

RESOLVE TO BE INVOLVED IN YOUR SPIRITUALITY

Ideas for your Lenten Retreat

- ❖ Attend the University – 100 sessions in 10 parishes,
5 at Padre Serra Parish (see catalog)
- ❖ Spend some time in our Blessed Sacrament Chapel
- ❖ Pray the Stations of the Cross
- ❖ Attend weekday Mass (8:00 am) when your schedule permits
- ❖ Stop by a church on your way home to spend a few moments in quiet prayer
- ❖ 10 Second Fast - a conscious decision, before enjoying a blessing, to:
 1. be grateful for that blessing
 2. acknowledge the Source of that blessing
 3. pray for those who do not enjoy that blessing
- ❖ Fast from whatever dulls your awareness of God's presence in your life
- ❖ Ask yourself:
 - What should I keep doing?
 - What should I stop doing?
 - What should I start doing?
- ❖ Fast from complaining and replace it with words of gentleness and kindness. Speak the truth kindly.
- ❖ Visit the Anaheim Religious Education Congress website www.RECongress.org and consider going
- ❖ Pick occasions to spend quality time communicating with your spouse, a family member, or a friend
- ❖ Family Ideas:
 - Start a garden together
 - Celebrate each other
 - Family video night or home movies
 - Compliment each other
 - Spend one-on-one time with each child
- ❖ Check out the following spiritual websites:
 - www.catholicmom.com
 - www.domestic-church.com
 - www.familieswithpurpose.com
 - www.sacredspace.ie
 - www.usccb.org/nab
 - www.ronrolheiser.com
 - www.dailythoughts.org
- ❖ Make our weekly Faith Sharing Question a part of your Lenten retreat. You may wish to invite another family to join you.
- ❖ Service to the poor through:
 - Our parish St. Vincent De Paul Society
 - Family to Family
 - Together in Mission
- ❖ Volunteer as a Greeter Family
- ❖ Connect with a neighbor - invite them to your evening meal
- ❖ Begin to develop a domestic church:
 - Family altar or prayer center
 - Bless your child at bedtime
- ❖ Write your own beatitudes
- ❖ Put a list of people who need prayers on your refrigerator door
- ❖ Go through your contact list, pick a person, and pray for them
- ❖ Just for today, I will...