

# Lenten Penitential Practices for 2021

## PRAYER & FASTING: Lenten Rosary Novena for Vocations

The Diocese of Baton Rouge and the Office of Vocations would like to invite you to join in a Lenten Rosary Novena for an increase in healthy and holy vocations to the priesthood and religious life in our Diocese. The intention we are asking parishioners to offer up during their day of fasting is simple: “healthy and holy vocations to the priesthood and religious life from our parishes in the Diocese of Baton Rouge.” The fast can be only eating bread and water all day, or one regular meal and two small meals without any snacks between meals.

The Diocese have created an E-book that can be downloaded here:

<https://www.diobr.org/documents/2021/1/ComeFollowMe-compressed-3.pdf>

The resource contains the stories of the saints who have preceded us in our journey to become saints and form saints. The E-book has been formatted as a PDF so that all of those interested in participating can easily save and print it for daily use.

You can also check out a video explaining this Lenten project of prayer and fasting:

<https://youtu.be/1ElzB1YqkrE>

**Join us in this Lenten Prayer Practice during Lent 2021!**



## ALMSGIVING—Metanoia Manor Assistance Project

As part of your Lenten sacrifice, we encourage you to make a donation to Metanoia Manor, located in greater Baton Rouge. Metanoia was founded in 2018 by Fr. Jeffery Bayhi, one of our Diocesan Priests, and it is a faith-based residential facility. Then Center assists girls aged 11-18 with mental, physical, and spiritual health, instruction in academics, life skills, and job training. Programs offer a place of refuge to female adolescent victims of human trafficking. Metanoia is sustained by grant funding and private donations. **Please make all checks payable to St. Margaret Church.**



## OTHER SUGGESTIONS TO MAKE LENT HOLY

### **Pray It Forward**

Pray the Rosary every day (or on specific set days) for the intentions of someone in your life and give the person you prayed for the Rosary that you used. Invite them to do the same.

### **A Chaplet a Day**

Incorporate the chaplet of Divine Mercy into your daily prayer. The chaplet is a powerful prayer that can take place in the span of ten minutes or so on a commute, during a lunch break, or whenever the opportunity arises. (You could also offer chaplets for specific people and give them the beads as mentioned above!)

### **Secret Intercessor**

Pick one person for whom you feel called to offer prayer and sacrifice during the Lenten season. Take note of your prayers and sacrifices offered and send them a card on Holy Saturday letting them know that you have offered your Lenten observance as an act of love with Christ for them.

### **Stay Awake and Keep Watch**

Consider signing up for a slot on Wednesday or Friday adoration (or both!) for a hour or more during Lent if you have not done so already.

### **Journey of Silence**

Jesus' time in the desert was a journey of silence and solitude. Take a day by yourself to pray and to spend time alone with God in silence. Turn your phone off, on silent, or even leave it behind.

### **Lectio Divina**

Read the Bible daily during Lent. 1.) Pick a short passage to read; 2.) meditate on it; 3.) pray about it; 4.) listen to what God speaks to your heart; 5.) enact God's Word in your life.

**Adapt these as you see fit to make YOUR Lent a Holy one!**