

10 tips for making Lent more meaningful

- 1. Slow Down** - Set aside 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.
- 2. Read a good book** - You could choose the life of a saint, a spiritual how-to, an inspirational book or one of the pope's new books.
- 3. Be kind** - Go out of your way to do something nice for someone else every day.
- 4. Get involved** - Attend a Lenten lecture or spiritual program.
- 5. Volunteer at your parish** - Whether it's the parish fish fry, cleaning the church or helping with the food drive, it will give you a chance to help others.
- 6. Reach out** - Invite an inactive Catholic to come with you to receive ashes on Ash Wednesday.
- 7. Pray** - Especially for people you don't like and for people who don't like you.
- 8. Tune out** - Turn off the television and spend quality time talking with family members or friends.
- 9. Clean out closets** - Donate gently used items to the St. Vincent de Paul Society.
- 10. Donate** - [Google "Catholic Missions."](#) Then pick one mission and decide how you can help by sending money, clothing or supplies

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