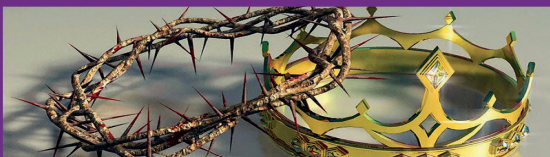


## *Stewardship of Time for my Myself*

### **Ways to spend time with God:**

- Attend weekly Mass
- Attend daily Mass
- Read the Sunday Gospel
- Intentionally pray throughout the day
- Fast from TV on Sundays (after Mass, listen to music, read a book, work on a hobby, etc.)

***Be Grateful! - Everyday!***



2016 Lent

## *Stewardship of Time Year of Mercy*

### **Some opportunities to forgive:**

- Forgive those who have hurt you, including yourself
- Ask forgiveness from some one you may have hurt

### **Ways to show compassion:**

- Comfort/Visit someone you know who is homebound
- Give generously to a worthy cause
- Help someone who is in need of home help or repairs
- Donate time, money, or items to those in need

## *Stewardship of Time with my Family*

### **Some good ideas for family time:**

- Be generous with praise and love
- Cheerfully help one another
- Spend extra time in family activities
- Eat meals together as much as possible
- Turn off all electronics one (or more) evenings a week and do something together

***Be Grateful! - Everyday!***



2016 Lent