

# St. John Neumann 2021 Lenten Challenge

## PRAY

*"Prayer is the best weapon we possess. It is the key that opens the heart of God." Saint Padre Pio*

### Novena to St. Joseph

Oh Saint Joseph, whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires.

Oh Saint Joseph, do assist me by your powerful intercession and obtain for me from your Divine Son, all spiritual blessings through Jesus Christ, Our Lord, so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

Oh Saint Joseph, I never weary of contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath.

Saint Joseph, Patron of the departing souls, pray for us. Amen.

## FAST

*"Fasting is directed to two things, the deletion of sin, and the raising of the mind to heavenly things." St Thomas Aquinas*

**Do You Want to Fast This Lent?** (from Pope Francis)

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from compliments and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

## GIVE ALMS

*"It's not how much we give but how much love we put into giving." Saint Teresa of Calcutta*

**Operation Rice Bowl**



Bring your coins throughout ALL weeks of Lent and place them in the Rice Bowl by the St. John Neumann statue

**Week #1 - Catholic Charities:** Coats for refugee families – all sizes

**Week #2 Mira Via:** Baby formula & food, baby cereal, clothing for infants and toddlers

**Week #3 – St. Luke's in Cuthbert, GA:** Cash or Checks written to St. John Neumann in an envelope with St Luke' clearly labeled.

**Week #4 – Piney Grove Elementary School:** Socks and underwear for the students

**Week #5 - Catholic Charities:** Blankets for the refugee families.

**Week #6 – Mira Via:** Diapers & wipes, diaper rash cream, new hooded baby towels, socks & bibs