

## On What To Do for Lent

Every parishioner needs to choose some real penance for Lent. Here are a few questions for you to ponder as you make your Lenten resolutions.

1. Do you prepare for the Sabbath by making sure it will be a day of rest? Do you come early to pray the Rosary with your brethren in the parish? Do you stay after a little to make a good thanksgiving for Mass?
2. Do you pray morning, noon, and night? Do you pray together as a family? Do you try to come to Holy Mass on days when it is not required? Do you try to attend Eucharistic Adoration?
3. Do you read Scripture, the lives of the saints, spiritual books, or books about the interior life? What about pursuing your religious education by attending catechism or some adult religious education?
4. Do you visit holy places, such as a church with the Blessed Sacrament, a place of natural beauty in order to reflect on God; your cathedral, a cemetery?
5. Are you going to fast this Lent? Are you eating too much or too little? Have you been ignoring your health with a lack of exercise? Should you lock the liquor cabinet, or tape shut the cookie jar, or purge the refrigerator of frozen treats, and the cabinets of junk food?
6. Lent is a good time to cut back on amusements and entertainments. Is this a good time to fast from nicotine, alcohol, gambling, junk television, wasting time, or fasting from outright offenses to God such as pornography?
7. Almsgiving brings great blessings to the soul. Do you intend to help the poor in some way this Lent? You can give not only money to the poor, but your time, and some talent you might have. Are you giving a tenth of your income to the Lord as He asked?
8. Have you paid attention to the duties you have with family and friends, such as writing letters or praying for them? Have you served your parish well, or socialized with the brethren at the parish to encourage and wish them well, or do you ignore them?
9. Do you need to refrain from gossip about your family, your neighbors, your fellow parishioners, your priests?

I'm sure everyone will find something in the above to work on. God grant each of us the wisdom to make a good resolution, and the grace to keep it!