



2019 Lenten Commitment Card

During the Season of Lent, I prayerfully commit to one or more of the following ACTS OF PENANCE in an effort to deepen my prayer life (check all that apply):

FASTING:

1. I will fast from alcoholic beverages or pop.
 2. I will fast from television.
 3. I will fast from any food between meals.
 4. I will fast from gossip.
 5. I will fast from complaining.
 6. I will fast from a favorite food.
 7. I will fast from leaving Mass early.
 8. Other _____
-

ALMSGIVING:

1. I will give to Operation Rice Bowl.
 2. I will donate to the Poor Fund/St. Vincent De Paul Society.
 3. I will donate time to the Center for the Homeless, St. Margaret's House, or another worthwhile cause.
 4. I will help in a neighborhood/city project.
 5. I will spend time with my family.
 6. Other _____
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(over)



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