

40 ideas for 40 days

Spend an extra 5 minutes in prayer today .

Look for an outside space and notice the beauty of nature .

Choose one moment today and take a more patient action.

Donate \$1.00 to the charity whose coupons are at the register at HEB.

Plant some seeds in the ground or in a plastic cup in the house. Ask your children to take care of them. Watch them grow together.

Send a message of love to a relative or friend.

Visit someone who cannot easily get out of their house due to age or illness.

Talk with your child about bullying.

Make the effort to gather and eat as a family. Be sure to say a blessing before eating.

Collect clean clothes that no longer fit or unused toys ,and bring them to an organization that will give them to those in need.

After watching the news on TV, or reading news on the internet or newspaper, pray for a person from a story you heard about.

Read the entire parish bulletin.

Pray today for young men who are in the seminary preparing to be priests.

Take a special food treat to someone in your neighborhood.

Attend a Lent program at your parish.

Smile at someone today.

Visit the local United Way website to see all of the groups that reach out to our community.

If your parish has any special collections during Lent, join in.

Pray today for those who have died.

Do something nice for someone today and don't let them find out it was you.

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Encourage someone today.

Pick up trash somewhere other than your home.

Send a note of welcome to the men and women who will enter the Church at the Easter vigil Mass.

Go to the Sacrament of Reconciliation or a parish penitential service. Check the parish bulletin or website for times and date.

Volunteer to help at an activity at your parish.

Be aware of how you speak the word "God" today.

Light a candle and pray for all people in the world who live in fear of violence.

Encourage your child to reach out to someone who might need a friend.

Do something nice for a family member.

Find out what activities will be held at your parish during Holy Week. Attend one of the services in addition to Easter Mass.

Go to http://www.catholicmom.com/stations_booklet.pdf, or <http://www.silk.net/RelEd/lentreviews.htm#coloring>, to print out a Stations of the Cross coloring book.

Pray for those who are dying and their families.

Make an Easter basket for someone who is not expecting it.

Express your gratitude to God for all of the blessings in your life when you pray today.

Ask each person in your family to reconcile with someone.

When you are tempted to be critical today of someone else, stop and pray for them instead.

Read an examination of [conscience](#).

Take someone to a parish activity this week, or take them to Mass.

Encourage someone who is discouraged.

Each time you drink water today, pray for those who do not have clean water to drink.