

PRAY 40

Kindergarten & Below



St. John Paul II
Parish Family

PRAY 40

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This is your guide to Pray 40!

Pray 40 is all about engaging in the Lenten practices of prayer, fasting, and almsgiving. Lent is a time to take a look at our lives and turn back to God.

Here's how it works. Each day, you'll have a different challenge to complete. If you complete this challenge, fill in the circle. Before you begin, here's some information about the three pillars of Lent.

PRAYER

The Catechism of the Catholic Church defines prayer in a particularly beautiful way, saying, "Prayer is the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559) In short, prayer is how we communicate with God. During Lent, we are called to increase our prayers, to raise our hearts and minds more often to the Lord as we prepare to celebrate His Passion.

ALMSGIVING

Almsgiving is the giving of money or goods to those in need. It is an act of fraternal charity directed towards our brothers and sisters in Christ, and a "work of justice pleasing to God" (CCC 2462).

FASTING

Fasting is a practice of giving up something, usually food, as a penance. Latin Rite Catholics ages 18-59 are obligated to fast from food on Ash Wednesday and Good Friday. Oftentimes, as part of our Lenten practices, we will fast from a particular activity or treat in addition to fasting from food as a way to draw closer to God and offer a sacrifice to Him.

Celebrate Holy Week in our Parishes!

Holy Thursday

April 17

7:00 PM SMA

Good Friday

April 18

12:30 PM SH

7:00 PM SMA

Holy Saturday - Easter Vigil

April 19

9:00 PM OLGH

Easter Sunday

April 20

7:00 AM OLGH

8:00 AM SH

9:00 AM SMA

10:00 AM OLGH

10:30 AM SH

11:00 AM SMA



There is no 6:00 PM Mass
on Easter Sunday

Service Drive

As part of our Pray 40 Project, we will be collecting white towels which will be donated to St. Vincent de Paul's Hotel for the Homeless. BLS and PSR students may bring in white towels and give them to their teacher. Each class will compete to see which grade donates the most towels! Our combined goal is to collect 1,000 towels to donate!



Spring Fair, April 27

Celebrate Easter with our parish family! As we enter the Easter season and finish Pray 40, you are invited to attend our Spring Fair at St. Henry Church, on Sun April 27. This event is for the entire family. There will be indoor and outdoor games, prizes, an Easter egg hunt, and food available for purchase. Join us for 10:30 Mass at St. Henry, then hop over to the PAC to join the celebration!



PRAYER

Our Father,
who art in heaven,
Hallowed by thy name...



MARCH 5-9

1ST WEEK OF LENT

When you
complete a
challenge, fill
in the circle!

ASH
WEDNESDAY

Thank God for
three things
before bed

THURSDAY

Lead a prayer
before dinner

FRIDAY

Learn and
pray the
Glory Be

SAT/SUN

1st Sunday
of Lent



MARCH 10-16

2ND WEEK OF LENT

MONDAY

Pray a Hail
Mary today!

TUESDAY

Pray for
someone
who is sick

WEDNESDAY

Listen to a
story about
Jesus

THURSDAY

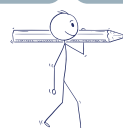
Draw
something
you're
grateful for

FRIDAY

Pray before
school

SAT/SUN

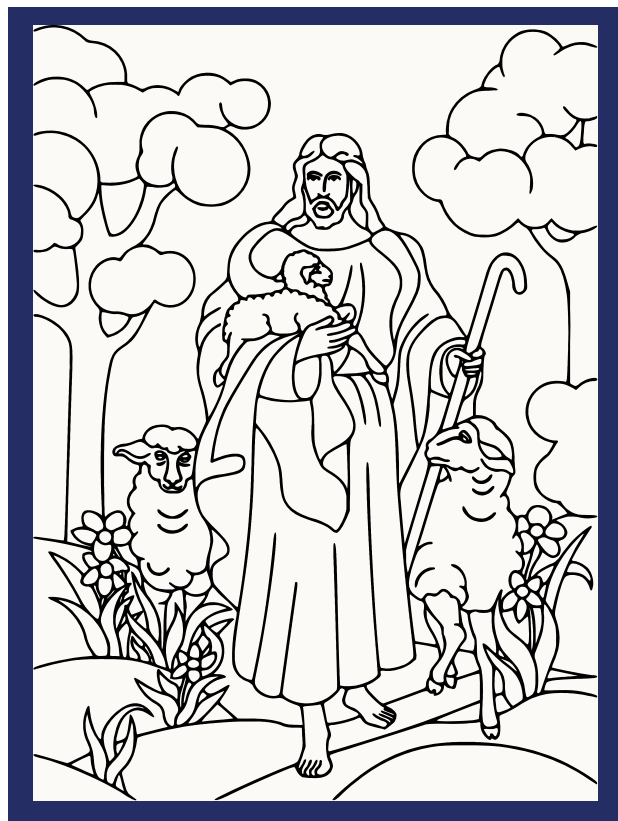
2nd Sunday
of Lent



ALMSGIVING

I give you a new commandment: love one another. As I have loved you, so you also should love one another.

John 13:34



MARCH 17-23

3RD WEEK OF LENT

MONDAY

Draw a picture for a friend

TUESDAY

Help someone at home!

WEDNESDAY

Share something with someone

THURSDAY

Help clean your room

FRIDAY

Be kind to someone

SAT/SUN

3rd Sunday of Lent



MARCH 24-30

4TH WEEK OF LENT

MONDAY

Donate to our service drive

TUESDAY

Help a sibling with a chore

WEDNESDAY

Give a compliment to someone

THURSDAY

Help your parent with a chore

FRIDAY

Help your teacher clean-up

SAT/SUN

4th Sunday of Lent

Laetare Sunday



FASTING

Yet even now, return to me with your whole heart, with fasting, weeping, and mourning.
Joel 2:12



MARCH 31-APRIL 6

5TH WEEK OF LENT

MONDAY

Skip dessert for today

TUESDAY

Eat a vegetable you normally wouldn't

WEDNESDAY

Give up your favorite toy for today

THURSDAY

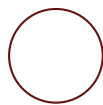
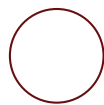
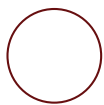
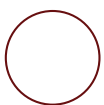
Limit screen times by 30 minutes

FRIDAY

Drink water instead of juice/soda

SAT/SUN

5th Sunday of Lent



APRIL 7-13

6TH WEEK OF LENT

MONDAY

Don't complain today

TUESDAY

Share your favorite treat with a sibling/friend

WEDNESDAY

Say Thank you today!

THURSDAY

Play a quiet game instead of a noisy one

FRIDAY

Wait patiently when you want something

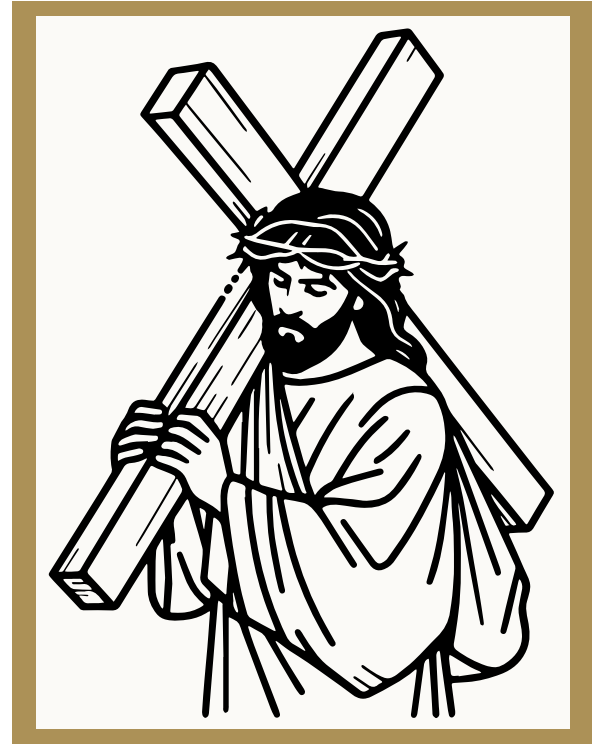
SAT/SUN

Palm Sunday



HOLY WEEK

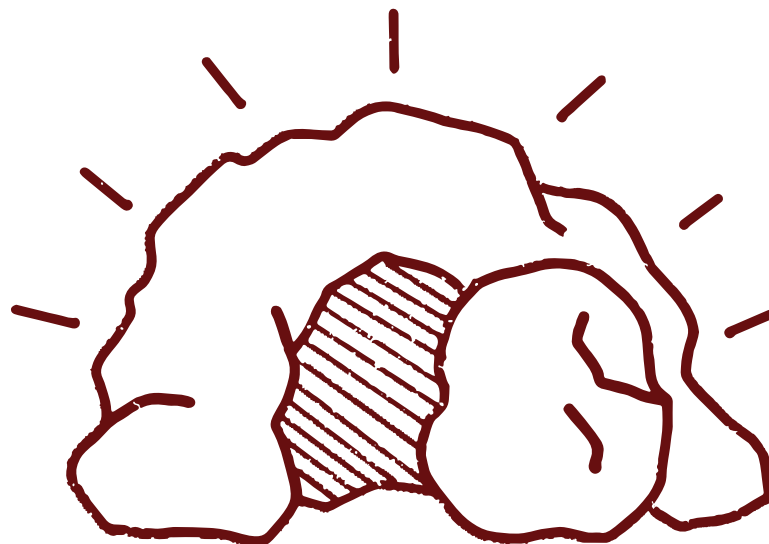
“Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the kingdom of our father David that is to come! Hosanna in the highest!”
Mark 11:9-10



APRIL 14-20

HOLY WEEK

MONDAY	TUESDAY	WEDNESDAY	HOLY THURSDAY	GOOD FRIDAY	SAT/SUN
Skip dessert for today	Say a prayer for your family	Say a prayer with an adult	Listen to a story from Holy Thursday	Listen to a story from Good Friday	Easter Sunday



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St. John Paul II
Parish Family



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