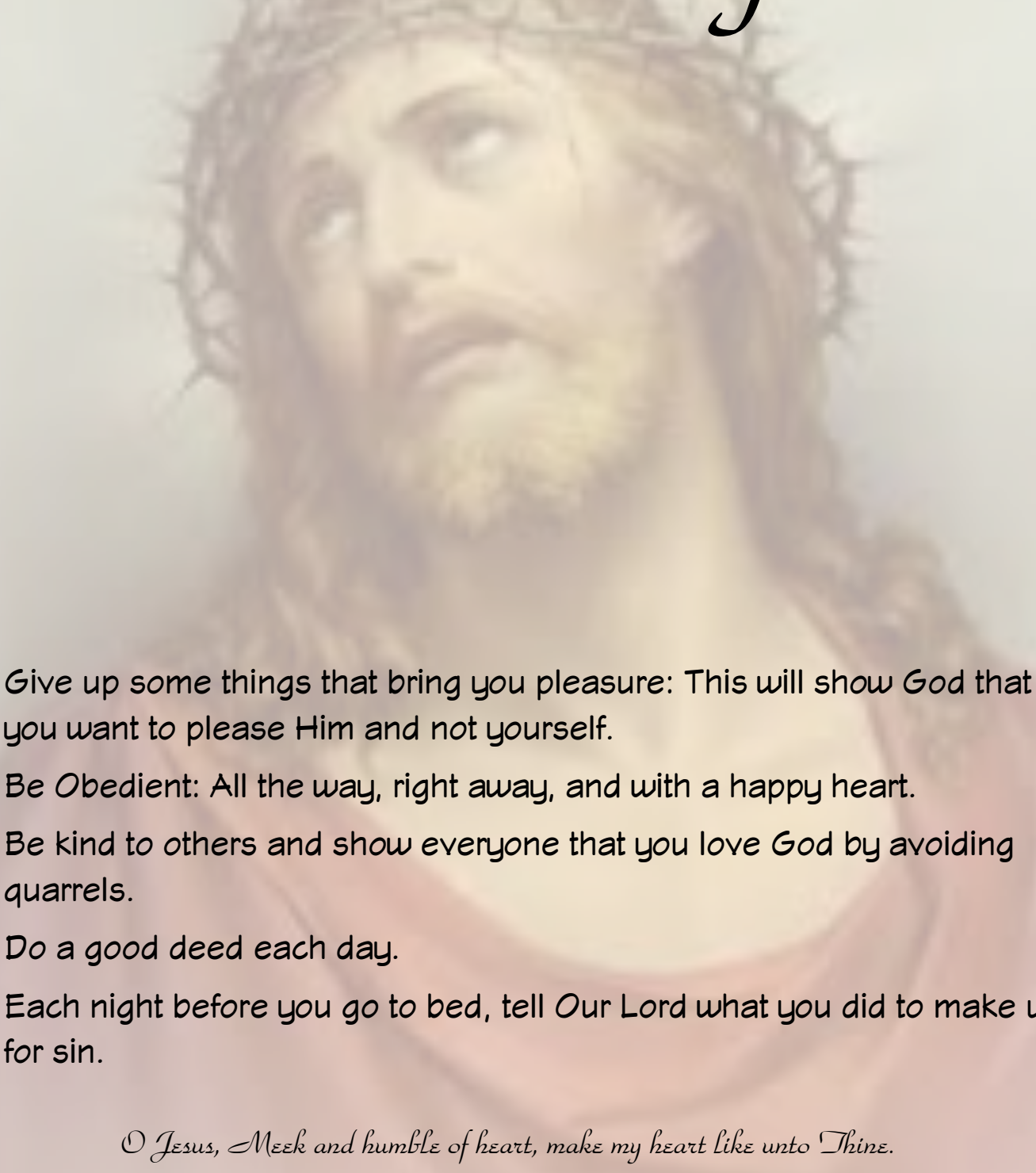


Lenten Program



1. Give up some things that bring you pleasure: This will show God that you want to please Him and not yourself.
2. Be Obedient: All the way, right away, and with a happy heart.
3. Be kind to others and show everyone that you love God by avoiding quarrels.
4. Do a good deed each day.
5. Each night before you go to bed, tell Our Lord what you did to make up for sin.

O Jesus, Meek and humble of heart, make my heart like unto Thine.

My Jesus, mercy.

Lord Jesus crucified, have mercy on us.