

As Lent begins, Fr. Madrid encourages us to participate in daily challenges. Each day, we are invited to do something good for others. The challenges below are suggestions from the members of our Theology Department. Feel free to perform your own Acts of Kindness.

<b>2/17/2021</b> <b>Ash Wednesday</b>	Pray an Our Father for those suffering from COVID.
<b>2/18/2021</b>	Post a Bible verse on social media. 
<b>2/19/2021</b>	Fast from taking a second helping at meals.
<b>2/20/2021</b>	Take over a disliked chore for a family member.
<b>2/21/2021</b> <b>First Sunday of Lent</b>	Attend Mass or a prayer service today.
<b>2/22/2021</b>	Pray for people who are homeless and sleeping on the streets tonight. 
<b>2/23/2021</b>	Write a note to a friend.
<b>2/24/2021</b>	Call your grandparents.
<b>2/25/2021</b>	Be more courteous in your attitude, words and deeds.
<b>2/26/2021</b>	Fast from criticizing others aloud or silently in your mind. Seek to understand instead.
<b>2/27/2021</b>	Pay attention to someone you are tempted to brush aside.
<b>2/28/2021</b> <b>Second Sunday of Lent</b>	Attend Mass or a prayer service today.
<b>3/1/2021</b>	Fast from gossip.
<b>3/2/2021</b>	Do something creative - be a creator, for the glory of God.
<b>3/3/2021</b>	Pray for anyone who might be in trouble.
<b>3/4/2021</b>	Fast from social media for the day.
<b>3/5/2021</b>	Speak less, listen more. Give others the gift of your undivided attention. 
<b>3/6/2021</b>	Go on a walk and pray.

<b>3/7/2021</b> <b>Third Sunday of Lent</b>	Attend Mass or a prayer service today.
<b>3/8/2021</b>	Fast from overscheduling your time. Leave some time to simply be.
<b>3/9/2021</b>	Thank God for all of the graces you received during the day.
<b>3/10/2021</b>	Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.
<b>3/11/2021</b>	Fast from eating food mindlessly, that is, from not even bothering to taste it.
<b>3/12/2021</b>	Clean up a common area at school, in the neighborhood, or at home.
<b>3/13/202</b>	Fast from worrying...Trust God instead.
<b>3/14/2021</b> <b>Laetare Sunday</b>	Attend Mass or a prayer service today.
<b>3/15/202</b>	Pray for the willingness to seek forgiveness from people you have hurt. 
<b>3/16/2021</b>	Fast from using electricity. Sit by the light of a candle. Remember that Jesus has called you to be the light for the world!
<b>3/17/202</b>	Say a prayer to St. Patrick. 
<b>3/18/202</b>	Perform a loving action for someone else.
<b>3/19/202</b>	Fast from using any electronic devices/appliance.
<b>3/20/202</b>	Pray for all of those who are troubled or in trouble.
<b>3/21/2021</b> <b>Fifth Sunday of Lent</b>	Attend Mass or a prayer service today.
<b>3/22/202</b>	Pray for farmers and all those who help make food available for you. 
<b>3/23/202</b>	Fast from comparing yourself to others.
<b>3/24/202</b>	Give others the gift of your help.
<b>3/25/202</b>	Fast from complaining.
<b>3/26/2021</b>	Plant a flower or a tree so future generations can benefit. 
<b>3/27/2021</b>	Donate money to someone in need.
<b>3/28/2021</b> <b>Palm Sunday</b>	Attend Mass or prayer service today.

<b>3/29/2021</b>	Pay it forward - hold the door open, pay for someone's lunch or snack, etc.
<b>3/30/2021</b>	Make a list of ten things you are grateful for in your life.
<b>3/31/2021</b>	Pray for your family at mealtime.
<b>4/1/2021 Holy Thursday</b>	View the Living Stations in school and attend Mass at your parish.
<b>4/2/2021 Good Friday</b>	Be mindful of all that God has done for you.
<b>4/3/2021 Holy Saturday</b>	Pray for people in need.
<b>4/4/2021 Easter Sunday</b>	Praise God for Jesus has Risen!

