

In My Family

Pray each day for my family and thank God for all that He gives us.

Obey my mother and father; help with chores without being asked

Read from the Bible every day

Plan a prayer time for the family

Visit or call a sick, elderly, or disabled relative of mine

Organize quality time for the whole family

Fast (from a bad habit, dessert, games, social media, etc.) for a special intention in my family



In My Parish

Pray for Holy Cross parishioners, our priest and deacon, and all who work here

Give full attention and participation at Mass with my family

Pray before the Blessed Sacrament on Fridays

Say hello and smile at the people I see at Mass each week—learn their names!

Invite the people I see at Mass each week to attend a parish event with me

Pray for an increase in vocations to religious life

Give somebody a ride to Mass

Pray the rosary at church on Wednesdays at 6:30, then stay for Mass afterwards

In My Community

Pray for my friends and for people who seem to be without friends

Pray for leaders, including the Pope, my teachers and principals, elected officials, boss

Pray for those who protect my safety, including police, firefighters and military

Help a neighbor in need every month

Pick up trash whenever I see it lying on the ground

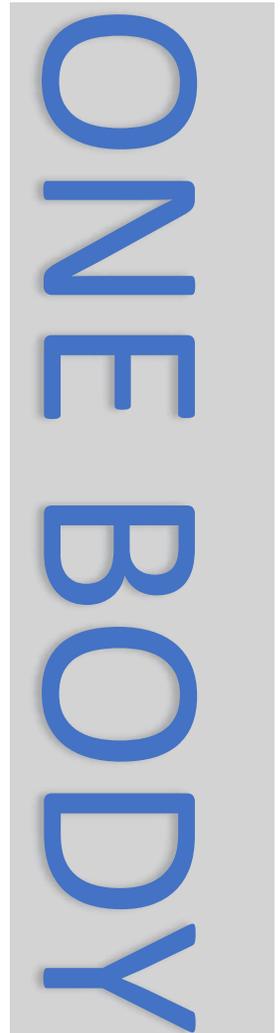
Recycle paper, plastic, and cans whenever possible, teaching others to do the same

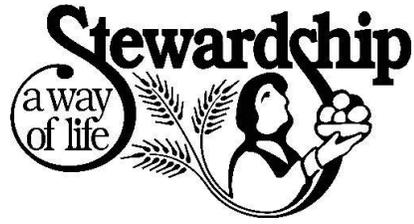
Befriend somebody who seems to be left out or disliked

Work to remove discrimination, prejudice, and racism

Sacrifice a luxury and donate the money to the poor

Serve at a shelter, food pantry or other community ministry that helps the poor





Children

- Serve in Mass
- Help clean up around campus
- Help your family around the house
- Find ways to serve in faith formation class
- Help parents with siblings and household chores
- Pray daily
- Do nice things for others like holding doors and using good manners
- Make cards or notes of thanks for anyone who helps you

Youth

- Serve in Mass
- Come to youth group
- Visit and serve at local nursing homes, hospitals or veteran facilities
- Take/invite someone to church
- Pray daily and include prayers for specific things like the sick/homebound
- Do nice things for others like cooking for someone sick or helping with yard work
- Read the Bible
- Pray for my friends and for people who seem to be without friends

Adults

- Pray for leaders, including the Pope & all bishops, elected officials, my boss
- Pray for those who protect my safety, including police, firefighters and military
- On Tuesday, fast from a habit that wastes time; use the time to pray for a special intention
- Pray before the Blessed Sacrament on Fridays
- Listen with patience
- Pray through an examination of conscience each night
- Pray outside an abortion clinic
- Attend Mass during the week
- Utilize the weekly resource included in the bulletin, *Growing in Faith*, and do the "One Minute Meditation"
- Mercy Monday—learn what the acts of mercy are, and practice one each Monday

ONE BODY