

St. Patrick Catholic Church

February 27, 2022

Eighth Sunday in Ordinary Time

Rev. Douglas A. Ondeck,
Pastor

ondeck.douglas@gmail.com

Sandra Mick, Parish Secretary
secretary@spchurchweston.net

Megan White, Religious
Education and Sacramental Prep
Coordinator
mwhite@saintpatricks.school

210 Center Ave.
Weston, WV 26452
304-269-3048

Parish Office Hours
Monday & Tuesday, 9 - 4
Wednesday, 12 - 5
Thursday and Friday, 9 - 1

For last rites, please call 304-
691-0537 to speak to Fr.
Ondeck.

Prayer Chain:

Micki Snyder, 304 269-3688

Weekend Mass Schedule

Saturday, 5:30 p.m.
Sunday, 10:30 a.m.

Weekday Masses:

Mon., Thurs., & Fri., 8:15 a.m.
Wed., Immediately following
benediction at 5:45 p.m.

*(See Weekly Schedule for any
changes to times or location!)*

Reconciliation:

Wednesday, 5:00—5:40 p.m.
Friday, following Mass
Saturday, 5:00—5:20 p.m.
Sunday, 10:00—10:20 a.m.
Or by appointment.

Eucharistic Adoration:

Wednesday, 5:00 to 5:45p.m.

St. Patrick Catholic School

Pre-School – 8th Grade
224 Center Ave.
Weston, WV 26452
www.stpatswv.org
304-269-5547

Rev. Fr. Douglas A. Ondeck
Acting Principal

Regina Frazier, Secretary
RFrazier@saintpatricks.school

Schedule for Lent

Ash Wednesday, March 2

8:15 Mass (with St. Patrick School)
5:00 p.m. Exposition of the Blessed
Sacrament and Confessions
5:45 p.m. Benediction
5:50 Mass

Stations of the Cross

Parish, 6:00 p.m. each Friday
(Beginning March 4)
School, 12:30 p.m. each Wednesday
(Beginning March 9)

Adoration of the Blessed Sacrament

1:00—5:45 p.m., each Wednesday
(Beginning March 9)

"Remember, thou art dust and unto dust you shall return."

Gn 3:19



A Lenten Day of Recollection for ALL Women

Waging Spiritual Warfare with the Feminine Genius

Saturday, March 5

10:00 a.m.

St. Patrick Church/School

Weston, WV

A Lenten Day of Recollection is being offered to ALL women on Saturday, March 5 in the St. Patrick school cafeteria beginning at 10 AM. The theme of the retreat is Waging Spiritual Warfare with the Feminine Genius. The presenter will be Sister Mary Joseph of the Sister Servants of the Sacred Heart of Jesus. A light luncheon will be served. Confession will be available at the end of the session. There is no cost to attend.

The event is being sponsored by the Catholic Daughters of the Americas, Court Victory #379. You do not need to be a member of the organization to attend. This event is open to all women; please spread the word and encourage family, neighbors and friends to attend. It is our hope that you will take advantage of the opportunity to grow in your faith during this Lenten season.

Prayer List

Of your charity, please offer prayers for...

- **Those who are sick:** Nick Bakas, Jill Balser, Mike Blanchard, John Butcher, Butch Cain, Courtney Clevenger, Rose Determan, Bonnie Detamore, Amy Flesher, Lynne Fultineer, Greg Garton, Marsha Garton, Sandy Gill, Robert Hamilton, Coretta Jefferson, Emyle Johnston, Ellen Ketron, Lynn Lynch, Garrett Moats, Ed Murray, Susan Murray, Heather Haddix Nicholas, Beth Nichols, Delores Paugh, Raylee Rahming, Brenda Riley, John Riley, Jim Riley, Mike Riley, Frank Rogucki, Sheila Sayre, Rue Thompson, Special Intentions
- **Those who have died:** May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.
- **All Veterans, and Military Personnel**
- **Vocations to the Priesthood and Religious Life**
- **Former priests and religious of and from our parish**
- **Those who are homebound, in assisted living or nursing homes.**
- **All police officers, health care workers, first responders, and mail carriers**
- **All RCIA participants**
- **Peace in the Ukraine**

Discover your faith with the Best Catholic media at home or on the go at formed.org.

- Go to formed.org/signup
- Enter Weston's zip code—26452
- Register with your name and email address
- Check that email account for a link to begin using FORMED.

"Forward, always forward, everywhere forward! We must not be held back by debts, bad years or by difficulties of the times. Man's adversity is God's opportunity."

Archabbot Boniface Wimmer, O.S.B.

Attendance & Collections

Saturday:	90	\$1368 (22 env./check donors)
Sunday:	169	\$1368 (22 env./check donors)
Mail/Lockbox Donations:	\$900 (4 donors)	
Total	\$3283	

School	\$550
Votive Candles	\$70
Maintenance	\$ 3100
Organ	\$0
Loan	\$0
Restoration loan balance:	\$68,433.38

Special and Second Collection

March 19 & 20: Diocesan Priests' Retirement Fund

 **myEoffering**

Donate Now

Give electronically at:

<https://members.myeoffering.com/#/landing>

Please write separate checks for each collection.

A Prayer for Lent

Invite Us Deeper
Almighty and ever living God,
you invite us deeper into your world, your people,
your Lent.

May this time be one of outward focus;
seeking you in those we often ignore.
Help us live a Lent focused on freedom,
generosity, and encounter.

Give us hearts hungry to serve you
and those who need what we have to give.

- Author Unknown

Weekly Bulletin E-mail

If you are not receiving our church bulletin each week through email, please contact the parish office to have your email address added to our files.

When Should Catholics Not Receive Holy Communion?

- If you have a mortal sin on your soul. Some serious sins include (but are not limited to) being married outside the church, being unmarried but living together or purposely not attending Sunday Mass or holy days of obligation. For more info on what constitutes a mortal sin, refer to the Catechism of the Catholic Church 1857 - 1859.
- If you have not observed the Eucharistic Fast one hour before receiving. Plan to eat your breakfast after Mass!
- If you have not yet received First Communion.

Why Can't Non-Catholics Receive Holy Communion?

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are not admitted to Holy Communion.

For those who cannot receive Eucharist at this time, we welcome you to join in our liturgy, to pray and sing with us. Please remain in the pew during the Communion Procession, offering your heartfelt prayers to our God of love and mercy. We eagerly await the time when you will join us at the Eucharistic table!

Parish Membership & Benefits:

To be considered an "active" member of any parish (and thus eligible for Sacraments, sponsor eligibility, and the "Active Parishioner Rate of tuition" at a Catholic school), the parish takes into account the following things. First, to receive a discount at a Catholic School or to receive a sacrament, **the children MUST attend weekend Mass**. Second, family & individual involvement in parish life and ministries are taken into consideration. Mass attendance is only able to be tracked accurately via collection envelopes. If you are not receiving envelopes currently, please contact the parish office. Parishioners over 18 should register as a household to help us keep records accurate and up-to-date.

Schedule and Mass Intentions

Saturday, February 26, 2022	5:30 PM	Mass for Fr. Tim Grassi
Sunday, February 27, 2022	10:30 AM	Mass for the People of the Parish
Monday, February 28, 2022	8:15 AM	Mass for †Charles and Opal Garton by Deborah Garton
Tuesday, March 1, 2022	No Mass	No Mass
Wednesday, March 2, 2022	8:15 AM	Mass for the People of the Parish
Ash Wednesday	5:50 PM	Mass for †Karen Renzelli
Thursday, March 3, 2022	8:15 AM	Mass for †Mary Taylor
Friday, March 4, 2022	8:15 AM	Mass for †Delores Jean Droppleman by family
Saturday, March 5, 2022	5:30 PM	Mass for †Jerry Dionne by Kathy Boyle
Sunday, March 6, 2022	10:30 AM	Mass for the People of the Parish

The Sanctuary Lamp is burning February 27 - March 12, 2022, in memory of Sonny Walker.

Why is Mass Offered for Specific People?

The greatest prayer that we have as Christians is the Holy Sacrifice of the Mass. At each Mass, Christ's Sacrifice on Calvary is renewed and the graces achieved on the Cross are applied to souls for their salvation. This is why we have Masses offered for particular intentions.

Sanctuary Candle Intentions

The red Sanctuary Lamp by the tabernacle burns to remind us of the Eucharistic presence of Jesus Christ. It is a mark of honor to remind the faithful of the Real Presence of Christ, and is a profession of their love and affection for our Lord. If you wish to have the Sanctuary Lamp burning in memory or honor of a loved one, or to honor a special occasion, please contact the parish office. The cost of the candle is \$20.00. It will burn for two weeks. The memorial will also be published in the Bulletin.

Pro-Life Club



St. Patrick's Pro-Life Club spent a lunch break this week, writing letters of encouragement, packing bags full of candy, and praying for an end to abortion. These bags will be donated to the 40 Days For Life Team in Charleston, WV and handed out to the women faced with the "choice" of abortion. Inside of the bags will be material which includes resource pamphlets that offer motherhood as a realistic option. Women who were once scared and alone can be consoled in love and provided everything they need to choose life.

Join us in the school cafeteria for coffee and donuts on March 13th! Hosted by Saint Patrick's For Life Club. Both parish members and the club will work together to design two signs to be placed in the front yard of the school. We will construct the signs while sharing coffee and donuts! Crosses for the unborn will be placed in the front yard of the school. Parish members are invited to join the Pro-Life club in setting the crosses up in the yard on March 14th at 12:00 pm.

Bring in Your Old Palms

Please bring in your blessed palms so that they can be burned.

Knights of Columbus

The Knights of Columbus will meet on Tuesday, March 1 at 7:00 p.m. in the cafeteria. Members of the Catholic Daughters are invited to continue plans for the **St. Pats Spring Bash** in April.

UPCOMING EVENTS

Tuesday, March 1

7:00 p.m., Knights of Columbus meeting, cafeteria

Wednesday, March 2

Ash Wednesday

- 8:15 a.m., Mass
- 5:50 p.m., Mass

Saturday, March 5

Women's Day of Recollection, cafeteria
Sponsored by the Catholic Daughters of the Americas

Sunday March 6

State Free Throw Competition, gym
Sponsored by the Knights of Columbus

Friday, March 4, 11, 18, 25, April 1, & 8

6:00 p.m., Stations of the Cross

Wednesday, March 9, 16, 23, 30, and April 6, & 13

12:30 p.m., School Stations of the Cross
Followed by Eucharistic Adoration

Sunday March 13

Coffee and doughnut Sunday, cafeteria
Sponsored by the Pro-Life Club



Our Neighbor Collection

February

- Hair Care Supplies

March

- Cleaning Supplies

St. Pats Spring Bash

Saturday, April 23

5 - 8 p.m.

gymnasium

A parish Spring celebration is being planned for Saturday, April 23. Raffle, 50/50, and meal tickets will be available soon.

The Catholic Daughters and the Knights of Columbus will work together to organize this event.

School News

Happy "Two's-day!"

Our kindergarten, 1st, and 2nd graders celebrated 2/22/22 by having a 2 minute and 22 second dance party at 2:22. As you can see from the pictures, students and teacher alike enjoyed getting their groove on! Thank you to Mrs. Walsh's class for capturing the moment with photos.



Families Prepare for the Upcoming Social Studies Fair

Our school will be hosting a Social Studies Fair on March 8th. On Wednesday, February 23, we held an after school parent/student work night for the student's projects. Families were able to use school resources and spend some time connecting with our school family. It was very productive and successful!



Hope Scholarship

Students entering kindergarten for the 2022-2023 school year and first-through seventh grade students currently enrolled in public school are eligible to apply for the West Virginia Hope Scholarship through the WV Treasurer's Office. The scholarship can be used toward tuition and fees at St. Patrick's School.

School News, continued

2022 Calendar Cash Winners

February 1 Chuck Sumpter \$200 sold by E. Conrad	February 10 Curt Hogue \$75 sold by R. Cunningham	February 19 Terry Southall \$75 sold by J. Luzader
February 2 Patsy Freeman \$75 sold by A. Jefferson	February 11 Wilbur Swisher \$75 sold by C. Jordan	February 20 Agnes Queen \$100 sold by R. Murphy
February 3 Dusty Wolverton \$75 sold by R. Murphy	February 12 Dusty Hall \$75 sold by J. Cunningham	February 21 Nicole Aman \$75 sold by E. Gum
February 4 Danny Fidenour \$75 sold by C. Jordan	February 13 Darlene Dennison \$100 sold by J. Cunningham	February 22 Hope Bailey \$75 sold by R. Cunningham
February 5 Marcia Murphy \$75 sold by R. Murphy	February 14 Greg Williams \$400 sold by A. Jefferson	February 23 Raymond Ireland \$75, Sold by J. Bennett
February 6 Alan Boggs \$100 sold by E. Minnich	February 15 Coretta Jefferson \$75 sold by A. Jefferson	February 24 Shirley Turansky \$75 sold by A. Pickens
February 7 Gary & Judy Riley \$75 sold by A. Riley	February 16 Shirley Turansky \$75 sold by A. Pickens	February 25 Megan Moran \$75 Sold by B. Donaldson
February 8 Matt Brown \$75 sold by B. Pratt	February 17 Susan Moody \$75 sold by L. Westfall	February 26 Lora Nicholson \$75 Sold by B. Farnsworth
February 9 Patsy Talbert \$75 sold by J. Cunningham	February 18 Elaine McCartney \$75 sold by J. McCartney	February 27 Melinda Ferrell \$100 Sold by R. Murphy

Notre Dame High School Visits Our School

Notre Dame student ambassadors and admissions director, Jackie Reed, talked to our 5th—8th grade our students on Thursday morning in the cafeteria. They emphasized the importance of a Catholic education and furthering their education at Notre Dame upon graduation from St. Patrick's.



A good school provides a rounded education for the whole person. And a good Catholic school, over and above this, should help all its students to become saints. Pope Benedict XVI

SoulCore



SoulCore is held at St. Pats on Monday evening at 5:30 p.m. in the school cafeteria. Wear comfortable clothes, bring an exercise mat if you have one, and join us for light exercise and stretching while we pray the rosary together.

Blessed Carlo Acutis Youth Adventure Camp

With Him on the Mountain

We are a Catholic youth adventure camp that ministers to youth through rock climbing, equestrian activities, archery, Adoration, overnight backpacking, outdoor Mass and more!
Register your camper at CampCarlowv.org by **June 1st** to receive our early bird rate of \$275.

June 26th – July 2nd, A "catch all week" from 3rd grade through 12th grade.

July 3rd – July 9th, Rising 6th graders to 8th graders.

July 10th – July 16th, Rising freshmen to seniors in high school.

July 17th – July 23rd, A "catch all week" from 3rd grade through 12th grade.

July 24th – July 30th, "A Camp Carlo Summer Vacation" free program for 7-12 year olds who receive support from the government or Catholic Charities.

Contact Assistant Director, Sadie Shields, for more information: sshields@dwv.org or 1 (304) 476-9015



 <p>JESSE CUNNINGHAM Sales Associate 330-933-0401 Jesse@centralwv.com</p> <p>www.centralwv.com Bryan Groves—Broker P.O. Box 22, Glenville, 26351</p>	 <p>354 US HWY 33 E (304) 997-8332</p>	<p>TED'S HEATING and COOLING Jane Lew, WV 304-672-1145</p>		
<p>BROOKS' BODY SHOP, INC.</p> <p>JOHN BROOKS Owner</p> <p>20 Brookview Drive Weston, WV 26452-8163 Ph: 304.269.7257 Fax: 304.269.7257 Cell: 304.266.2143 brooksbodyshop41@aol.com</p> 	<p>DR. DANIEL D. FARNSWORTH IV Optometrist 137 Main Ave. Weston 269-2020</p> 	 <p>HICKORY HOUSE RESTAURANT Lewis County Jackson's Mill Rd / HWY 19 304-269-7373</p>	<p>Kate Garton Real Estate Agent 304-871-0165 kate@mcflyoutdoors.com ALL SERVICE REALTY Nancy Furby, Broker</p>	<p>LANDMARK FOR ESTATE</p>
<p>Stonewall Veterinary Hospital, Inc. Tonya Pickens, DVM</p>  <p>3080 Old Route 33 Horners, WV 26372</p> <p>(304) 997-8059 (O) (304) 997-8103 (F) stonewallvethospital@gmail.com Like us on Facebook</p>	<p>ST. JOSEPH'S HOSPITAL</p> <p>More Ways to Care, Right Here at Home. Physician Referral Line 304-473-2200</p> <p>WVU Medicine</p> <p>1 Amalia Drive Buckhannon</p>	<p>We Come to You!</p>  <p>304-805-3095</p>		
<p>Lewis County Senior Center In-Home Care Department</p> <p>Need help at home to remain independent? Call Allie at 304-269-5738 to see how we can help!</p> <p>171 W. 2nd Street Weston WV</p>	<p>Family Dentistry of Weston, PLLC</p>  <p>304-269-6151</p>	<p>Real Estate Marketing Appraisals</p> <p>Serving Lewis, Harrison, & Upshur Counties</p> <p>304-269-5975</p>	<p>John White, Parishioner 195 US-19S 304-269-2952 304-931-9379 jmgrafix@gmail.com</p>	<p>John E. Law, CPA, A. C. 132 First St., Weston 304-269-3304 John E. Law, CPA Betty Hill, CPA Tom Stark</p>
<p>CITIZENS BANK OF WESTON</p> <p>Safe, Strong and Secure.</p> <p>Citizens Bank Since 1891</p> <p>www.citizensbankweston.com • Mobile APP "My Citizens"</p> <p>Jane Lew 304-884-7825 Weston 304-269-2862</p> <p>Member FDIC</p>	<p>Foster Feed</p> <p>202 Bland St. Weston, WV 304-269-1333</p>	<p>GYB Barber Co.</p> <p>140 Main Ave. Weston, WV 304-997-8797</p>	<p>please</p> <p>Support our Advertisers!</p>	
<p>Pat Boyle Funeral Home and Cremation Service</p> <p>144 Hackers Creek Rd. Jane Lew, WV 26378 304-884-2400</p> <p>www.patboylefuneralhome.com</p> <p>Jonathan D. Clutter, Licensee-in-charge Patrick D. Boyle, Funeral Director David E. Smith, Funeral Director</p> 	<p>CUSTOM SIGNS and Graphics</p> <p>304 269-7700 Rusty Allison, Owner</p>	<p>St. Patrick Catholic School Pre-School – 8th Grade 224 Center Ave. Weston, WV 26452 304-269-5547 www.stpatswv.org</p> <p>Rev. Father, Douglas Ondeck, Acting Principal Regina Frazier, Secretary</p> 		
	<p>Thyme Bistro</p> <p>Eclectic Menu Innovative Dishes Eat in. Carry Out Available</p> <p>304-269-7177 Thymbistro@hotmail.com</p> <p>125 Main Ave. Weston, WV 26452</p> 	<p>\$300 January - December (\$25 a month)</p>	<p>\$600 January - December (\$50 a month)</p> <p>\$900 January - December (\$75 a month)</p>	

To report an incidence of suspected child sexual abuse, please contact your local law enforcement agency, or you may confidentially contact WV Child Protective Services at 800.352.6513. In addition to civil authorities, to report suspected cases of sexual abuse by personnel of the Diocese of Wheeling-Charleston to the Diocese, please contact one of the Bishop's designees at 888.434.6237 or 304.233.0880: Mr. Bryan Minor, ext. 263; Mr. Tim Bishop, ext. 353; Fr. Dennis Schuelkens, ext. 270 or call the Office of Safe Environment at 304.230.1504. Please visit www.dwc.org under "Accountability" for additional information and reporting methods.

Lent

Prepare and Renew

The First Precept of the Church and Preparation for Lent

You shall attend mass on Sundays and holy days of obligation. It is important that we attend mass on Sundays and holy days of obligation because it is our way of keeping them holy. If we set at home, how can we expect to delineate them from any other day of the week. The sabbath in the Jewish tradition is on Saturday, as it was understood as the seventh day of the week, the day on which God rested. However, in her infinite wisdom, the church has designated Sunday as the holy day of the week, in commemoration of our Lord's resurrection.

In the Second Vatican Council's document on the liturgy, *Sacrosanctum Concilium*, the council fathers call the liturgy the "source and summit of the Christian life." Attending mass on Sundays helps us to see and understand the liturgy as just that. If the liturgy is truly the source and summit of our lives, (that is that the liturgy is the source of God's grace, and simultaneously, the endeavor to which we should be giving the best we have to offer our Lord), then Sunday is the source and summit of our weeks. All of our week's actions and prayers should be drawn, even if only in some remote manner, from Sunday mass, and all of our actions and prayers should be directed to going back to mass the following Sunday. Sunday mass is both an experience to be looked back upon, (it is where we are coming from) and an experience to be looking forward to, (for it is where we are going).

In his excellent book called *Reclaiming Vatican II*, Fr. Blake Britton says "If the church cannot celebrate the liturgy faithfully and reverently, then all her other tasks will fall short." This statement sums up perfectly, the source and summit claim that the council fathers made in *Sacrosanctum Concilium*. Reverence however is a tough virtue to master, and it doesn't simply affect those who perform roles in the sanctuary, but also those worshipping outside of it.

Reverence is not simply the use of incense at mass or the beautiful music, but rather, it should be allowed to pervade every aspect of our life. While these things, incense and beautiful sacred music, do make up a part of what reverence is, there is so much more to be discovered. This is not also to say that if incense is not used, or music is not played, or maybe just isn't that great, that reverence goes away. Rather these things are meant to compel us to reverence for our Lord, instead of representing reverence of their own accord. Incense symbolically represents the rising of our prayer to God in the heavens like the thick clouds of smoke. Beautiful music naturally brings the mind to transcendent matters. For example, if you are listening to Country Roads on the radio, you might reflect upon the beauty which God has placed us within here in beautiful WV, so too, the hymn Holy God, We Praise thy Name, brings the mind to reflect upon the majesty in which Christ reigns.

As we all seek to begin this season of Lent come Wednesday, we should endeavor to fully place ourselves into what the Church expects of us during this season of preparation. Lent has long been characterized by a three-pronged approach consisting of prayer, fasting, and almsgiving. The Christian faithful are encouraged to use these three facets of the Lenten observance in order that they may truly prepare themselves for the joy that is Easter.

In recent years, our parish has put a fair amount of emphasis on having a "Good" Lent, but what exactly does a "Good" Lent look like? Lent is designed to prepare us for the joy that is the resurrection, and so we must take penitential action so that we can properly dispose ourselves to receive that joy. Please find within a list of suggested ways that you can make your Lent a truly fruitful season or preparation.

Suggested Lenten Practices

Prayer

- Daily Mass attendance when possible—If unimportant things can be cut out to allow your attendance at mass, they should be, nothing could be more important.
- Daily Rosary—Family Rosary if Possible
- Frequent Adoration
- Weekly Confession
- Attend Stations of the Cross each week
- Divine Mercy Chaplet
- Reading the daily Gospel
- Read the Bible daily
- Get to Mass 15 minutes early and stay and pray after Mass
- Pray daily for the Souls in Purgatory

Fasting

Choose something which will be difficult for you.

- Alcohol
- Coffee—Limit to one cup per day
- Seconds at meals
- Meat
- All Sweets
- Eating Out—Give this money to the Church
- Social Media/Internet access on mobile devices
- Give up a bad habit and replace it with a virtuous one
- Music or Radio in the Car

Instead of fasting, commit daily to something that is difficult for you.

- Take cold showers
- Exercise
- Eat Healthy

Almsgiving

Give an amount to some charity which makes you feel the spending a little. For example, give what you would usually spend eating out on a Friday night, and have dinner at home instead give according to your means, but don't be stingy either, we all don't really need that new iPhone or the newest car.

Places to Give To

- St. Patrick Church
- St. Patrick School
- Our Neighbor
- Crisis Pregnancy Center
- Knights of Columbus food drive
- Homeless shelters
- Animal rescues

LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent.

1. **VOLUNTARY AMENDMENT OF LIFE:** Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

In this category I am going to do _____

2. **ACTS OF PENANCE:** Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc...

In this category I am going to do _____

3. **WORKS OF CHARITY:** Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady.

In this category I am going to do _____

I plan on making a good confession by this day during Lent _____