

Pastor's Lenten Appeal 2023

Suggestions on how to know, love, and serve Christ more deeply this Lent

Download this form from our website for your personal use and to access links.

Knowing Christ – How can I know my Lord more deeply?

- Spend 15 minutes a day reading scriptures or read one chapter a day of the Gospels.
- Select a book from [Father's recommended reading list](#) on our website.
- Check out a spiritual book from our 1000+ volume [Parish Library](#).
- Join [FORMED](#) via our website for family movies and Tim Gray's Daily Reflections.
- Sign up for [2Minutes2Virtue](#) on the diocesan website.
- Join a [Parish Bible Study group](#).

Praying to Christ – How can I grow closer to my Lord through prayer?

- Attend our [Parish Day of Recollection](#) (Men-2/25 and Women-3/25).
- Attend an extra Mass each week.
- Commit to monthly confession and a nightly examination of conscience.
- Visit our Lord in the Tabernacle each day.
- Attend the Stations of the Cross each Friday.
- Pray a daily Rosary or Divine Chaplet with friends or family.
- Use a print or online daily devotional (e.g. [Magnificat](#) or [Give Us This Day](#)).

Fasting with Christ – How can I grow in sacrifice and the virtue of temperance?

- Fast on Wednesdays and/or Fridays.
- Avoid screens, including for work, after a certain hour each night.
- Give up sweets, alcohol, tobacco, and/or coffee.
- Give up eating out.
- Give up shopping for things other than necessary items.
- Give up or cut back on social media.
- Make a sacrificial gift to the [Bishop's Lenten Appeal](#).

Serving Christ – How can I serve my Lord and others more generously?

- Volunteer at [Christ House](#).
- Join a [Parish Group](#) (see our website for volunteer opportunities).
- Pray outside of an abortion clinic (visit the [Respect Life page](#) for more details).
- Donate to our Social Outreach drives (food, clothing, or gift card collections).
- Invite a friend or family member back to Mass.
- Call or write your goddaughter or godson.
- Take an elderly person to church or visit the sick or homebound.
- Bring a friend or family member to the [Fish Fry](#) followed by Stations of the Cross.

Visit our Lent 2023 page: StJamesCatholic.org