

# My invitation to spiritual growth this Lent

*Pick one, or several, suggestions from this Lenten "check-list" - and track your daily progress through the Lenten Season.*

- Weekend Mass (Saturday 4pm or Sunday at 10:30am – or – Sat 6pm and Sun 8:15am at St. Patrick, Wellington):**  
 Feb 17/18    Feb 24/25    Mar 2/3    Mar 9/10    Mar 16/17    Mar 23/24    Mar 30/31
- Digging Deeper into the Sunday Scriptures (Sunday at 9:30am):**  
 Feb 18    Feb 25    Mar 3    Mar 10    Mar 17    Mar 24
- Stations of the Cross (Lenten Friday's at 7pm at both Sacred Heart and St. Patrick, Wellington):**  
 Feb 16    Feb 23    Mar 1    Mar 8    Mar 15    Mar 22
- Spend time at Eucharistic Adoration (Friday 7:00-8:30am, or Wednesday 5:30-6:20pm at St. Patrick, Wellington):**  
 Feb 16    Feb 21/23    Feb28/Mar 1    Mar 6/8    Mar 13/15    Mar 20/22    Mar 27
- Go to confession sometime during Lent:**  
 Feb 28: 5-8pm @ St. Patrick    Mar 3: Noon-2pm @ Sacred Heart  
 Every Friday 7:00-8:15 @ Sacred Heart    Every Wednesday 5:30-6:15 @ SP (Not Ash Weds)
- Reach out to a different person each week (personal visit, phone call, text, card, letter, email):**  
 Feb 18    Feb 25    Mar 3    Mar 10    Mar 17    Mar 24
- Commit to taking time every day for personal prayer:**  
February  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  
  
March  
 1  2  3  4  5  6  7  8  9  10  11  12  13  
  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31
- Read & reflect upon the daily Mass readings ( <http://bible.usccb.org> )**  
February  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  
  
March  
 1  2  3  4  5  6  7  8  9  10  11  12  13  
  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31
- Take time for spiritual reading (books available from parish library → online catalog at <https://shoj.cc/library> )**  
February  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  
  
March  
 1  2  3  4  5  6  7  8  9  10  11  12  13  
  
 14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

SEE OTHER SIDE FOR MORE IDEAS

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**Pray a daily rosary – individually, or as a family ( Tutorial at <https://www.usccb.org/how-to-pray-the-rosary> )**

February

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29

March

1  2  3  4  5  6  7  8  9  10  11  12  13

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

**Each day of Lent, pray in gratitude for something different – make a list so you don't repeat:**

February

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29

March

1  2  3  4  5  6  7  8  9  10  11  12  13

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

**Pray at bedtime for those sleeping on the street:**

February

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29

March

1  2  3  4  5  6  7  8  9  10  11  12  13

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

**Pray each day of lent for more vocations to the priesthood or religious life, & encourage someone to consider priesthood:**

February

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29

March

1  2  3  4  5  6  7  8  9  10  11  12  13

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

**Pray the Angelus every day at Noon or 6pm: ( <https://theangelusprayer.com> )**

February

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29

March

1  2  3  4  5  6  7  8  9  10  11  12  13

14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31

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