

## Looking for Something Meaningful to do This Lent?

Take part in our Lenten Service Tree! You'll see the "giving tree" in the back of church. The ornaments on the tree have suggestions for service and kindness this season. Please take one and follow the instructions. Happy serving!

Or choose from the list below to participate in this great opportunity to experience Lent in very simple ways:

- Say something nice to someone you meet – in person or online.*
- Pray for someone you don't like.
- Set up a weekly contribution to St. John's St. Vincent de Paul Society ([via St. John Vanco](#)).*
- Buy extra of your usual canned goods and donate to Ballard Food Bank.
- Set up a weekly contribution to Broadview Thomson K-8 Food Bank ([via St. John Vanco](#)).*
- Take a break and go outside for a walk. Thank God for our beautiful world!
- Attend Wednesday, Thursday or Friday morning Mass at 9am.*
- Attend Adoration of the Blessed Sacrament, Thursdays from 9:30am-11am.
- Participate in Stations of the Cross on Fridays during Lent at 6pm in the Church.
- Say a special prayer for your neighbors.*
- When you feel frustrated or angry, stop and say a Hail Mary before doing anything else.
- Fast from gossip; share uplifting stories instead.*
- Send a card to a friend or relative in another state or country.
- Say a prayer right when you wake up – just give thanks to God for the new day!*
- Resolve to perform one random act of kindness – let someone go ahead of you in line, or pay it forward!
- Go to Reconciliation - it is a sacrament of healing (before mass Saturday, Parish reconciliation service on March 11 at 7pm, or make an appointment with Father by calling the Parish Office 206-782-2810).*
- Give someone a compliment every day.
- Pray the Rosary—a decade or even a whole Rosary each day.*