

The Lenten Spiritual Triad

PRAYER

Attending the Worship Services
of the Church

Daily Personal Prayer

Meditation and Reflection
(time for silence of mind & heart)

Study of Scriptures

Reading Lives of the Saints,
Writings of the Fathers,
Books/Articles on our Faith

FASTING

Dietary Rules and Discipline

Abstaining from
Distracting Activities

Turning down the "noise"
of everyday living

Fasting from Sin while
Striving to Grow in Virtue

Creating "holy" time and
space where we live

CHARITY

Showing Patience, Kindness,
Forgiveness and Love
to those we Live with,
Work with, and
Encounter Daily
(even the "Stranger")

Giving of our Time, Talent,
and Treasure to our Parish,
to those in need. and all who
are in affliction of body,
mind or spirit

Feeding the Hungry,
Clothing the Naked,
Visiting the Lonely,

*Seeing the face of
Christ in others*