

Preparing for Lent

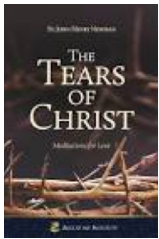
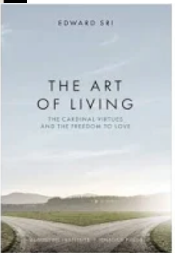
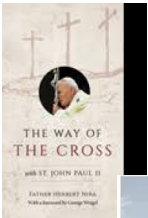


Prayer—Prayer for everyone is different, for some it is saying the Rosary or a Spiritual book, but for some it is a way of reflecting that is Prayer for them. Prayer is conversation and communion with God. Prayer is something we should do often and what a better time to start but during Lent.

Fasting—Besides following the laws of abstinence and fasting and adding personal restrictions in extra food and entertainment, fasting can also be applied to the way we treat each other. We should try replacing hurtful and unkind words with kind and positive words.

Almsgiving— This category is not just about money but can also be seen as “Acts of Love.” The acts of love should happen first at home with the family, and then we extend outside of our home.

It will be a fruitful Lent, when we are mentally and spiritually prepared.



THESE AND SO MUCH MORE AVAILABLE AT THE CATHOLIC PASTORAL CENTRE

DROP BY WE WOULD LOVE TO SEE YOU



DIOCESE OF THUNDER BAY

Catholic Pastoral Centre
1222 Reaume Street, Thunder Bay
Phone: 807-343-9313

