Pastor's Lenten Appeal

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-3/5 and Women-3/12).
___ Attend an extra Mass each week.
___ Commit to monthly confession and nightly examination of conscience.
___ Visit our Lord in the Tabernacle each day or attend one hour of Adoration.
___ 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 the Rosary outside of an abortion clinic (visit the Respect Life page for more details).
___ Donate to our Social Outreach drives, such as 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 2022 page: StJamesCatholic.org