thank God for the freedom to be wholly yourself without this and, at the same time, acknowledge the gift of its existence in the world.

2. Renew yourself through personal reflective prayer.

Aspire then frequently to God ... by short but ardent dartings of your heart; admire His beauty; invoke His aid; cast yourself in spirit at the foot of the cross; adore His Goodness; address Him frequently on your salvation; give your soul to Him a thousand times a day; fix your interior eye upon His sweetness; stretch out your hand as a little child to its father, that He may conduct you ... plant Him in your soul like a standard; and make a thousand sorts of different motions of your heart, to enkindle the love of God. – St. Frances de Sales

3. Pray the Stations of the Cross. One of the most common traditions of Lent is to pray the Stations of the Cross. This prayer helps us reflect on the passion and death of Christ in preparation for Good Friday observance and the Easter celebration.

4. Meditate on Holy Scripture with Lectio Divina. Perhaps the oldest method of scriptural prayer known to Christians is *lectio divina* or “holy reading.” This method of prayer is characterized by the slow reading and consideration of a text from Scripture, with repetition and meditation on key words or phrases. *Lectio divina* is rooted in the belief that the scriptural word speaks in the human heart as the word of God and can reveal the thoughts of our hearts in response to God. In this way, *lectio divina* leads to a deeper communion with the Divine.

5. Reflect deeper on your liturgical prayer. When you attend Mass during Lent, be conscious of and meditate on the words you pray in the liturgy. For example, the Eucharistic Prayer, the highlight of each Mass, has special significance during Lent. After receiving communion, you may want to sit and reflect more deeply on this great prayer of the Church.