LENT is for those who LOVE

***40 Acts of Kindness***

***Each day write a little note over the heart to remind you of the kind act or love gesture you did throughout Lent.***

***Faith in Action #9 is to attend an ASH WEDNESDAY service & have a* Happy St. VaLENTine’s Day!**

**6:30 AM — Mass in Spanish**

**9:00 AM — Mass**

**10:00 AM — Prayer Service**

**12:00 Noon — Mass**

**4:00 PM — Children’s Service - All Welcome**

**6:00 PM —Prayer Service**

***Remember that Palm Branches from last year may be returned at Mass on the weekend of February 10/11 to be burned for this year.***

***The attached page of hearts\* is a Lenten Family Activity that is part of FIA #9. Please bring it to class on April 7th or 10th to share your experiences.***

**Jesus gave His life as an act of unselfish love for each of us. Now, it is our turn to give the love of Christ to someone. Have your page of hearts displayed on or near your dinner table. Each evening throughout Lent, take a moment before dinner to reflect back on your day. Then, write down a description of who you helped that day. Let’s try to write something on all 40 hearts.**

**Here are a few suggestions to get you thinking:**

**For kids:**

* **Do something unexpected to make the day better for someone.**
* **Help clean the table after dinner**
* **Ask your parents or an adult if they need help with chores**
* **Make your bed and clean your room without being told**
* **Do something special for one or both of your parents.**

**For adults and families together:**

* **Pay for the drink for the person behind you at the coffee shop**
* **Allow someone else to have the parking space you wanted**
* **Allow someone to merge in front of you on the busy highway**
* **Visit, call or make cards for someone at a nursing home or hospital**
* **Take a meal to someone who is sick**
* **Write a letter to a friend, family member or to someone on active military duty**
* **Offer a ride to someone in need**
* **Only post caring messages on social media. Avoid anything negative.**
* **Listen to someone who just needs to talk**
* **Volunteer at church or for a local charity \*-from Broken Doors Ministries**

**This list of kind and loving gestures could go on and on. Maybe you have an even better idea of your own. Go for it.**

**Lent truly is for those who LOVE.**[**John 13:35**](http://www.usccb.org/bible/john/13)**tells us: “This is how all will know that you are my disciples, if you have love for one another.”**

**Let’s be true disciples and let’s show the love of Christ to someone every day during Lent.**

**Dear Heavenly Father, Please send forth your Holy Spirit to help me prepare myself for the celebration of Easter**

**by sharing the love you have shown me to others during these 40 days of Lent. Amen!**