

Personal Lenten Commitment

This Lent I am committed to growing closer to Jesus Christ through the following areas:

- ☐ I am committed to going to the Sacrament of CONFESSION this Lenten Season.
- ☐ This Lent I am committed to growing in my faith by an act of FASTING.
- ☐ This Lent I am committed to growing in my faith through ALMSGIVING.
- ☐ This Lent I am committed to growing in my faith through PRAYER.
- ☐ This Lent I am committed to growing in my faith through LEARNING.

I plan to grow through FASTING by (List any Lenten Commitment Here):

I plan to grow through ALMSGIVING by (List any Lenten Commitment Here):

I plan to grow through PRAYER by (List any Lenten Commitment Here):

I plan to grow through LEARNING by (List any Lenten Commitment Here):

Saint Philip Parish and Saint Michael Parish  
Lent Planning Guide 2022



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Fr. Dan’s Cell – 251-610-1847  
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Name

Date

LENT 2022 Special Activities	
Sunday	8:30AM & 11:30AM Mass at Saint Philip 10AM Mass at Saint Michael 3PM-4:30PM Confession at Saint Philip
Monday	3PM-4:30PM Adoration of the Blessed Sacrament at Saint Philip 4:30PM Mass at Saint Philip
Tuesday	8AM Mass at Saint Philip 7PM Fr. Dan’s Class on Theology of the Body
Wednesday	8AM Mass at Saint Philip 6PM Mary Kathryn’s Class on Metanoia
Thursday	8AM Mass at Saint Philip 7PM Adoration, Confession, and Praise at Saint Philip
Friday	8AM Mass 3PM-6PM Outdoor Stations of the Cross Available 4PM Stations of the Cross at Saint Michael 5:30PM Stations of the Cross at Saint Philip

LECTIO DIVINA Steps to Praying with the Bible	
1. Reading – hearing God’s Word in the Bible as I/we read it aloud. What does the biblical text say?	
2. Meditation – reflecting on the meaning of the text that I/we have read. What is God saying to me/us through this text?	
3. Prayer – speaking with God in praise, thanksgiving, contrition, and petition. What do I/we say to God in response to this text?	
4. Contemplation – listening to God more quietly in the silence of our hearts. How does this text make me/us feel in my/our relationship with God?	
5. Action – letting the encounter concretely affect our daily life and work in the world. How will I/we change what I/we do today in response to hearing this text?	

ASH WEDNESDAY
8AM Mass at Saint Philip 9:15AM Mass at Saint Michael 5:15PM Mass at Saint Philip Confessions following 5:15PM Mass

IMPORTANT DATES
Ash Wednesday – March 2 <sup>nd</sup> Holy Thursday – April 14 <sup>th</sup> Good Friday – April 15 <sup>th</sup> Holy Saturday – April 16 <sup>th</sup> Easter Sunday – April 17 <sup>th</sup> Divine Mercy Sunday – April 24 <sup>th</sup>

DAILY EXAMEN
1. Place yourself in God’s presence. Give thanks for God’s great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God’s plan. Be specific, and conclude with the “Our Father.”

The flowers on the altar at Saint Philip are in memory of Linda Koch provided by Susan and Jack Strunk.
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FASTING
Fasting is the most commonly associated aspect of Lent. Fasting is giving something up. We fast on Ash Wednesday and Good Friday for sure, and we also abstain from meats on Fridays during Lent, but there are other good things we can fast from during the Lenten Season. The purpose of this is not to make ourselves suffer but to grow in self-mastery, restraint, and virtue. This is what fasting does: it makes us more virtuous. Social media and online shopping fasts are hard, but it certainly helps us grow more than giving up candy. Examples of things to fast from during Lent: soda, social media, television, alcohol, and online shopping.

PRAYER
While our lives as Christians demand an expression of prayer, Lent serves as a time to increase or strengthen our practice of prayer. Prayer is our close conversation with God. Prayer can take the form of recited prayers, vocal prayer, meditative prayer, or even contemplative prayer. It is rather easy to say, “I want to be holier,” or “I want to pray more,” but we can make this concrete by committing ourselves to certain practices. Following is a list of ways we can increase our prayer during Lent. You don’t have to do all of them. Maybe choose a couple of them:
<ul style="list-style-type: none"> <li>- Eucharistic Holy Hour once a week</li> <li>- Daily Mass</li> <li>- Praying with Sacred Scripture (Lectio Divina)</li> <li>- Praying the Rosary</li> <li>- Praying the Daily Examen</li> <li>- Making the Stations of the Cross on Fridays</li> <li>- Making a Committed Prayer Time Everyday</li> <li>- Prayerfully Reading the Daily Readings</li> <li>- Praying the Morning Offering</li> <li>- Making a Gratitude Journal, Using It Daily</li> <li>- Holy Half Hour once a day</li> <li>- Praying on your drives (No Radio)</li> </ul>

THE MORNING OFFERING
O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

ALMSGIVING
Almsgiving literally means giving out of gratitude. Almsgiving is an act of gratitude. It is a sign that we are grateful for all for all the blessings we have received in our lives. While it is normal and good to tithe as an expression of this, during Lent we can pick one way in which we increase our giving as an expression of gratitude. Examples of ways to give alms: increase our tithe during Lent, make a donation to a charitable organization, volunteer for a charitable cause, or make a pledge for Catholic Charities.

LEARNING
Lent is a great time for us to grow in our faith. We have several opportunities for learning this Lent. We will have several books available for spiritual reading. These books will be available in the back of the Church for free. Mary Kathryn is teaching a class that is already ongoing on Wednesdays. Father Dan will be teaching a course on Tuesday evenings starting the first Tuesday in Lent. Another thing you can do to learn and grow in faith is to commit yourself to reading the four Gospels this Lent.

A COUPLE GREAT APPS
The iBreviary app is available for iPhone, Android, and Google Devices for free. It has the Liturgy of the Hours, the Daily Reading, and a bunch of other prayers.

Mary Kathryn recommends the Hallow App which has a free version and a paid version. This app has recorded prayers you can play in the car or on your headphones. There are even Lenten specific Lenten Related activities. There is music too and even nighttime prayers.
