

My Lenten Plan

Prayer

Incorporate something new into your prayer routine, whether that's a holy hour, a daily rosary, or going to daily mass once a week.

Fasting

Pick one or two things to refrain from during this season, like creamer in your coffee, social media, or television.

Almsgiving

Find a way to give back more than usual. You can do this financially, such as donating to a new charity, or with your time and talents, like volunteering.
