

# LENTEN CHALLENGES CALENDAR

## February

22

WEDNESDAY

**Ash Wednesday Mass**

Tell a friend about the Lenten Challenge and commit to completing. Sister school kick-off.

23

THURSDAY

Perform an anonymous, simple act of kindness.

24

FRIDAY

Pray for the Frosh on their Frosh Retreat!

25

SATURDAY

Read the Sunday scriptures with your family before you go to Sunday Mass.

26

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for healthcare workers.

27

MONDAY

Fast from social media today.

28

TUESDAY

Pray the Lectio Divina with today's readings.

01

WEDNESDAY

Spend five minutes in prayer today.

02

THURSDAY

Write a letter, make a phone call, or email your senators about a social justice issue you care about.

03

FRIDAY

Pray for the seniors giving their Senior Presentations today.

04

SATURDAY

Donate books, household items, or clothing to St. Vincent de Paul.

05

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for racial equity.

06

MONDAY

Fast from anger today.

07

TUESDAY

Pray the Lectio Divina with today's readings.

08

WEDNESDAY

**Earn Lancer Cup Points**

Donate money to our sister school to raise money for scholarships.



09

THURSDAY

Pray for those on the SEARCH Retreat today.

10

FRIDAY

Pray the Stations of the Cross using a print version or an online resource.

11

SATURDAY

Cook a simple soup meal for your family using only \$1.

12

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for those who are unhoused.

13

MONDAY

Fast from gossip today.

14

TUESDAY

Pray the Lectio Divina with today's readings.

15

WEDNESDAY

Learn something about a saint today and share with your family.

16

THURSDAY

When you see or hear a news story about someone in trouble, pray for the person as a family.

17

FRIDAY

Pray the Stations of the Cross with the entire student body.

18

SATURDAY

Support your classmates by going to *SpongeBob SquarePants: The Broadway Musical* at Highline Performing Arts Center.

19

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for refugees and victims of violence.

20

MONDAY

Fast from fear today.

21

TUESDAY

Pray the Lectio Divina with today's readings.

22

WEDNESDAY

Let go of an old grudge and forgive someone.

23

THURSDAY

**Earn Lancer Cup Points**

Donate money to our sister school to raise money for scholarships.



24

FRIDAY

Reach out to an older family member or neighbor and ask about their life.

25

SATURDAY

Participate in the Lenten Day of Service and Reflection or volunteer at a non-profit.

26

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for climate change solutions.

27

MONDAY

Fast from sarcasm today.

28

TUESDAY

Research a cultural tradition you are curious about for Cultural Week.

29

WEDNESDAY

**Earn Lancer Cup Points**

Donate money to our sister school to raise money for scholarships.



30

THURSDAY

Take time to visit, call, or send a card to someone who is sick.

31

FRIDAY

Go to Adoration in the Chapel. Pray the Stations of the Cross using a print version or an online resource.

01

SATURDAY

Donate at least three nonperishable food items to a food bank.

02

SUNDAY

**Go to Mass**

Go to Mass with your family; pray for vocations.

03

MONDAY

Fast from jealousy today.

04

TUESDAY

Pray the Lectio Divina with today's readings.

05

WEDNESDAY

Pray for all elected officials.

06

THURSDAY

**Holy Thursday Mass**

Attend Holy Thursday Mass; wash someone's feet.

07

FRIDAY

**Good Friday Prayer Service**

Attend a Good Friday Prayer Service; spend at least five minutes in silent meditation.

08

SATURDAY

**Holy Saturday**

Create a gratitude list.

09

SUNDAY

**Easter Sunday**

Celebrate Easter with your family. Pray for the Yakima service trip.



# 2023

PRAY · FAST · GIVE