

Ten Ways to Grow Closer to Christ This Lent and Triduum



#1 – February 18 **Ash Wednesday**	**PRAY** daily *(AAP Laudate):* http://www.crisismagazine.com/2012/how-to-develope-a-prayer-life-that-transforms **FAST** from your daily routine: http://www.catholic.org/clife/lent/ashwed.php **GIVE** to your community: http://www.catholicicing.com/almsgiving-activity-for-lent-get-kids-involved/ **REFLECT** with *An Introduction to Lent*: https://www.youtube.com/watch?v=m3L3c23MfC0
#2 – February 22 **1st Sunday of Lent**	**PRAY** with *Eucharistic Adoration: Food for All*: http://www.crsricebowl.org/hs/eucharistic-adoration/ **FAST** by eating simply: http://www.crs.org/united-states/living-and-eating-simply-for-lent/ **GIVE** to the Catholic Relief Rice Bowl Collection: http://www.crsricebowl.org/family-activities/ **REFLECT** with *I am so Hungry*: https://www.youtube.com/watch?v=aGnpk37nVjc
#3 – March 1 **2nd Sunday of Lent**	**PRAY** to be transfigured in retreat http://www.dbqarch.org/about/retreat-houses/, CEW/DEW http://www.dbqarch.org/offices/adult-faith/dew-disciple-experience-weekend/ **FASTING** to Feasting: https://www.youtube.com/watch?v=DbZAdUP8UtY **GIVE** to Maria House or to your local homeless shelter to change lives: http://www.openingdoorsdbq.org/ **REFLECT** with *Transfiguration*: https://www.youtube.com/watch?v=XgzE9vjdaow
#4 – March 8 **3rd Sunday of Lent**	**PRAY** for a generous heart: http://lordcalls.com/prayers-for-different-people/prayer-for-generosity **FAST** from stuff to be *Blessed with Less:* http://janariess.religionnews.com/2014/03/24/declutter-blessed-less-author-susan-vogt-supports-urge-purge/ **GIVE** to St. Vincent de Paul after you de-clutter your home: http://www.svdpusa.org/ **REFLECT** with *I Shall Not Want*: https://www.youtube.com/watch?v=OjwjxxpvE0Y
#5 – March 15 **4th Sunday of Lent**	**PRAY** the Examination of Conscience: http://catechistsjourney.loyolapress.com/2009/03/4040-lenten-activities-an-examination-of-conscience/ **FAST** from pride and the wounds we cause others: https://wau.org/resources/article/re_wounds_of_spouses_and_peers/ **GIVE** to Catholic Charities, which heals thousands in our diocese: http://www.catholiccharitiesdubuque.org/ **REFLECT** with *How do I go to Confession*?: https://www.youtube.com/watch?v=tvo0OCcp600
#6 – March 22 **5th Sunday of Lent**	**PRAY** with Jesus a Prayer of Lamentation: http://catholicexchange.com/lenten-reflection-lamentation-jesus **FAST** from judging others: http://catholicexchange.com/finding-freedom-prison-cell-journey-racial-hatred-rational-love **GIVE** your time for restorative justice through prison ministry: http://www.catholiccharitiesdubuque.org/catholic-charities-services/outreach-programs/ **REFLECT** with *Unless a Grain of Wheat*: https://www.crossroadsinitiative.com/library_article/910/Unless_a_Grain_of_Wheat.html
#7 – March 29 **Palm Sunday**	**PRAY** the Passion Prayer: http://www.catholiccompany.com/blog/praying-through-lent-passion-prayer **FAST** from indifference: http://www.news.va/en/news/pope-warns-of-globalization-of-indifference-in-len **GIVE**, with passion, for refugee resettlement: http://www.catholiccharitiesdubuque.org/october-2014/ **REFLECT** with *Above All:* https://www.youtube.com/watch?v=eckskOzB1-Y
#8 – April 2 **Holy Thursday**	**PRAY** the Seder Meal prayers and then participate in Eucharistic Adoration: http://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=544 **FAST** from complaining: https://www.youtube.com/watch?v=vaGMM2Jn6cM **GIVE** new socks or shoes to the homeless after washing their feet: https://www.youtube.com/watch?v=UwCtaTnWVBY&list=RDUwCtaTnWVBY#t=143 **REFLECT** with *As I Have Done For You:* https://www.youtube.com/watch?v=J08QNc6OHBQ
#9 – April 3 **Good Friday**	**PRAY** the Way of the Cross: http://www.catholic.org/prayers/station.php?id=1, for your little ones: http://www.catholicicing.com/stations-of-cross-eggs-for-catholic/ **FAST** from the busyness of life to reflect on the meaning of Good Friday: http://www.catholicsoncall.org/node/1075 **GIVE** to the Catholic Campaign for Human Development: http://usccb.org/about/catholic-campaign-for-human-development/ **REFLECT** with *Calvary*: https://www.youtube.com/watch?v=Fssbm3BxONo&list=RDFssbm3BxONo#t=21
#10 – April 4 **Holy Saturday**	**PRAY** the renewal of your baptismal promises and celebrate Baptism at the Easter Vigil: https://www.youtube.com/watch?v=9wUmA7uSoPc **FEAST** on the joy of the risen Lord: http://lordcalls.com/easter-season/easter-paschal-candle **GIVE** to the Sister Water Project or any other organization to raise up others through clean water: http://osfdbq.org/MotherEarth_SisterWater.php **REFLECT** with *The Sacrament of Baptism*: https://www.youtube.com/watch?v=tibmY4R3TJw