	HOLY MOMENTS WORKSHEET	Praver	Study		Evange	Child 2-5	Youth 6 - 10	Older Youth 2	Teens 16-18	Young Adult 12	Adult	
1	Add some variety to your ordinary daily routine, and trust God will bless it.	Х						Х	Х	Х	Х	
	Pray to the Holy Spirit and ask for all the <i>Fruits of the Spirit</i> , especially for the one you desire the most. Love, Joy,											
	Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control.	Х							X	X	Х	
\vdash	Hold the door open for your Mom or Sister or Friend or stranger.			Х			Х	Х	Х	Х	Х	
4	Tell a joke to make someone happy.			Х		Х	Х	Х	Х	Х	Х	
5	Add, or join, a prayer chain in your faith community.	Х					Х	Х	Х	Х	Х	
	Adopt a grandparent as a family. Invite them to your home for holidays, or visit them during the holidays. (Often											
	seniors are more comfortable in their own homes). (A Stranger for Christmas Story)			X				Х	X	Х	X	
7	Adopt a homeless pet from the humane society.			Х				Х	Х	Х	Х	
8	Anonymously give each to company in pood. (If you do not know who mut a denotion in an Outroach Ministry hou)			x	١,	х	l ,	х	v	х	x	
9	Anonymously give cash to someone in need. (If you do not know who, put a donation in an Outreach Ministry box). Apologize when you make a mistake or hurt someone.			X	X	X	X	X	X	X	X	
10	Appreciate in silence the life that is meeting you at every moment.	х		^	 ^	^	X	X	X	X	X	
_	Arrive early for church to pray.	X					X	X	X	X	X	
12	As you go about your day, pick up trash.	^		х	х	Х	X	X	X	X	X	
	Ask God to help you with your plan and trust His timing.	Х			<u> </u>		X	X	Х	Х	X	
14	Ask God to lead and guide you.	Х					X	Х	Х	Х	Х	
15	Go to the beach and collect several items that make you love the ocean and God's World (Parables by the Sea)	х	х			х	х	х	х	х	х	
16	Say the Blessing before each meal this week.	Х				Х	Х	Х	Х	Х	Х	
17	Assist the Diocese Office of the New Evangelization or the parish with Catholic radio spots. (Usually, a not-for-profit gets a discount and can make certain the message is conveyed the way the Church would like it conveyed or use newspapers, magazines, cable, or TV spots.				х				x	х	х	
18	At the end of each day this week, reflect on your day. Is there someone you need to forgive, seek forgiveness, congratulate, compliment. Thank God for His many blessings this day.	х		х	х			х	х	х	х	
19	Attend an Ignatian retreat and learn the "spiritual exercises"	х	х							Х	Х	
20	Be a courtesy driver and let someone in your lane. Don't get upset with other drivers even if you have the right of way.									V	Ü	
	(Practice Random Kindness and Senseless Acts of Beauty) Be a peacemaker.		Х	Х	х		Х	Х	х	X	X	
	Be a scout leader. Make sure the right values are being suggested.			X	X		X	٨	٨	X	X	
23	Be an extra nice driver all this week, let others in your lane, have a parking spot. Etc.			X	X					X	X	
	Be bold enough to say, "That is against my faith", or "my faith teaches"; and pray to the Holy Spirit for wisdom,			^	 ^					^	_^	
	strength and guidance.	х	х		х			х	х	х	х	

25	Be friendly.			Х	Х						1	
	Be hospitable. Invite, welcome, and engage others as a Catholic lifestyle.					Х	х	Х	Х	Х	х	
	Be More patient and compassionate with others and then with yourself.			Х	Х			Х	Х	Х	Х	
20	Be patient today. Patience is the capacity to accept and tolerate delay, trouble or suffering without getting angry or		١,,	v	v							
28	upset.		Х	Х	X			.,			لـــــا	
	Be patient with that person who drives you crazy.	X			Х			Х	Х	Х	Х	
$\overline{}$	Be polite on the road driving.	X						.,	.,	.,	لـــــا	
31	Turn off the radio while driving and pray for other drivers, for peoplein houses, etc.	X		Х			Х	X	Х	Х	X	
32	Be proud (in the good sense) of being a Catholic. Live your life with holy boldness	Х	Х		Х			Х	Х	Х	Х	
_	Be thankful for your family and for God!				Х		Х	Х	Х	Х	Х	
	Be truthful.	Х			X		Х	Х		X	Х	
35	Before making a decision, ask, "What will help me become a-better-version-of-myself?	Х	Х		Х		Х	Х	Х	Х	Х	
36	Begin each day with a short prayer of gratitude thanking God for giving you another day of life.	х				х	х	х	х	х	х	
27	Pagin this work, the years mement you wake and the years mement before you sleep, with a prover	х	l _x			х	v	х	v	v	х	
	Begin this week, the very moment you wake and the very moment before you sleep, with a prayer.	X	 ^	Х	Х	X	Х	X	X	X	X	
$\overline{}$	Begin today by helping people see their worth by paying them a sincere compliment. Believe in TGIF: Today God Is Faith.	Х		٨	٨			X	X	X	X	
_	Bring coworkers a special treat.	^		Х	Х			^	^	X	X	
	Browse a Catholic bookstore.	V		Х				· ·	v			
		X	X	v	X			X	X	X	X	
	Buy religious items as presents for birthday, Christmas, anniversary, etc.	Х	Х	Х	X			Х	X	Х		
	Buy your waiter/waitress dessert.			Х	Х			.,	Х	Х	Х	
44	Call an animal shelter and find out what donations they need.			Х	Х	.,	.,	X	Х	Х	Х	
45	Call loved ones just to say "I love you" or to tell them what you appreciate about them.			Х	Х	Х	Х	Х	Χ	Х	Х	
											!	
46	Call someone who has no family nearby and invite him or her to your home for a visit or meal.(A Stranger for Christmas)			X	X	.,	.,	.,	X	X	X	
47	Call your distant loved ones regularly.			Х	Х	Х	Х	Х	Х	Х	Х	
48	Care for your aged relatives as best you canand for other aged people.			Х	Х				Х	Х	Х	
49	Choose at least one action you can take to trusting God with your burdens and start that action today.	х	х		,			Х	Х	Х	Х	
50	Choose the-best-version-of-yourself, even when you don't feel like it.	Х			Х		Х	Х	Х	Х	Х	
	Choose to be a disciple of Jesus Christ; not simply a volunteer: pray, fast, give alms. Do works of service. Gently share	.,	,,	.,	.,			.,	, I	\ ,	,,	
51	your faith and explain how it brings you happiness.	Х	Х	X	X		X	X	X	X	X	
52	Choose to do all things with Joy and Strength.		_	Х	X		X	X	X	X	X	
53	Clean up your room or space without being asked.		_	Х	X		X	X	X	X	X	
54	Compliment a friend or someone you meet.		-	Х	Х		X	X	Х	Х	Х	
55	Compliment a parent or family member.			Х	Х		X	X	Х	Х	Х	
56	Compliment a random stranger about something they are wearing or just anything		ļ ,,	Х	Х		Х	Х	Х	X	X	
57	Consider a retreat such as Cursillo or ACTS or silent retreat	Х	Х					,,		Х	Х	
58	Control your temper, even if you are fully justified in losing it.	Х			Х			X	Х	Х	Х	
59	Cook dinner for the family to show how much you care for them.			Х	Х			Х	Х	Х	Х	
60	Create trust with someone by doing something good of yourself that is expected of you by that someone.			Х	Х			Х	Х	Х	Х	
61	Daily Pray: Blessed be God forever. Make a prayer request for someone else.	Х		Х	Х			Х	Х	Х	Х	
62	Daily Pray: Come, Holy Spirit, fill the hearts of Your faithful, & enkindle in them the fire of Your love. Make a prayer request for someone else.	х		х				х	х	х	х	

	Daily Pray: Eucharistic Heart of Jesus, on fire w/love of us, inflame our hearts w/love of Thee. Make a prayer request											
63		х		l x				v	х	х	х	
63	for someone else.	^		^				Х	^	^	^	
	Daily Pray: Heart of Jesus burning with love of us, inflame our hearts with love of Thee. Make a prayer request for	.,		.,				.,	.,	,,		
64	someone else.	Х		Х				Х	Х	Х	Х	
65	Daily Pray: Jesus, Mary, and Joseph, I give you my heart and my soul. Make a prayer request for someone else.	Х		Х				Х	Х	Х	Х	
66	Daily Pray: Jesus, meet and humble of heart, make my heart like unto thine. Make a prayer request for someone else.	х		l x				х	х	х	х	
F	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7											
	Port Program of Cod Har Thomas Hall to Add the Add to the Cod Har Thomas Hall to the Cod Hall to the Cod Har Thomas Hall to the Cod Hall to the Co			.,				.,	.,	.,	.,	
67	Daily Pray: Jesus, my God, I love Thee above all things. Make a prayer request for someone else.	Х		Х				Х	Х	Х	Х	
68	Daily Pray: Lord Jesus Christ, Son of God, have mercy on me, a sinner. Make a prayer request for someone else.	Х		Х				Х	Х	Х	Х	
69	Daily Pray: My God, and my all!!! Make a prayer request for someone else.	Х		Х				Х	Х	Х	Х	
70	Daily Pray: Sacred Heart of Jesus, I trust in You. Make a prayer request for someone else.	х		х				х	х	х	х	
71	Deliver soup and crackers to a sick friend.			X	х				X	X	X	
72	Deny self in a moment of desire or temptation and do what God is calling you to do.	Х	 	^					X	X	X	
73	Discipline yourself to stand strong with your positive attitude in every circumstance.	X	Х	х	Х			х	X	X	X	
74	Display religious items in your home, office, or vehicle.	^	<u> </u>		X			X	X	X	X	_
			-	х	^			X		X	X	
75	Do a chore without being asked to show your kindness to others.			_ X			Х	Α	Х	X	Х	
76	Do a retreat. https://lifeteen.com/cym/retreats/	.,	<u> </u>						.,		.,	
77	Organize a Christmas "posada" procession or celebration.	Х	Х	Х					X	Х	Х	
78	Do not give up on your goal, press forward.	Х	Х		Х			Х	Х	Х	Х	
79	Do not let anger control you.	Х	Х				Х	Х	Х	Х	Х	
80	Do not say an unkind word today.	Х		Х	Х		Х	Х	Х	Х	Х	
81	Do not waste time feeling guilty about something in your past. Trust God to set you free. HOW TO FORGIVE YOURSELF	х	х						х	х		
82	Do something special for yourself this week, both body and spirit.	^	<u> </u>	х	Х		Х	х	X	X	Х	
OZ	Do something special for yourself this week, both body and spirit.		-	^			 ^	^	^	^	^	
	Do something to simplify your life this week. "Jesus, help me to simplify my life by learning what you want me to be,											
83	and becoming that person." –St. Therese of Lisieux	Х	х		Х		х	Х	Х	Х	Х	
84	Do the thing you need to do in that very moment, to be 100% available to God and others. Spending Time w/God	х	х		х		х	х	Х	х	х	
85	Do you believe God has blessed you? Then show your gratitude to God by being a blessing to someone today.	х		х	х	х	х	х	х	х	х	
88	Don't go through a day without increasing someone else's joy. Be a JOY GERM.			Х	Х	Х	Х	Х	Х	Х	Х	
89	Donate money to local charity or the Outreach Ministry			Х		Х	Х	Х	Х	Х	Х	
90	Donate some old stuff or toys to a friend or thrift store.			Х		Х	Х	Х	Х	Х	Х	
91	Donate your lightly used books to a friend or library.			Х		Х	Х	Х	Х	Х	Х	
92	Donate your old toys to a friend or thrift store.			Х	Х	Х	Х	Х	Х	Х	Х	
93	Draw a picture of someone you love and give them that picture.			Х	Х	Х	Х	Х	Х	Х	Х	
94	Draw a picture of your favorite place on Earth and then Thank God for that place.	Х			X	Х	Х	Х	Х	Х	Х	
95	Draw or list 10 things that you love in your life. Then thank God for these.	X			X	Х	X	X	X	Х	Х	
	5. a.r. 5. not 25 annigo that you love in your mer. Then thank dou for these.				_ ^					^	,	

			1									
	Dress appropriately, and with dignity. As a Christian, you represent Christ, not the culture; learn how to be Christian											
96	woman/man		Х		X		Х	Х	Х	X	X	
97	Each Day Is God's gift to you. Make it blossom and grow into a thing of Beauty.	Х	Х	Х	X		Х	Х	Х	X	X	
98	Each day this week, pray for someone you know, asking God to remove their concerns and replace them with faith.	х		х	х		х	х	х	х	х	
-30	and the first of t			~			<u> </u>					
99	Each time this week you have an urge to judge someone or yourself, pray a Hail Mary for them or yourself.	х		х	х			х	х	х	х	
100	Eat dinner as a family and always start and end with a prayer of thanksgiving.	X	х		X	Х	Х	X	Х	X	X	
101	Encourage someone, coach someone, praise someone, affirm someone.	X	X	х	X	X	X	Х	X	Х	Х	
	2. Leading Someone, education and the someone, animal someone.		<u> </u>	~						^		
	Eat a dinner as a family and talk about your faith and God (Dinnertime Conversations)	Х	Х		Х	Х	Х	Х	Х	X	Х	
	Encourage young couples to learn "theology of the body" and discourage them from using artificial means of birth											
	control and engaging in pre-marital sex. The arguments are compelling from a physical health perspective, a Christian											
102	spirituality standpoint, and in encouraging true love.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
103	Encourage young men and women not to live together. Be confident in stating that true love really does wait.	х	Х	х	Х			х	X	Х	X	
104	Every day say a prayer of gratitude.	Х	Х		Х		Х	Х	Х	Х	Х	
105	Every morning meditate on the gift of life and stay in touch with your core balance.	Х	Х		Х			Х	Х	Х	Х	
106	Examine your conscience each evening before falling asleep.	Х	Х		Х		Х	Х	Х	Х	Х	
107	Exercise with the family. Maybe take a walk or go to a park and play together. T	Х			Х	Х	Х	Х	Х	Х	Х	
108	Extend a hand to someone in need. Give your full attention and simply listen.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
109	Fast regularly. Even small fasts teach spiritual discipline.	Х			Х			Х	Х	Х	Х	
110	Find a reason to laugh today. Lighten up and look for humor in any circumstance. T	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
111	Find out what people need, so you can help.	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
112	Find time to remain in His presence, in silence, to be looked upon by Him. Let His face warm your heart.	х	х		х		х	х	х	х	х	
113	Find ways to show kind gestures. Challenge the family to do the same.	X	X	Х	X	Х	X	X	X	X	X	
	Focus on giving to others and righting the injustice in the world	X	X	X	X	_		X	X	X	X	
	n ocas on grang to others and righting the injustice in the world		 ^	_				^	^	,	^	
	Focus on what is truly important. Relationships and Christian values are what is important.	Х	Х		Х		Х	Х	Х	Х	Х	
117	For long view planning, ponder Eternity. That's a Holy Moment.	Х	Х		Х			Х	Х	Х	Х	
118	Forgive and show mercy to everyone who offends you.	Х		Х	Х			Х	Х	Х	Х	
119	Forgive others, sincerely.	Х		Х	Х			Х	Х	Х	Х	
120	Forgive someone who hurt you.	Х		Х	Х		Х	Х	Х	Х	Х	
121	Form a new good habit this week.	Х	<u> </u>	Х	X	Х	Х	Х	Х	Х	Х	
122	Generously compliment and tip your next waiter, whether they deserve it or not.		<u> </u>	Х	Х				Х	Х	Х	
123	Get a group of people to go out together singing Christmas carols.	Х	<u> </u>	Х	Х	Х	Х	Х	Х	Х	Х	
124	Get an "In God we Trust" bumper sticker/ state license plate.		<u> </u>		Х				Х	Х	Х	
	Get honest with yourself about your self-destructive habits. That's a Holy Moment. (Become best version of yourself-											
	Matthew Kelly)	Х	Х					X	X	Х	X	
	Give a hug to a friend.		<u> </u>	Х	Х	Х	Х	Х	Х	Х	Х	
127	Give a loved one a 'just because' hug.		<u> </u>	Х	Х	Х	Х	Х	X	Х	Х	

						T						_
	Give an inspirational book to a friend.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
129	Give another driver your parking spot and say a little prayer for that person/family.	Х		Х	Х			Х	Х	Х	Х	
	Give your pastor/deacon/religious sister, your parents, and your special friends a blessing when you see them. Just say										1	
130	"God Bless You" with a smile.	Х		Х	Х		Х	Х	Х	Х	Х	
131	Give God the glory when you succeed at something. It really does belong to Him.	Х					Х	Х	Х	Х	Х	
132	Give positive shoutouts online.			Х	Х		Х	Х	Х	Х	Х	
133	Give someone a life-changing book.			Х	Х			Х	Х	Х	Х	
134	Give someone your best attention, especially to the elderly.			Х	Х			Х	Х	Х	Х	
135	Give whomever is in front of you your full attention.			Х	Х		Х	Х	Х	Х	Х	
136	Go fishing with Christian friends.			Х	Х			Х	Х	Х	Х	
137	Go into the heart of love and come from that place in all your choices and decisions and you will find peace.	х	х	х	х			х	х	х	х	
13/	Go out of your way to do something nice today-open a door, leave a good tip or share a beautiful smile with someone				<u> </u>				^		<u> </u>	t
138	who crosses your path.			х	х	х	х	х	х	х	x	
	Go the extra mile today to help others.			X	X		X	X	X	X	X	╄
139	Go the extra fille today to help others.			^	_^			^	^	^	-^-	╆
	Go to adult education talks in your parish. Invite co-workers, family, and friends to go with you. For ideas, speak to										1	
140	your pastor.	х	х	Х	х				х	х	х	
												T
	Go to confession regularly. Once a month is a good "rule of thumb". Make this a family practice, too.	Х	Х		Х		Х	Х	Х	Х	Х	╄
142	Greet more people at church.			Х	Х	Х	Х	Х	Х	Х	Х	╄
	Grow in Virtues (humility, generosity, meekness, zeal, solicitude, temperance, chastity). Growing in virtue helps us											
143	grow out of sin.	Х	Х		Х	Х	Х	Х	Х	Х	Х	╄
	Have a BBQ, with family and friends, include some Christian conversation.	Х		Х	Х					Х	Х	╄
145	Have a complaint free day. This helps you focus on good things happening in your life.	Х			Х				Х	Х	Х	Ļ
	Have a Friday (or Saturday) Night at the Movies in your parish. Bring potluck snacks. Choose a movie with Christian											
	themes or imagery, discuss the imagery afterwards. The Chronicles of Narnia series are a good place to start. They											
146	are also good for young families. The Lord of the Rings trilogy is great for young adults and older.	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	┖
147	Have a picnic with your friends or family. Take time to thank God for these people	Х		Х	Х	Х	Х	Х	Х	Х	Х	1
148	Have a potluck at work to celebrate a milestone like a birthday or a successful event.			Х	Х					Х	Х	
149	Have witness nights at your parish. Share several conversion stories. Combine it with a potluck.	Х		Х	Х				Х	Х	Х	╄
150	Help a special needs person this week with love and understanding			Х	Х		Х	Х	Х	Х	Х	┖
	Help others to bring others into life changing relationships with Jesus.	Х	Х	Х	Х			Х	Х	Х	Х	L
152	Help someone struggling with heavy bags.			Х	Х		Х	Х	Х	Х	Х	
											1	
153	Help the parish sponsor a Catholic billboard. Or work together with friends to support one through the diocese.	Х		Х					Х	Х	Х	Ļ
154	Help your family recycle to show God how much you love the earth.			Х	Х	Х	Х	Х	Х	Х	Х	
	Help your parish do a periodic youth all-nighter.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
157	Hold the door of the elevator, subway, or bus for someone rushing to catch it.			Х	Х	Х	Х	Х	Х	Х	Х	
											1	
158	Host a "jam" session and bring people together with musicians for a sing-a-long. Make is pot luck	х		х	х		х	х	х	х	х	
												T
150	How many counds can you have outside? Take a mamont to the all Cad for the accounts	v			, l	v	v	v	v	v	v	
159	How many sounds can you hear outside? Take a moment to thank God for those sounds.	Х			Х	Х	Х	Х	Х	Х	Х	L

_						T	1					
160	If someone has a misguided belief as to what the Church teaches, clear it up for him/her.	Х	Х		Х				Х	Х	Х	
161	If you play a musical instrument, visit a senior center or hospital and give a brief recital.			х	х		х	х	х	х	х	
162	Influence those around you to trust in God with bold faith.	Х	х		Х				Х	Х	Х	Х
163	Invite people to your home for meals. Breaking bread together is important.	X		х	х				х	х	х	
<u> </u>	Invite somebody to church. This is especially effective during Advent, Christmas, Ash Wednesday, Lent, Easter, and											
164	Pentecost.	х	х	х	х			х	х	х	х	
	Is there a person in your life who's difficult to be around? Pray and ask God to teach you how to respond to them in											
166	every situation.	х		х	х		х	х	х	х	х	
167	Join the Knights, Daughters of Isabella, Catholic Daughters, Legion of Mary, Serrans, or other Catholic Groups, etc.	Х	Х	Х	Х				Х	Х	Х	
	Keep Sunday's holy. Try not to spend money or engage in competitive organized sports on the Sabbath. Try not to do											
168	things that require others to work on Sunday.	Х	Х		Х		Х	Х	Х	Х	Х	
169	Laugh a lot. Share good, wholesome, jokesand religious jokes.		X	Х	X		Х	Х	X	Х	X	
170	Laugh out loud often and share your smile generously.		Х	Х	Х		Х	Х	Х	Х	Х	
171	Leave a generous tip.		_	Х	Х				Х	Х	Х	
172	Leave a nice comment on social media.			Х	Х		Х	Х	Х	Х	Х	
173	Leave a nice note in the Mailbox for the mail carrier.			Х	Х	Х	Х	Х	Х	Х	Х	
174	Leave a positive note in a library book.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
176	Leave your bitterness behind and forgive those who have caused it.	Х		Х	Х		Х	Х	Х	Х	Х	
177	Lend a friend a favorite book.	Х		Х	Х			Х	Х	Х	Х	
178	Let go of selfishness.	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
179	Let someone else pick what to watch OR play on TV.			Х	Х		Х	Х	Х	Х	Х	
180	Let someone go in front of you at the store, restaurant or church.			Х	Х			Х	Х	Х	Х	
181	Let someone go in front of you or take the first turn when playing a game. That's a			Х	Х	Х	Х	Х	Х	Х	Х	
182	Let someone merge into traffic during rush hour.			Х	Х				Х	Х	Х	
183	Let the person behind you in the grocery store go ahead of you in line.			Х	Х				Х	Х	Х	
184	Let your Emotions subside before you decide.			Х	Х		Х	Х	Х	Х	Х	
185	Let your staff leave work an hour early just for no reason but it's a nice day or in recognition of outstanding work			x	v						х	
103	Let your starr leave work arribour early just for no reason but it's a flice day or in recognition or outstanding work			^	Х						^	
1	19 A Mary Language of 19 has a straightform of 1900 and the contract of deal and		١.,		١.,							
186	Like Mary, keep your faith burning even at times of difficulty, and in moments of darkness.	X	X		X				X	X	X	
	List 3 positive things in your life and say a prayer of thanksgiving.	X	X		X		Х	X	X	X	X	
188	Listen to what God is saying to you this week.	Х	Х		Х			Х	Х	Х	Х	
1	Live in the moment of something special that cannot be recreated. Savoring a special time with someone you love and				٠,					.,		
189	with God.	Х			Х				Х	Х	Х	
1	Look for something to do for someone else this week. Such as pay for someone's coffee, let them go first in the			,,	٠,					,,	١.,	
190	grocery line or gas pump, pick up trash on someone's lawn AND PRAY FOR THEM when doing so	X		Х	Х		Х	X	X	Х	X	
191	Make a brief "morning offering" to God when you awake.	X						Х	X	Х	X	
192	Make a decision this week: I am finished with upset and turmoil; enjoy peace.	Х	_					Х	Х	Х	Х	
193	Make a decision today to glorify God by completing each task He gives you AND thank Him for the opportunity.	х			х			х	х	х	х	
133	make a decision today to giorny dod by completing each task the gives you and building thin for the opportunity.	^			^			^	^	^	^	

194	Make a family member breakfast in bed and PRAY for him/her while making the food	Х		Х	Х		Х	Х	Х	Х	Х	
195	Make a healthy eating choice and thank God for the food and the opportunity to be free to decide.	х		х			х	х	х	х	х	
196	Make a list of what your good;read it out loud every morning until you are convinced;Pray for His help.	х	l x		l x			х	х	х	х	
130	indice a list of what your good, read it out load every morning after you are convinced, ray for his help.		-		<u> </u>					^		
197	Make a positive change in your life today; list all the benefits to that change and pray for His help.	Х										
	Make a special effort to tell people "Thank You" for the things they do for you. God says "love one another" and this											
198	shows your love for them.; write their name in a prayer journal & pray for them everyday.	х		х	х		х	х	х	х	х	
130					<u> </u>							
199	Make healtmarks (prayer cards for friends or family for a special accession or helidaulist in prayer journal	v		v	١,		l ,	l ,	v	v	v	
199	Make bookmarks/prayer cards for friends or family for a special occasion or holiday; list in prayer journal.	Х		Х	Х		Х	Х	Х	Х	Х	
	Make Halloween a religious event again; Mock the evil spirits of our age. They have no power over the Christian who is											
200	in Christ. Celebrate this event.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
	Make it a regular habit to visit Jesus in the Blessed Sacrament and tell Him about your day/dreams/worries; be still and											
201	listen	X	X	X	X	Х	X	X	X	X	X	
202	Make Mass a habit; try to work daily Mass into your life as frequently as you can.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
203	Make positive small talk with a stranger in line at grocer, movie theatre, etc (Brenda at McDonalds)	Х		Х					Х	Х	Х	
204	Make someone else's bed or do a chore for them and offer as a sacrifice for sick children and their families.	Х		Х	Х		Х	Х	Х	Х	Х	
					l							
	Make the choice today to be honest, genuine and authentic with God and with all the people in your life.	X	Х	Х	Х			Х	Х	Х	Х	
	Make time for others. Be accessible to them/listen and learn about them; pray for them Man a booth promoting Catholicism, life, or Christian values at a fair.	X		X	X		Х	X	X	X	X	
208	iviali a bootii promoting Catholicishi, life, or Christian values at a fair.	^		^	<u> </u>			^	^	^	^	
	Mention your faith in public. Don't be afraid to tell your story. Your life is your experience of faith. Recognize where											
209	God has "broken in". Tell others. Feel free to speculate on a recent "God moment". (or God "Winks")	х			х			х	х	х	х	
	Mind your manners. This respects others.	Х		Х	Х		Х	Х	Х	Х	Х	
211	No negative thoughts this week. Replace it with God's word.	Х		Х	Х		Х	Х	Х	Х	Х	
	Occasionally take your children w/ you to the adoration chapel, Stations of the Cross, Divine Mercy services.	Х	х	Х	х	Х	Х	Х	Х	Х	Х	
	Offer a smile & compliment to a random person and say silent prayer for him/her.	Х		Х	Х		Х	Х	Х	Х	Х	
	Offer others " a Blessed day".	X		X	Х	Х	X	Х	X	X	X	
216	Offer the least enjoyable tasks of your day to God as a prayer for others who are suffering.	Х		Х	Х		Х	Х	Х	Х	Х	
217	Offer to take a friend's child to ball practice; pray for that child while he/she is at practice and for their family	x		x	l _x		×	x	х	х	х	
217	;Offer to take a shopper's cart to the return line outside;say a prayer for that person.	X	-	X	X		X	X	X	x	X	
210	On a scale of 1 to 10, how would you rate your relationship with Jesus today? Make a commitment to do one thing this	Х		X	 			, x	, X	, x	٨	
219	week to draw even closer to Jesus.	х			x			х	х	х	х	
	Open the door for another person.	х			х	х	х	х	х	х	Х	
	· ·											

221	Organiza a compatitive softball game as other event		_	.,			1					
221	Organize a competitive softball game or other event	X		х	X							
222	Participate in a Catholic or ecumenical Bible study or faith sharing group. Participate in the Annual Life Chain event; help at a pregnancy counseling center; or support kachel s vineyard post-	Х	х	х	х			Х	Х	Х	х	
223	abortion healing retreat.	х		х	х				х	х	х	
_	Pay for the meal of the person behind you in the drive-through.	х		х	х				х	Х	х	
	Pay the toll for the person behind you.	х		х	х		1		х	х	х	
	Place religious statuary in your yard.	х			x					х	х	
227	Plant something to experience God's Wonder in Nature. Water it to keep it healthy.	X			X		х	х	х	Х	X	
	Ponder each daySt. Francis of Assisi – Do what is necessary, then do what is possible. Soon you will do the				<u> </u>		<u> </u>		-			
228	impossible.	х	х		х				х	х	х	
	Practice using your manners in every conversation you have. (yes and no ma'am/sir, thank you, please, your welcome,		<u> </u>		Ĥ							
229	God Bless you, Excuse me, I'm sorry)			х	х	х	х	х	х	х	х	
	Pray each dayGuardian Angel prayer. Angel of God, my Guardian Dear, to who God's Love and Trust is near. Ever											
234	this day, be at my side, to Light and Guard, to Rule and Guide.	х			х		х	х	х	х	х	
234	uns day, be at my side, to tight and duard, to rule and duide.	^			 ^			^	^	^		
235	Pray each dayLord, help me to see you in the eyes of everyone I meet, so that everyone I meet may see you in me.	х		x	x		l x	х	х	х	х	
236	Pray each dayasking for God's grace to do all things necessary, possible and impossible.	X			X		X	X	Х	X	Х	
237	Pray every day to the Holy Spirit that he open your heart to Jesus.	X			 ^		x	X	x	X	X	
238	Pray for and help the elderly.	X		х	х		x	X	X	X	X	
239	Pray for and help the sick.	X		X	X		X	X	X	X	X	
240	Pray for our elected leaders of this nation.	X	х	X	X		X	X	X	X	X	
241	Pray for someone you don't like.	X	 ^	X	X		X	X	X	X	X	
242	Pray for the authority figure in your life.	X		X	X		X	X	X	X	X	
243	Pray for the dying that they may see Christ.	X	х	X	X		X	X	X	X	X	
244	Pray for the souls in Purgatory, particularly deceased loved ones	X	x	X	X		X	X	X	X	X	
244	Pray honestly DAILY and often (long, short or indifferent) Just be Honest!!	X	X	X	X		X	X	X	X	X	
247	Pray the rosary in the car while on a drive or trip. Let the children lead.	X	X	^	X	х	X	X	X	X	X	
247	Pray the Rosaryand sometimes on a park bench. Pray it slowly, putting yourself there at the mystery and decade you	^	├ ^		<u> </u>	^	^	^	^	^	^	
248	are reciting	х	l ,		х			х	v	х	х	
248	ale reciting	^	Х		-			^	Х	^	^	
250	Pray this week: Ask for the gift of faith from God in prayer, for ourselves and for others that we will all live our faith.	х	x	x	х			х	х	х	х	
250	Pray, Come, Holy Spirit, Come. Fill our lives with your power and your gentleness. Help us become gentle and forgiving	^	-	^	-			^	^	^	^	
254	and the best-version-of-myself.	v	l ,		l ,			v	v	v	х	
251 252	Provide transportation for elderly neighbors to help with their shopping.	X	Х	х	X		Х	Х	X	X	X	
	Put a nice note or picture on someone special's desk or table. This spreads God's Love!	X	-	X				V	X		X	
253	Put a nice note or picture on someone special's desk or table. This spreads God's Love! Jesus wants your heart to be at	X	-	Α	Х			Х	X	Х	٨	
255	peace. It takes faith to say no.	х	x	х	х		l x	х	х	х	х	
256	Read a book over a period of days/weeks to a senior or a child.	X	⊢ ^	^	X		 ^	X	X	X	X	
257	Read a book to someone or read together. Pick a happy story!	X	х	х	X			X	X	X	X	
23/	Read a story from the Bible with your family. What message is God telling the people and You? Share this moment	^	 ^	^	 ^			^	^	^	٨	
258	with the family.	х	x	х	х	х	х	х	х	х	х	
259	Read about the saints. Tell their stories. Pick a saint to learn more/imitate.	X	X	X	X	X	X	X	X	X	X	
233	Read Catholic books and magazines. listen to Catholic tapes. Discuss them with friends both Catholic and non-Catholic.	^	 ^	^	 ^	^		^	^	^	^	
260	Keep the discussion gentle, respectful, and passionate.	х	x	x	х			х	х	х	х	
200	receptive discussion general respectivity and passionate.	^	- ^	^	 ^			^	^	^		
276	Create special care packages for parish baptisms, RCIA, weddings, Holy Communion, bereavement	Х	Х	Х	Х	Х	Х	Х	Х	X	Х	

							ī				$\overline{}$	
270			۱.,	.,		.,	.,	.,	.,	.,		
279	Reduce your intake of television, movies, and the internet; read, pray, visit w/family, friends, neighbors more Refuse to give up your joy, instead practice walking in faith.	X	X	Х	X	Х	Х	X	X	X	X	\vdash
200	Resist and refuse to let doubt convince you that good things won't happen to you and your family, aggressively expect	^	- ^-		^			^	^	^	_^_	
281	good things!	х	x		х			v	v	х	х	
281	Respectfully challenge an atheist. Ask what the purpose of his/her life is? Ask how he/she can know their values have	Х	<u> </u>		Χ			Х	Х	Х	_ ^	\blacksquare
	any merit outside himself? Explain how knowing, loving, & serving God in this life and being happy with Him forever in										, ,	
282	eternity is our purpose in life.	х	x		х		х	х	х	х	х	
283	Return your shopping cart to the rack or offer to return someone else's for them.	X		х	X		X	X	X	X	X	
284	Roll an elderly neighbor's garbage cans back up the driveway on trash pick-up day.	X		X	X		X	X	X	X	X	
285	Run an event or sports program out of the church for the community.	X	х	X	X				X	X	X	
203	Sacrifice some small thing you like each day this week, such as eat bread without butter, turn off the radio and drive in		 ^									_
286	silence, anything you enjoy, offer up this sacrifice to the Lord.	х		х			х	х	х	х	х	
287	Say "thank God", "I believe", or "Amen" in public.	X		X	Х		X	X	X	X	X	
207	Say "Thank you" as often as you can. Expressing gratitude makes you more appreciative of what you have. Gratitude is	^		^	^		^	^	^	^		
288	a beautiful virtue. It helps make you, and those you thank, happy!	х		l x	х	х	х	х	х	х	х	
290	Say Good Morning with a smile to those you meet and Good Night to your family	X		X	X	X	X	X	X	X	X	
291	Say grace before mealsmaking the Sign of the Cross wherever you are.	X	х	X	X	X	X	X	X	X	X	\vdash
292	Say less. Think before you make a quip. Does it glorify God? What would Jesus say?	X	-	X	X	^	X	X	X	X	X	\vdash
293		X		X	X		X	X	X	X	X	\vdash
293	Say something nice to everyone you meet today. Say something nice to someone that's having a bad day.	X		X	X		X	X	X	X	X	
294	Say this prayer daily: Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my	^		^	^		^	^	^	^		
296	heart open to the beauty of God every day.	х			х			х	х	х	х	
296	Seek spiritual direction. Give spiritual direction as a friendalways promote what the Church promotes. We all need	^			^			^	۸	^	^	\blacksquare
297	an objective shoulder to lean on.	х		l x	х				х	х	х	
298	Send a postcard or note to a friend or family mentioning what you like about that person.	X		X	X		Х	Х	X	X	X	\blacksquare
299	Send cards to the sick and bereaved.	X		X	X		X	X	X	X	X	\vdash
300	Set time apart daily for God.	X		^	^	х	X	X	X	X	X	
300	Set your alarm clock or cell phone for a specific time of day for each day of this week, to say a prayer of any kind or	^				^	^	^	^	^	$\hat{}$	
301	length.	х						х	х	х	х	
302	Show God's Love by offering a Hug to Someone Special.	X		Х	Х		Х	X	X	X	X	
304	Show kindness and respect to others.	X		X	X	Х	X	X	X	X	X	
305	Show love toward others this week.	X		X	X	X	X	X	X	X	X	
306	Sing your favorite songs for your family to make them happy! God gives us Joy in our life, sing it!	X		X	X	X	Х	X	X	X	X	_
- 300	Smile a lot. It makes you happy. It also makes others happy. It's a great witness to your Christian joy. Smiling is a one											_
307	word Christian philosophy on living.	х	х	х	х	х	х	х	х	х	х	i
308	Smile all week.	X	<u> </u>	X	X	X	X	X	X	X	X	
309	Smile at 10 strangers.	X		X	X		X					
310	Smile at friends to make everyone happy!	X		X	X	Х	X	х	Х	х	Х	
311	Smile often to spread God's Happiness!	X		X	X	X	Х	Х	X	Х	Х	
├					- ^-						^	
	Spend some time in silent reflection. Start with five minutes a day. Try to visualize darkness, calmness, nothingness,											
313	peace. Block out other thoughts. God will "break-in" when He wants. You will recognize him.	х	x	x	х			х	х	х	х	
314	Spend some time with nature. Thank God for his creation and His incredible creativity.	X	 ^	X	X	Х	х	X	X	X	X	
315	Spend time with God today, getting to know him a little more each day.	X	х	X	X		- ^-	X	X	X	X	
316	Spread some encouragement online.	X	X	X	X			X	X	X	X	
	epicad some encodingement online.		_ ^		_ ^			_ ^		_ ^	_ ^	

317	Stand against moral degeneration in our nation.	Х	Х	Х	Х			Х	Х	Х	Х	
	Stand for chastity, whether married or single, chaste living means to avoid sexual activity that is contrary to morality or											
318	religious teachings.	Х	Х	Х	Х			Х	Х	Х	Х	
319	Start a new friendship today. Friends are God's way of taking care of us.	X		Х	X	.,	Х	Х	Х	Х	X	
320	Start a parish food pantry or collect food for families you know who are in need.	X		Х	Х	Х	Х	X	Х	Х	X	
321	Start a piggy bank for a cause and set a goal of when to donate the savings.	X	, ,	Х	X	Х	Х	Х	Х	Х	X	
322 323	Start or assist with a parish newsletter. Let it set on your coffee table for visitors to read. Start, or be part of a hospitality committee in your parish.	X	X	X	X			Х	X	X	X	
		X	X	^	X			X	X	X	X	
326	Starting this week, form a habit of talking to God as your constant companion and helper. Stay calm in the midst of a crisis or conflict and PRAY	X	-		X	Х	Х	X	X	X	X	
328	Stop by the neighbors occasionally. Bring a dessert.	X		Х	X	^	X	X	X	X	X	
329	Stop for a person waiting to cross the street.	X		X	X			^	X	X	X	
330	Stop gossiping.	X	х	X	X		Х	х	X	X	X	
331	Subscribe to the Diocesan Newsletter. It keeps you linked to the local church.	X	X	X	X				Α	X	X	
332	Support and promote pro-life agencies and organizations.	X	Х	Х	Х			Х	Х	Х	X	
	Support charities with wholesome values. Don't support charities that do 95% good things and 5% bad. Explain											
333	whythat there are organizations that you agree with 100% and you prefer to support them.	х	х	х				х	Х	Х	х	
	Take a few seconds throughout the day to thank God for the sun, a pretty flower you see, or even just the shelter you											
334	have.	х			Х	Х	х	х	Х	Х	х	
335	Take a nature hike and pray along the way	Х			Х	Х	Х	Х	Х	Х	Х	
336	Take a walk or hike and name 10 things that you love about Nature and God's World.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
337	Take a white river rafting trip with Catholic youth/families.	Х		Х	Х			Х	Х	Х	Х	
338	Take care of yourself by eating healthy fruits and vegetables. God wants you to be happy and full of life!	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
	Take someone to see a movie or rent a video or participate in cultural or artistic activities that have healthy spiritual											
339	<u>overtones.</u>	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
	Take the long view of your decisions this week, not the short sense of gratification. The long view will liberate us from											
341	self-interest and make us more generous.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
342	Take the time to listen to a friend in need.	Х		Х	Х		Х	Х	Х	Х	Х	
343	Take time to appreciate the sunrise and/or sunset.	Х	L	Х	Х		Х	Х	Х	Х	Х	
344	Take time to laugh, for it is the music of the soul.	X	Х	Х	Х	Х	Х	X	Х	Х	X	
345	Take time to play. Invite others. Take time to read introd of watching your favorite TV show.	X	- V	X	X	Х	X	X	X	X	X	
346 347	Take time to read instead of watching your favorite TV show. Take time to stop and let God be your refuge.	X	X	X	X		X	X	X	X	X	
347	Take time to watch children today and learn from them.	X	 ^	^	^			^	X	X	X	
349	Take your kids, or grandkids, to the playground. Converse with others while you are there.	X		Х	Х				^	X	X	
343	Talk to your guardian angel regularly; Ask him to send a cohort of angels& saints to be w/you & others you want to help	^		^						^	^	
350	or protect.	х	х		х	х	х	х	х	х	х	
351	Teach your children to evangelize by taking them to a nursing home, assisting neighbors, etc.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
353	Tell a friend you appreciate him or her.	Х			Х		Х	Х	Х	Х	Х	
354	Tell God you love Him regularly and spontaneously.	Х			Х	Х	Х	Х	Х	Х	Х	
355	Tell God you trust he has a great plan for you and your life.	Х		Х	Х		Х	Х	Х	Х	Х	
356	Tell others you love them, too. As St. Francis taught, "use words when necessary".	Х		Х	Х	Х	Х	Х	Х	Х	х	
357	Tell someone how much you love them.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
358	Tell someone they are special to you, and why.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
359	Tell your boss how great a coworker is.	Х		Х	Х				Х	Х	Х	

360	Tell your children why you love them.	Х		Х	Х					Х	Х	
361	Tell your employees how much you appreciate their work.	Х		Х	Х					Х	Х	
362	Text a daily Inspirational Saying, Happy note, emoji, or gif to a friend.	Х		Х	Х		Х	Х	Х	Х	Х	
363	Thank God for the season you're currently in, as well as the season He's bringing you in.	х	х	х	х		х	х	х	х	х	
364	Thank your Mom or Dad for driving you someplace special.	X	 ^	X	X		X	X	Х	X	X	
307	Think of 3 specific friends, neighbors or coworkers you see regularly. Commit to listen intentionally the next time your			Α								
365	together and trust God to show you how to bless them.	х		x	х		х	х	х	х	х	
366	Think of a way you can demonstrate your trust in God by helping someone in need.	X		X	X	Х	X	X	Х	X	X	
367	Think of a way you can demonstrate your trust in God by neighing someone in need. Think of one positive, healthy activity that you can do today and do it.	X		^	^	X	X	X	Х	X	X	
307	Think of those times when you have felt closest to Jesus. Where were you? What were you doing? Share your thoughts	^				_^	^					
368	with a family member or friend.	х			х		х	х	х	х	х	
369	This week do as much for others as you can.	X			X	Х	X	X	X	X	X	
370	This week do not become so involved that you do not have time for Christ.	X	-		X		X	X	X	X	X	
370	This week do not become so involved that you do not have time for christ. This week do not keep Jesus at a distance. Get closer in some way.	X	Х		X		X	X	X	X	X	
371	This week for not keep Jesus at a distance. Get closer in some way. This week forgive quickly and freely.	X	X	Х	X	Х	X	X	X	X	X	
373		X	X	X	X	^	X	X	X	X	X	
374	This week keep your tongue free from evil. This week learn to accept constructive criticism.	X	X	X	X		X	X	X	X	X	
374	This week make many people happy.	X	X	Х	X	Х	X	X	X	X	X	
	This week practice self-control.	X	X	^	X	^	X	X	X	X	X	
376	This week practice seir-control. This week pray for Christians being persecuted for their faith.	X	X	Х	X		X	X	X	X	X	
377	This week pray for those who live alone	X	 ^	X	X		X	X	X	X	X	
378	This week refrain from gossiping.	X		٨	^		X	X	X	X	X	
380	This week talk about only the positive things happening in your life.	X			Х		X	X	X	X	X	
381		X			X		X	X	X	X	X	
382	This week trust Jesus with every thought, burden and worry. This week turn all your worries and problems over to God.	^			^		^	^	^	^	^	
382	This week, be extra thankful for a friend. "Friendship is the source of the greatest pleasures, and without friends even											
383	the most agreeable pursuits become tedious. –St. Thomas Aguinas	х		х	х		х	х	Х	х	х	
384	This week, be happy for others who have been blessed.	X			Х		Х	X	Х	Х	Х	
385	This week, be who you Really Are, which is pure, love, unlimited and unconditional.	X	х	Х	Х	Х	Х	X	X	X	Х	
386	This week, compliment at least one person a day.	Х		Х	Х	X	Х	Х	Х	Х	Х	
387	This week, find ways to show kind gestures.	X	х	X	Х	X	Х	X	Х	Х	X	
	This week, pray for the ability to love and forgive someone. "If we really want to love, we must learn how to forgive."	-	L ~					- 1	-	- 1	-	
388	St. Mother Teresa of Calcutta.	х	х	х	х	х	х	х	х	х	х	
	This week, pray to love someone unconditionally. "The important thing is not to think much but to love much; and so		 ^		<u> </u>			^		^	^	
389	do that which best stirs you to love."St. Teresa of Avila	х		x	х	х	х	х	х	х	х	
	This week, when duty calls remember "Put your heart aside. Duty comes first. But when fulfilling your duty, put your	-						- 1		- 1		
390	heart into it. It helps."St. Josemaria Escriva	х							х			
391	This week: Turn your worry into worship and watch God turn your battles into blessings.	Х	Х	Х	Х	Х	Х	Х	X	Х	Х	
	Those times when you fail God/others/yourself, pick yourself up and move The only way you can ultimately fail with											
392	God is to stop trying.	Х	Х		Х		Х	Х	Х	Х	Х	
393	Tithe, if you don't donate money now, start with something and increase it each week; tithe can be time or money	х	х	х	х	х						
394	Tithe. It helps you set good spiritual and material priorities and makes you more grateful to God.	Х		Х		Х	Х	Х	Х	Х	Х	
	Today be extraordinary patient with others.	Х		х	х		х	Х	Х	Х	Х	
						V						
397	Today forgive someone who has hurt you.	Х		Х	Х	Х	Х	Х	Х	Х	X	

398	Today learn to forgive by practicing forgiveness.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
399	Today say hello to someone you know is alone or include them in a group.	Х		Х	х	Х	Х	Х	Х	Х	Х	
400	Transport someone who can't drive.	Х		Х	х				Х	Х	Х	
402	Try always to do things in love. Let the love you choose be "agape love" that is, love for the sake of the other.	Х	х	Х	Х		Х	Х	Х	Х	Х	
404	Try the best you can to control your temper.				<u> </u>							
405	Turn off your electronics, and ask your grandparents to share a childhood memory.	Х	х		Х		Х	Х	Х	Х	Х	
	Understand and proclaim that our sexuality is a gift given to us from God and is reserved for a man and woman who are											
406	joined in the covenant of marriage											
407	Use a window/bumper sticker to promote the faith.	Х	х	Х	х		Х	Х	Х	Х	Х	
408	Use Divine Mercy stickers or signs on your car or outside your home.	Х	Х	Х	Х		Х	Х	Х	Х	Х	
409	Use K of C "Keep Christ in Christmas" window magnets or stickers.	Х	х	Х	Х	Х	Х	Х	Х	Х	Х	
411	Use part of your allowance to donate to a charity.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
412	Use the tool of honesty consistently this week and watch your life change.	Х	х	Х	Х	Х	Х	Х	Х	Х	Х	
413	Visit family and friends regularly.	Х		Х	Х	Х	Х	Х	Х	Х	Х	
414	Visit someone who is lonely.	X	х	X	X	X	X	X	X	X	X	
415	Volunteer at a soup kitchen, city jail, or prison.	X	X	X	X			X	Х	Х	X	
416	Volunteer at an agency that needs help.	X	X	X	X	Х	Х	X	X	X	X	
417	Volunteer your time to someone or some need.	X	X	X	-		X	X	X	X	X	
418	Walk with people in their sufferings.	X	X	X	х			Х	Х	Х	X	
419	Wave at people.	X		X	X	Х	Х	X	Х	Х	X	
420	Wear a crucifix or scapular. Say a brief prayer before you put it on.	X	х	X	X	Х	Х	X	Х	Х	X	
	Wear a good Catholic/ Christian T-shirt.	X	X	X	X	Х	Х	X	Х	Х	X	
	What are you currently doing to strengthen your relationship with Jesus? Thank God for that relationship or commit to											
424	do something to strengthen it.	х	x	х	x	х	х	х	х	х	х	
425	What are you going to do today to put smiles on faces?	Х	Х	Х	Х	Х	Х	Х	Х	Х	X	
426	What little things can you do today to be a blessing to others?	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
	When an ambulance, police car or fire truck goes by, pray for the first responders, the people they are going to help											
429	and their families.	Х		х	Ιx	х	х	х	Х	Х	Х	
	When an inappropriate thought crosses your mind, turn it around into something for which you can praise God'; then,											
430	do so.	х		х	Ιx		х	х	Х	х	х	
	When hearing someone use God's name in profanity or disrespect (i.e., "OH MY GOD!"), pray "Blessed be God and											
431	blessed be His Holy Name."	х		х	х	х	х	х	х	х	х	
	When passing a Catholic Church, make <i>The Sign of the Cross</i> while saying, "Oh Jesus in the Blessed Sacrament, I adore											
432	you!"	х		х	х	х	Х	х	х	х	х	
	When was the last time you took time to really listen to someone? Trust God to reveal what He wants you to do for											
433	others.	х	х	х	х			х	х	х	х	
434	When you drive by a Catholic Church, make the sign of the cross and say aloud, "I love you, Jesus!"	Х		Х	Х	Х	Х	Х	Х	Х	Х	
	When you pray, ask for two things, the light to see the will of God, and courage to do the will of God." Paraphrased											
435	Venerable Msgr. Aloysius Schwartz	х	х	х	х		х	х	х	х	х	
436	Work hard. Take pride in doing your work well.	Х		Х	х	Х	Х	Х	Х	Х	Х	
437	Write a list of things you like about a friend or relative. Pray for that person	Х		Х	х	Х	Х	Х	Х	Х	Х	
439	Write letters to the editor promoting or defending your faith and the moral values the Church teaches.	Х	х	Х	х			Х	Х	Х	Х	
440	Write or draw a special prayer to Jesus thanking Him for your family.	Х	х	Х	Х	Х	Х	Х	Х	Х	Х	
441	Write or draw a story where someone helps another person. This spreads Gods love to others.	Х		Х	Х	Х	Х					
442	Write something nice about your waitperson on the back of the bill; pray for that person	Х		Х	х				Х	Х	Х	
443	Leave Quarters at the Laundromat; pray for the person who will find and use them	Х		Х	Х				Х	Х	Х	

444	Wheel Out Your Neighbor's Trash Bin; pray for that neighbors and all in your neighborhood	Х	1	Х	Х			Х	Х	Х	Х	
$\overline{}$	Write a Positive Comment on a Website or Blog	X		X	X			X	X	X	X	
-	Practice the WAITER RULE			X	X				X	X	X	
	Compliment Drivers on How Well They Parked			X	Х				Х	Х	X	
$\overline{}$	Plant a Tree; make a difference in your environment and life	х		X	Х			х	X	Х	Х	
	Reply to a post you enjoy; make the internet a postive and constructive site	^		X	X			X	X	X	X	
++5	nepry to a post you enjoy, make the internet a postive and constructive site			^	^			^	^	^		
450	Create bookmarks for the library or place in library books or give them out whenever you are in the library	х	х	х	х	х	х	х	х	х	х	
	Host a Kindness Coloring Contest; post on doors of church or in Narthex, church website/FB page	^		X	X	X	X	X	X	X	X	
	Text someone <i>Good morning</i> or <i>Good night;</i> Kick start someone's day/or end it on a good note	Х		X	^	^	^	X	X	X	X	
	Have a quiet moment with God; go to your favorite place; do something nice for yourself	X	х				Х	X	X	X	X	
		^		х	Х		-	^	X	X	X	
454	Find out something new about a co-worker			^	^				^	^		
455	Deint positive messages on numerical What hotter way let ve unger children drow honey amiles or other art	v		l ,	v			v	v	v	v	
$\overline{}$	Paint positive messages on pumpkins! What better way; let younger children draw happy smiles or other art	Х	Х	X	X	Х	X	X	X	X	X	
456	Ask a Senior person about his/her past		 	X	Х		X	X	Х	X	X	
457	Dominance Mamarias can reason to nacial mamarias chara have a faith halas diversible action.			x				v	v	x	v	
	Reminence: Memories can recreat special moments; share how your faith helped you throughout your life				.,	.,	v	X	X		X	
	Play KINDNESS BINGO with friend (www.randomactsofkindness.org)	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
	Find a school teacher and set up a prayer warrior program; pray for that child and his/her family and the teacher all year											
	he best way to receive a blessing is to bless others. I don't have a naturally giving heart, but it's something I would like										l	
	to work on! Here is a list of 100 ways you and I can bless others!											
	Be a Eucharistic Minister to the homebound.											
_	Bless your children before they leave the house											
	Bless your home by keeping Holy Water font by the door and making Cross when entering or leaving											
	100 Little Ways to Bless Others											
	"Give, and it shall be given unto you; good measure, pressed down and shaken together, and running over, shall men										l	
	give into your bosom. For with the same measure that ye meet withal, it shall be measured to you again." Luke 6:38											
	For the Elderly											
	1. Go visit them, talk with them, and just <i>listen</i>											
	2. Bake them a special treat											
-	3. Take them grocery shopping											
	4. Read to them from the Bible or a favorite book											
	5. Sing or play music											
	6. Watch their favorite show with them											
	7. Ask them about the things they <i>love</i> to talk about											
	8. Bring them an animal to pet and cuddle											
	9. Help them with household chores											
	10. Bring them flowers											

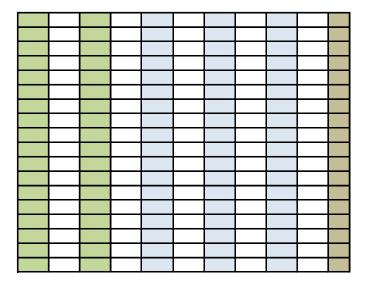
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	11. Help with yard work (mowing, raking leaves, shoveling snow, etc.)
	12. Take them to a Doctors appointment
	Fau Varra Faurille
	For Your Family
	1 Officials halos sibling with something today.
	1. Offer to help a sibling with something today
	2. Chat with your mom
	3. Give a hug
	4. Say "I love you"
	5. Clean up after a meal (if this isn't your job already)
	6. Make a family member's favorite meal or dessert
	7. Write a thank you note or appreciation letter to leave on their pillow
-	8. Buy them something they have been wanting
-	9. Deliver breakfast in bed
-	10. Leave a surprise note on the bathroom mirror
	At Church
	At Church
	1. Smile at aversage
	1. Smile at everyone
	2. Say hello to visitors 2. Sit with company who is by them solf (or ack them to sit with you)
	3. Sit with someone who is by them self (or ask them to sit with you)
	4. Pray with someone who needs it
	5. Ask for prayer requests
	6. Offer a listening ear
	7. Exort and encourage
	Remeber things: names, prayer requests, favorite things Chat with the elderly
	10. Hold a mother's baby so she can chat with others
	11. Play with little children to keep them out of mischief
	12. Give a hug to a struggling girl
-	12. Give a ring to a strugging girl
	12. Dialous and the same asset to all
	13. Pick up and throw away any trash
	14. Notice who is missing and give them a call, send a text, or give a note
	15. Bring a snack to class (if approved by the teacher)
	16. Pray for the Pastor before, during, and after the preaching
	17. Thank your Pastor and his family
-	18. Invite your church family into your home
	19. Share books and godly music
	20. Remember birthdays
	21. Sing or play music
	22. Help in a class
	23. Volunteer to work in the nursery
	24. Get involved with other ministries during the week
	25. Help clean the church
	26. Tithe
<u> </u>	20. Hale

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	27. Give during a special offering
-	28. Thank the pianist
	29. Hold the hymnbook for a small child or elderly person
	30. Listen to the special music, and thank those who share it
-	So. Eistern to the special music, and thank those who share it
	At Work
	1. Ask your boss what more you can do to help
	2. Bring a treat for your coworkers
	3. Share your faith
	4. Be positive and grateful – don't be the complaining one
	5. Stop the gossip
	6. Thank your boss or coworkers
	7. Be willing to lend a helping hand
	8. Go the <i>extra</i> mile
	With Your Writing
	1. Write a thank you note
	2. Write a letter to someone "just because"
	3. Write out Bible verses and give them away
	4. Email a friend just to check up on her
	5. Write an encouragement letter for someone who needs it
	6. Send a text to a friend and let them know you are praying for them
	7. Write Scripture on post it notes and place them in public places (use discretion)
	8. Write Bible verses on cards to place in library books
	9. Give a card to a little child
	10. Write a poem for someone
	Out and About
	1. Smile and say hello to others
	2. Give up a parking space for someone else
	3. Pay for someone else's meal
	4. Be kind and patient towards your waiter
	5. Leave a generous tip with a gospel tract
	6. Hold the door for others
	7. Let someone else go in line ahead of you
	8. Share coupons at the store
	9. Pick up things that have fallen off the shelves
	10. Be kind and patient towards the cashier
	11. Say "thank you"
	12. Give a stranger a sincere compliment
	13. Put extra change in a parking meter
	14. Pick up trash
	15. Wave others on at a stop sign
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Other
1. Give away things you don't need or use
2. Treat someone to ice cream
3. Let others borrow your things (and understand they may not return it)
4. Walk your neighbors dog
5. Give homemade baked goods to your neighbors
6. Offer to take a meal to a new mom or someone who is sick
7. Be a mentor
8. Teach something
9. Donate blood
10. Send someone flowers
11. Give someone a basket of fresh fruit
12. Give money anonymously
13. Be quick to offer encouragement
14. Give someone a gift card to their favorite store or restaurant
15. Always choose kindness



Christmas Ordinary

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