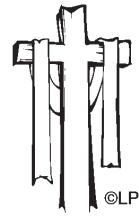


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## PARISH LENTEN COMMITMENT

Please bring your offerings to one of the Weekend Masses and place them in the back of church.

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### Weeks 1 and 2 – February 21 and 28

**“I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink.”**

Please bring non-perishable food items for distribution at our local **Plymouth Food Pantry**. In particular need is boxed cereal, canned or boxed pasta meals and sauces and bottled fruit juices.

### Week 3 – March 7

**“I was a stranger and you invited me in.”**

Week 3 is dedicated to providing needed items for **Bridgeway** and **Trisha's House** in Sheboygan. These fine facilities offer assistance to women with children who are identified as “the working poor.” The staff offers education, such as cooking for a family, financial counseling for budgets, or help with employment issues and transportation to their jobs. They would appreciate cleaning supplies (various cleaners, sponges, mops, brooms), baby and small children necessities and supplies (thermometers, Pedialite, children's over-the-counter medicines), laundry, paper products. Even gift cards or certificates to local museums, fast food restaurants, bus passes, grocery or gas cards would be really appreciated.

### Week 4 – March 14

**“I needed clothes and you clothed me.”**

Week 4 is dedicated to providing for Safe Harbor. **Safe Harbor** is a shelter that provides help to victims of domestic violence in Sheboygan County. Safe Harbor is in need of cleaning supplies, liquid dish soap, liquid dishwasher soap, laundry supplies, toilet paper, paper towels, large clear garbage and recycling blue bags. They could always use children's cereals, fruit juices, canned or boxed meals, soups, canned fruit and vegetables.

### Week 5 – March 21

**“I was sick and you looked after me.”**

Please consider spending time with a resident of one of our local nursing homes, or perhaps you have a neighbor or family member who is an invalid or recuperating from illness or surgery, or just lonely. **Food Collection will be for our Plymouth Food Pantry.**

### Week 6 – March 28

**“I was in prison and you came to visit me.”**

Please spend time in prayer for those unjustly imprisoned throughout the world. The collection this week will be for the Plymouth Welcome Table. Welcome Table serves members of the Plymouth community who would enjoy some company and a hot nutritious meal, and serves people from all walks of life, in all circumstances. Welcome Table would love to have you come and help prepare and serve meals every Tuesday night. Cash will be collected at the back of church this week to help with the purchase of fresh food and incidentals needed to fulfill this need. **Cash Collection will be for the Plymouth Welcome Table.**

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## TRADITIONAL LENTEN DISCIPLINES

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### Abstinence:

Catholics who have celebrated their 14<sup>th</sup> birthday are bound to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent.

### Fasting:

Catholics who have celebrated their 18<sup>th</sup> birthday, in addition to abstaining from meat, should fast on Ash Wednesday and Good Friday. On those days they should eat only one full meal. Smaller quantities of food may be taken at two other meals, but no food should be consumed at other times during those two days. The obligation of fasting ceases with the celebration of one's 59<sup>th</sup> birthday.

### Prayer:

We are encouraged to devote more time to prayer and scripture reading during Lent. The Sacrament of Reconciliation prepares our hearts to fully join in celebrating Christ's resurrection.

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## St. John the Baptist Parish

# LENT 2010

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*I was hungry and  
you gave me something to eat,  
I was thirsty and  
you gave me something to drink,  
I was a stranger and  
you invited me in,  
I needed clothes and  
you clothed me,  
I was sick and  
you looked after me,  
I was in prison and  
you came to visit me.*  
MATTHEW 25: 35 - 36 <sup>NIV</sup>

