

SILENT LENT

This Lent, try a new approach to prayer, fasting, and almsgiving.

The Walking with Purpose Group (Catholic women's Bible study group) of our parish invites you to ADD SILENCE to and SUBTRACT NOISE from your daily life for forty days. In addition to whatever traditional practices you consider this Lent, try turning off your TV, radio, podcast, video game, cell phone, or other device for a set amount of time every day. Obviously, this is a great time to talk and listen to God, too.

↪ Cut this out and put it on your fridge or desk as a reminder!

My Lenten Commitment:

I will add ___ minutes of silence to my day, every day, during Lent by subtracting ___ minutes of the following from my day:

"There is one great question: how can man really be in the image of God? He must enter into silence." –Cardinal Robert Sarah

