

St. Francis Xavier Catholic Church



Fourth Sunday of Lent

March 19, 2023

2500 Arbeiter Rd., Joliet, IL 60431

Phone: (815) 609-8077 Email: office@sfxjoliet.org Website: sfxjoliet.org
Emergency Phone: (815) 669-7752 Pastor: Fr. Karl Langsdorf, frkarl@sfxjoliet.org

Weekend Masses

Saturday Vigil

4:30pm - Church / Live-streamed & Broadcasted in the Parking Lot

Sunday

8:30am - Church / Broadcasted in the Parking Lot

10:00am - Church / Broadcasted in the Parking Lot

Weekend Masses can be viewed on the parish's YouTube channel @SFXjoliet

<https://www.youtube.com/@SFXjoliet>

Weekday Masses

Monday: 9:15am Tuesday: 9:15am Wednesday: 6:30pm

Thursday: 9:15am Friday: 9:15am

Eucharistic Adoration

Wednesday: 6:00-6:30pm Thursday: 9:45-10:15am

Confession

Saturday: 3:30-4:15pm Wednesday: 6:00-6:30pm

After the 9:15am Mass on Monday, Tuesday, Thursday, & Friday

By Appointment

Office Hours

Monday & Friday 9:00am - 12:00pm

A Message from Our Pastor



Diocese of Joliet



Blanchette Catholic Center
16555 Weber Rd.
Crest Hill, Illinois 60403
www.dioceseofjoliet.org

March 2023

Dear Friends,

Our diocese will take up the annual second collection for Catholic Relief Services on March 19, and it could not come at a more fortunate time.

As the arm of the Catholic Church that helps the poor and vulnerable overseas, Catholic Relief Services plays a vital role during emergencies such as the earthquakes that occurred last month in Turkey and Syria. Catholic Relief Services immediately contacted its partners in those countries to provide safe shelter for individuals and families, and access to food, clean water and hygiene supplies.

Your support of Catholic Relief Services funds organizations dedicated to aiding people affected by war and natural disasters, migrants and refugees in need of material and legal assistance, and people worldwide whose livelihoods are impacted by changing political and environmental conditions.

This is life-saving work. Thank you for your support of our neighbors overseas with your donation to the humanitarian mission of Catholic Relief Services.

Paz y bien,
Most Reverend Ronald A. Hicks
Bishop of Joliet



FCFF Session
Sunday, February 19th
11:15am-12:30pm via Zoom

St. Francis Xavier Parish

Registered families received a Zoom invite via email.
Questions? Please email Penny at pgiunta@sfxjoliet.org

Remaining FCFF Zoom sessions of the school year:
Mar. 19th Apr. 23rd

Students preparing for Confirmation in the fall of 2023, in-person sessions will be held from 6:30-8:00pm on the following Sundays:

Mar. 19th Apr. 16th May 7th June 25th

Any questions can be sent to Confirmation@sfxjoliet.org



Please pray for ~

Lucas Arseneau
Mildred Balogh
Mary Bruce
Mike Cannon
Larry Formella
Pat Gierich
Darlene Janulis
Pamela Mazzone

Tara McDonald
Jim O'Brien
Mike Piwowar
Tom Sagenbrecht
Scott Schwartz
Chester Sobczak
James Talley

Mass Intentions

Saturday, March 18th

4:30pm Mass for the Living

Sunday, March 19th

8:30am Amy Leach

10:00am SFX Parishioners

Monday, March 20th

9:15am Ruben Martinez

Tuesday, March 21st

9:15am Shirley Belding

Wednesday, March 22nd

6:30pm Intention of the Celebrant

Thursday, March 23rd

9:15am Intention of the Celebrant

Friday, March 24th

9:15am Intention of the Celebrant

Saturday, March 25th

4:30pm David Willett

Sunday, March 26th

8:30am Karen Hughes

10:00am SFX Parishioners

Lent 2023

We often describe the Season of Lent as ‘a Journey’ and we may travel along with companions to help navigate the joys and challenges we encounter along the way. This Lent, we journey together as a parish community and family of faith.

This Lent, we offer you several resources you may wish to use as you reflect upon in your private prayer and devotion. We will pray with you each week in our bulletin and on the parish website by offering you daily reflections and scriptures to follow, prepared from the booklet entitled, *Lent 2023, MAKE ROOM FOR LENT* by Joe Sica. This booklet is so very well written and gently invites the reader to daily reflect during this season of reflection and spiritual renewal. *(Copies of this booklet are available for you in the narthex...free will donations are greatly appreciated.)*

Travel well, May the Holy Spirit watch over us all during this holy season, let us continue to pray for one another.

March 19 – Sunday, the Fourth Week of Lent

1 Samuel 16:1B, 6-7, 10-13A * Ephesians 5:8-14 * John 9:1-41

Live for Today

***“Rabbi, who sinned, this man or his parents, that he was born blind?”
John 9:2***

Work for the Soul – If you ever wondered whether you should intrude on someone’s sorrow, the answer is: “Yes – you must.” Your friends need your help and will feel even more rejected if you don’t call, write, or sit with them during the difficult times.

Words from the Heart – *Dear God, when I’m in pain, help me feel better, see things differently, and be open to new possibilities. Amen.*

March 20 – Monday, Joseph, Husband of Mary

**2 Samuel 7:4-5A, 12-14A, 16 * Romans 4: 13, 16-18, 22 *
Matthew 1: 16, 18-21, 24A or Luke 2: 41-51A**

The Price You Pay

*“When Joseph awoke from sleep,
he did as the angel of the Lord commanded him.”*
Matthew 1:24

Work for the Soul – Begin a project that you can work on quietly, slowly, and lovingly: a scrapbook of photos, a letter or poem to your loved one, or a piece of prose that describes your feelings. Write down everything this person meant to you and recap those special moments often.

Words from the Heart – *Dear God, when a loved one dies, it’s so tough! I need to feel your love through the care of others who have been there. Amen.*

March 21 – Tuesday, the Fourth Week of Lent
Ezekiel 47:1-9, 12 * John 5:1-16

Choose Your Words Wisely

“Get up! Pick up your mat and walk.”
John 5:8

Work for the Soul – Create your own list of positive affirmations. Tape them to your mirror. Keep them in your desk drawer, wallet, or purse or use them as the background on your computer screen. Then, when negative thoughts start to creep in, take out your affirmations, read them, and start to feel good again.

Words from the Heart – *Dear God, I can always count on your words and your love to build me up and make me feel better. Amen.*

March 22 – Wednesday, the Fourth Week of Lent
Isaiah 49:8-15 * John 5:17-30

Nothing Lasts Forever

“The Father raises the dead and gives them life.”
John 5:21

Work for the Soul – If someone close to you has died, you may be sad, worried, or scared. You might feel angry, guilty, or just plain empty. Even if you don’t feel like

talking, find ways to express your emotions. Start writing in a journal about the memories you have of the person who died and how you've been feeling since the loss.

Words from the Heart – *Dear God, the day I was born, you promised that my life would have meaning. Help me learn to cherish every moment. Amen*

March 23 – Thursday, the Fourth Week of Lent

Exodus 32:7-14 * John 5:31-47

Star in Your Own Life!

“I don’t accept praise from people.”

John 5:41

Work for the Soul – Plan a day to pamper yourself. When someone tries to get you to do something else, politely say: “No, I have other plans.” Do whatever feels wonderful for you!

Words from the Heart – *Dear God, before the “disease to please” becomes fatal in my life, give me the courage to speak out for what I need and want. Amen.*

March 24 – Friday, the Fourth Week of Lent

Wisdom 2: 1A, 12-22 * John 7: 1-2, 10, 25-30

This Too Shall Pass!

“No one laid a hand on him, because his time has not yet come.”

John 7:30

Work for the Soul – Create wristbands with the phrase, “This too shall pass.” Make the bands yellow, the color of hope. Distribute them to people in your parish, neighborhood, or place of employment.

Words from the Heart – *Dear God, sometimes I don’t handle struggles and disappointment very well. Replace my panic with the peace of knowing that everything will be okay. Amen.*

March 25 – Annunciation of the Lord

Isaiah 7:10-14; 8-10 * Hebrews 10:4-10 * Luke 1: 2-38

Lend Me Your Ears

“Nothing is impossible with God.”

Luke 1:37

Work for the Soul – Listening is half of communication. When you talk, you want others to understand your perspective. Just make sure they know that you understand theirs. You do that by listening. Use an egg timer to improve your skills. Turn it to the maximum amount of time and don't speak a word until it goes off.

Words from the Heart – *Dear God, prayer works so well because you don't tell me how to feel or give me advice, you listen and then whisper the words I need to hear. Amen.*

Happy St Patrick's Day!



Please join us Friday, March 17th from 4pm-7pm!

**Corned Beef &
Cabbage Dinner**



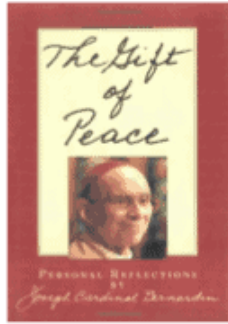
**Dinner includes corned beef,
cabbage, carrots & potatoes.**

Free Will donations for dinner to benefit
St. Francis Xavier & K of C Council Functions.

St. Francis Xavier Church (*downstairs)
2500 Arbeiter Rd, Joliet 60431

Carry-Out Available: (815) 609-8077 X207





If you're looking for a good book to add to your Lenten prayer and reflection, I'd like to suggest to you the greatest, little book I have ever read. It is *The Gift of Peace* by Joseph Cardinal Bernadin. A Friend gave me a copy of this book during Lent of 1998 and it was on Good Friday of that year, that I read it. Over the years, I have treasured many of inspirational thoughts and reflections offered in writing by Cardinal Bernadin.

It's an easy read and one that you will find difficult to put down. It's personal, reflective, and I found profoundly truthful and honest. I believe that Cardinal Bernadin was a gentle Disciple, a Prophet of the Church, and a faithful follower of Jesus.

You can find this book in limited supply on Amazon and I'm sure on other spiritual websites. If you find it inspirational, please share it with a Friend.

Grateful,
Sandy

St. Patrick Fathers Grand Raffle

St. Patrick Fathers are hosting their annual Dinner Dance Sunday, April 23rd; an early bird drawing (Two prizes of \$5000) will be held that evening for the Grand Raffle. The main draw for the Grand Raffle will take place on June 10th. The grand prize is \$10,000; 6 prizes of \$5,000; & 3 prizes of \$1,000. **Grand Raffle Tickets are \$100 this year and available for purchase through Fr. Karl.** If interested, Dinner Dance tickets are also available for \$65.

Please see Fr. Karl after masses or contact the office by phone: (815) 609-8077 / email: office@sfxjoliet.org for more details on purchasing Grand Raffle tickets.

Easter Choir

Invitation for Youth to sing with the choir on Easter at 10:30 am Mass

Rehearsals

- Youth Choir (ages 10 to high school)
- Thursdays beginning March 16
6:30 pm

See Mark Epling, go to sfxjoliet.org/music or scan for more info!

St. Francis Xavier Catholic Church



sfxjoliet.org

Pre-Order Gift Cards for Easter!

Order by March 12 for pick up on March 18/19.
Order by March 26 for pick up on April 1/2.

Pay when you pick up your gift cards!

To Order:

- Visit the RaiseRight table in the Narthex after the 4:30pm or 8:30am Mass, or before the 10:00am Mass.
- Complete an order form. (Participating RaiseRight retailers list will be available for reference.)
- Pay with cash/checks made payable to "St. Francis Xavier Parish" when you pick up your gift cards.

No purchase fees for gift cards (including Visa gift cards) when you buy them through the RaiseRight (formerly known as Scrip) program!



Knights Corner



Friday Fish Dinners

WHEN: Feb 24
Mar 3, 24 & 31

WHERE: SFX Church Basement

Dine in or Take-Out

MENU

- 1 piece FRIED Cod Meal - \$9
- 2 piece FRIED Cod Meal - \$11
- 3 piece FRIED Cod Meal - \$13
- 1 piece BAKED Cod Meal - \$9
- 2 piece BAKED Cod Meal - \$11

Meals include:

- French Fries or Baked Potato
- Cole Slaw
- Roll
- Tartar Sauce

For Dine in
In Church Basement between 4:00 pm and 7:30pm


For Take-Out
Order between 3:30 pm and 7:00 pm by calling 815-609-8077 ext 207

Pick up between 4:00 pm and 7:30pm

Cash and Check accepted
Make checks payable to:
SFX KofC 14283

St. Francis Xavier Catholic Church

- Pancake breakfast 4/2
- Blood Drive 4/16
- Fish Fry Dates: 3/24 & 3/31
- Corned Beef and Cabbage for St. Patrick's Day - 3/17



BLOOD DRIVE

Hope springs eternal

DONATE BLOOD

1 PINT can save 3 LIVES

SUNDAY APRIL 16
8:30am - 1:00pm

St. Francis Xavier Knights of Columbus
2500 Arbeiter Rd. Joliet
Church Basement

Schedule by phone at 800-770-GIVE
PLEASE SCHEDULE at: <http://tiny.cc/SFXBloodDrive> or scan QR Code

Contact Jon Pankhurst for additional info

versiti Blood Centers

Fishers of Men

- Mens fellowship group meeting
- We meet to share our experiences, discuss Mass Readings and build friendships
- Monday nights at 7:00 pm

Note change from Wednesdays to Mondays

St. Francis Xavier Catholic Church

sfxjoliet.org

HOLY WEEK schedule

St. Francis Xavier Catholic Church

 Palm Sunday Saturday 4:30pm Sunday 8:30am 10:00am	 Holy Thursday 7:00pm	 Good Friday 3:00pm Service 7:00pm Stations of the Cross	 Holy Saturday 12:00pm Blessing of Easter Baskets 7:30pm (sunset) Vigil	 Easter Sunday 8:30am 10:30am
				



Mobile Food Pantry is coming to your community!



Wednesday, March 22, 2023
4:30-6:00pm
St. Mary Immaculate Parish
15629 S. Rte. 59, Plainfield, IL 60544

The Catholic Charities, Diocese of Joliet Mobile Food Pantry delivers healthy food (*meat, produce, and non-perishable items*) to people in need. **No identification or information will be required or collected. This event is open to anyone in need of food!**

Mobile Pantries use a 'drive-thru' method to distribute food during the CoVid-19 pandemic. Please clear space in your trunk or backseat so volunteers can load boxes of food directly into your vehicle.

Catholic Charities helps people of all faiths and beliefs.



Diocese of Joliet
Office of Divine Worship



Blanchette Catholic Center
16555 Weber Rd.
Crest Hill, Illinois 60403
www.dioceseofjoliet.org

FOUNDED IN FAITH, CALLED TO WITNESS, SENT FORTH TO SERVE

The Diocese of Joliet is preparing to celebrate the 75th Anniversary of the Annunciation of the Establishment of the Diocese. Our Anniversary year will begin on December 11, 2023 and conclude on December 8, 2024. As the people of the Diocese of Joliet-in-Illinois we have much for which to be grateful and we are asking every person in our Diocese to enter into the prayer of this celebration.

Thus, we are inviting you to draft a prayer asking God's blessings upon our Anniversary Year and the Diocese. As you pray with the theme of this Anniversary "Founded in Faith, Called to Witness, Sent Forth to Serve" write down your reflections, then use them to develop a prayer text that can be easily prayed aloud in a group setting. The Anniversary Prayer will be translated into the languages used for prayer in the Diocese, so write your prayer in your spoken language.

We encourage all people to spend time in prayer developing our Anniversary Prayer—children, teens, young adults, adults of all ages, priests, deacons, religious. Catholic School teachers and Religious Education catechists might make this a class project. Parents might make this a family project. Parish Organizations might also make this a group project.

All prayers should be sent to the Office of Divine Worship via USPS or email by June 1, 2023, and should include name, address, phone number and name of parish or institution. The 75th Anniversary Prayer will be created by the Anniversary Committee using the prayers received from the people of the Diocese.

Should you have any questions please contact Sister Sharon Marie Stola, OSB at the Office of Divine Worship and she will respond to your inquiry.

Office of Divine Worship and the Catechumenate
Phone: 815-221-6230 Email: sstola@dioceseofjoliet.org

Daybreak Signup

Every fourth Friday of the month St Francis Xavier provides dinner to the Daybreak homeless shelter in Joliet.

The following items are needed:

- 4 trays of Lasagna or another Italian entree
- 3 or 4 loafs of French or Italian style bread (cut into slices)
- 2 large trays of salad & salad dressing
- Dessert for 40 people: cookies or some kind of pastries
- 3 half gallons of juice (Hi-C type juice)
- 3 gallons of Milk (whole or 2%, please)



There is a signup sheet on the St Francis Xavier website. Here is how to access it...Go to the St Francis Xavier website: www.sfxjoliet.org.

Hit the Navigation drop down menu. Then, select "Getting Involved". Select "Serve at Daybreak".

Then click button saying info and volunteer for Daybreak.

You can scroll down that form and volunteer for whatever food product that is still available.

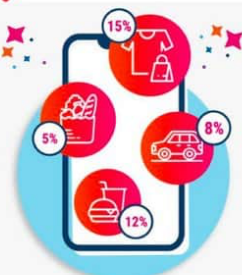
Please bring your food to the Church parking lot at 5:00 pm.

Thank you and God Bless.



RaiseRight

The Right way to Fundraise



Turn everyday shopping into fundraising dollars

RaiseRight
Formerly ShopWithScrip

Purchase gift cards while helping the parish!

Stop by the RaiseRight table in the Narthex after Mass to purchase cards or to get additional info!

Check out sfxjoliet.org/raiserright for more info

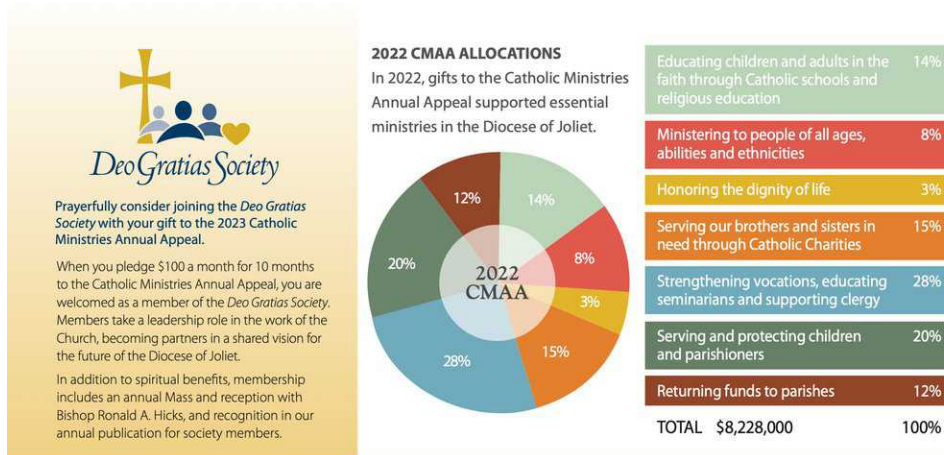
Catholic Ministries Annual Appeal 2023



If you have already pledged your support to the Catholic Ministries Annual Appeal (CMAA), thank you! If we all participate, we can meet our parish's CMAA goal of \$GOAL. Each and every gift, large or small, makes a difference.

If you still need to make your gift, please prayerfully reflect on how you can best support the CMAA this year and ensure all in our diocese know that *we belong to God*. There are many options for giving, from pledging to monthly recurring gifts. Pledge envelopes are still available in the church, or you can return the pledge card you received in the mail from the diocese or make a gift online at jolietdioceseappeal.org.

Remember, if we raise more than our goal, the diocese will return to us 70 percent of the amount over goal. This is an amazing opportunity for our parish.



**** Additional Diocesan Events & Information can be found further down in the bulletin. ****

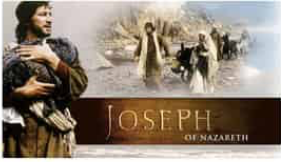
Volunteers needed for name tag / hospitality Sundays.

- Last Sunday of each month
- Set up: tables, name tags, coffee & treats
- Cleanup: package leftovers, clean coffee pot, put tables away

Please confirm your interest in helping by contacting Karen Asiyanbi via email: bodunrin@comcast.net or phone/text: 779-875-5419

THIS WEEK ON FORMED

Week of March 19, 2023



Joseph of Nazareth: The Story of the Man Closest to Christ

Celebrate the feast of Christ's foster father with even more joy and respect this year by watching a movie about him! Enter into the life of this great saint through the movie Joseph of Nazareth!



The Annunciation Sacred Art

Join Dr. Ben Akers and Taylor Kemp as they discuss the spiritual and theological significance of the Annunciation over a piece of Sacred Art by Elizabeth Zelasko that depicts this incredible scene.



St. Joseph: Our Spiritual Father

While the Gospel has not preserved any of his words, his actions have resounded through the ages. St. Joseph stands out as the model par excellence of Christian virtue. Encounter St. Joseph in a new way with St. Joseph: Our Spiritual Father.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

An offering from the AUGUSTINE INSTITUTE and practical progress



Need help? We are nearby!

Aging and Disability Resource Network

Aging and Disability Resource Network through Catholic Charities, Diocese of Joliet are on-site throughout Will County to be more accessible to those over 60 and 18-59 with a disability.

We provide services such as information and assistance on programs/resources throughout Will county, assist with Benefit Access, Food Stamps, Medicaid, and Medicare Savings Program applications, provide referrals for in-home services, home delivered meals, and other programs, conduct options counseling for those interested in setting long term goals for their care and possible financial assistance.

Our team visits the following locations:

- Blanchette Catholic Center, Crest Hill
- Crete Township Building, Crete
- Washington Township Building, Beecher
- St. Elizabeth Residences, Channahon
- Senior Services of Will County, Joliet
- DuPage Township Building, Bolingbrook
- Lockport Township, Lockport

To make an appointment, please contact us at 815-523-9918 or ccu@cc-doj.org

Please note: our days and hours at these locations may be outside of regular business hours or every week. Please contact us to determine the hours and days we are present at a specific site.

We are a faith-based organization providing service to people in need and calling others of good will to do the same.



Congratulations on taking a big step in your discernment of the priesthood.

Your bishop and vocations director have invited you to attend an Exploring Priesthood Weekend. These retreats are designed to help you further discern God's call to the diocesan priesthood, potentially through formation at Mundelein.

Throughout a weekend of prayer, discussions, fraternity, recreation and presentations from current faculty and seminarians, you will better understand God's movement in your life as you experience life on campus.

During the Exploring Priesthood Weekend, you have the chance to learn about the steps for discernment, the values of priestly life and the structure of seminary formation. Current seminarians will share their vocation stories with you, and you will join them at Mass, Eucharistic Adoration and the Liturgy of the Hours. In addition, our historic campus, with its many chapels, will be open to you for prayer and explorations.

We pray that by fully engaging in the opportunities provided on the retreat, you will find more clarity on where God is leading you.

REGISTER AT WWW.USML.EDU/EPW

NO COST - PRIVATE ROOM AND MEALS INCLUDED
PICKUPS FROM O'HARE OR METRA PROVIDED



Our Sunday Offering

Contributions Received 2/27/23 - 3/5/23

Mass Collection

Sunday Offering	\$3,380.00
Blue Envelope	\$1,104.00
Catholic Relief Services	\$45.00
Easter Flowers	\$70.00

Online Giving

Sunday Offering	\$3,157.00
Blue Envelope	\$295.00

Thank you for your generosity!

For your heart will always be where your riches are.

Matthew



If you are interested in giving to our parish through our parish online giving website, go to:
<https://osvhub.com/st-francis-xavier/funds>

**Donations to second collections can also be made through
the online giving website.**

If you have any questions about the online giving process, please call the parish office or send an email
to finance@sfxjoliet.org.

RaiseRight Gift Card Program Earnings (7/1/22-2/26/23): \$1,114.40

2023 CMAA Donations Received by the Parish: \$1,455.00

2023 CMAA Rebate Received by the Parish: \$0.00

Available Positions Throughout the Diocese

2023 Summer Internship - Diocese of Joliet, Crest Hill
Full-time Manager of Donor Engagement - Diocese of Joliet, Crest Hill

For additional information, please click on this [Diocese of Joliet Employment Opportunities webpage](#).



Schedule for
DIOCESAN THREE-DAY LENTEN MISSION
 with National Eucharistic Preacher
 Reverend Luke Spannagel
 in Celebration of
 the National Eucharistic Revival

THURSDAY, MARCH 23

- 10am St. Ann, Channahon
This is My Body Given for You
 How the Mass brings Jesus to us . . . and us to Jesus.
- 1pm Cathedral of St. Raymond Nonnatus, Joliet
 Priests Presentation
- 7pm St. Paul, Joliet
That All May Be One
 How Holy Communion draws us into deeper union with God and one another and propels us to action and ministry out in the world.

FRIDAY, MARCH 24

- 10am Immaculate Conception, Gilman
This is My Body Given for You
 How the Mass brings Jesus to us . . . and us to Jesus.
- 1pm St. Joseph, Bradley
That All May Be One
 How Holy Communion draws us into deeper union with God and one another and propels us to action and ministry out in the world.
- 7pm St. Jude, New Lenox
Lord I Want to See
 Blessed Carlo Acutis and how miracles show what our faith says is always true.

SATURDAY, MARCH 25

- 10am St. Matthew, Glendale Heights
Only Say the Word and I Shall be Healed
 Finding the healing hand of Jesus through the Eucharist
- 1pm Christ the King, Lombard
This is My Body Given for You
 How the Mass brings Jesus to us . . . and us to Jesus.
- 6pm St. Joan of Arc, Lisle
That All May Be One
 How Holy Communion draws us into deeper union with God and one another and propels us to action and ministry out in the world.

Watch Father Luke's invitation to these days of our **DIOCESAN LENTEN MISSION** in celebration of the National Eucharistic Revival on your parish website and on diocesan social media.



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LIVE & Interactive shows.
 Popular podcasts.
 Putting faith at your fingertips.
 Now, that's relevant.

Listen on-air, online at relevantradio.com, and on the app. **DOWNLOAD TODAY!**

LISTEN LIVE AT 930AM / 950AM

relevant radio
 Bringing Christ to the world through the media

Creation Calendar Created by *Laudato Si'* Ministries of the Diocese of Joliet Follow us on Facebook!

Monday	Trim Trash Tuesday	Waste Not Wednesday	Thankful Thursdays	Fasting Friday	Sustainable Saturday
<i>you an opportunity to follow the rotect our common home. During it us open our hearts and minds on to care for God's creation.</i>	Feb 22 Ash Wednesday Americans throw away up to 40% of food (NRDC Study). Reflect on how to prevent this in your own home.	23 Appreciate the parks and forest preserves. Take a walk and say a Rosary while walking.	24 Not only fast from meat today but also fast from electronics.	25 Research how you can create a vegetable garden in your backyard or patio.	
28 Do not use any paper towels. Instead use dishcloths or sponges to clean.	March 1 Research how to make a compost bin.	2 Say Grace before each meal. Thank God for the all the gifts he has given you.	3 Turn your heat down by two degrees.	4 Replace the light bulbs in your home with LED bulbs. Remember to recycle the old light bulbs.	
7 Use reusable containers instead of plastic wrap.	8 Check out the SCARCE website to find out all the ways to reuse or recycle items in your home.	9 Plant a tree or donate to "One Tree Planted" which focuses on Global Reforestation.	10 Take a shorter shower and fewer showers.	11 Sign up to attend a Community Solar Information Session.	
12 Read 5 to 10 pages of a religious book.	13 Try a new plant-based recipe. http://livingthechange.net/	14 Freeze leftovers instead of throwing away.	15 Use the leftovers in your refrigerator to create a meatless meal.	16 Begin reading Pope Francis' Encyclical <i>Laudato Si'</i> .	17 Look around your home. Decide how you can use less plastic in your daily activities.
19 Make today a family day. Play games and talk about the gifts God has given you.	20 Continue to practice meatless Monday and promote this idea to others.	21 Research swapping bamboo for paper products at your next large gathering.	22 Buy only what you need at the stores, even if the item is on sale.	23 Be thankful for the green spaces in the area around you by keeping them clean.	24 Reuse instead of recycling. Research how you can practice this more in your home.
26 Get a book on birds at the local library. Go for a nature walk and reflect on the beauty you see.	27 Donate to a local food pantry.	28 Research the do's and don'ts of recycling in your area. Share this information with others.	29 Research and use detergent strips to reduce your plastic.	30 Go on a Gratitude Walk. Thank God for all the beauty He has given to us in Creation.	31 Fast or abstain for a cause.
2 Palm Sunday Take time to pray outside.	3 Learn ways you can help be more involved in ways to help the poor.	4 Begin only using reusable grocery bags.	5 Take your own containers to restaurants to take your leftovers home.	6 Holy Thursday Spend time with someone who is homebound or call a person who is struggling.	7 Good Friday Today is a day of fasting.
					8 Holy Saturday Take time to reflect on continuing the changes you've made during Lent.