

My Lenten Journey 2021



St Antony's
Roman Catholic School
ASPIRE + BELIEVE + ACHIEVE

Tuesday 23rd February

Give: collect 5p coins to give to charity

My Lenten Journey 2021



St Antony's
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Wednesday 24th February
Pray: for peace in our world

My Lenten Journey 2021



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Thursday 25th February
Fast: from wasting food

My Lenten Journey 2021



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Friday 26th February
Give: have a simple meal and give money to
CAFOD

My Lenten Journey 2021



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Saturday 27th February
Pray: for someone who has died

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Sunday 28th February

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Monday 1st March

Give: time to write to somebody you
have not seen recently

My Lenten Journey 2021



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Tuesday 2nd March
Pray: for those who are sick

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Wednesday 3rd March
Fast: from your favorite food

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Thursday 4th March
Give: time to help our planet by recycling
carefully

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Friday 5th March
Pray: for our planet

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Saturday 6th March
Fast: from using your mobile phone

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St Antony's
Roman Catholic School
ASPIRE + BELIEVE + ACHIEVE

Sunday 7th March

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St Antony's
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Monday 8th March
Pray: for women

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Tuesday 9th March
Fast: from negativity

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Wednesday 10th March
Give: time to think before you act/react

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Thursday 11th March
Pray: for the lonely

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Friday 12th March
Fast: from fast food

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Saturday 13th March
Give: time to contact a friend

My Lenten Journey 2021

FOURTH SUNDAY IN LENT

Look Out! Look Up to Jesus /
From Death to Life

The LORD said to Moses, "Make a fiery
serpent and set it on a pole, and everyone
who is bitten, when he sees it, shall live."
Numbers 21:8



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Sunday 14th March

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Monday 15th March
Fast: from social media

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Tuesday 16th March
Give: time to listen to someone

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Wednesday 17th March
Pray: for those living with cancer

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Thursday 18th March
Fast: from complaining

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Friday 19th March
Give: collect spare change for St Joseph's
penny

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Saturday 20th March
Pray: for fathers

My Lenten
Journey
2021



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Sunday 21st March

My Lenten Journey 2021



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Monday 22nd March
Give: time to preform a random act of
kindness

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Tuesday 23rd March
Pray: for our priests

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Wednesday 24th March
Fast: from gossip

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Thursday 25th March

Give: time to be patient with others in
the car or shops

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Friday 26th March
Pray: for those in difficulties

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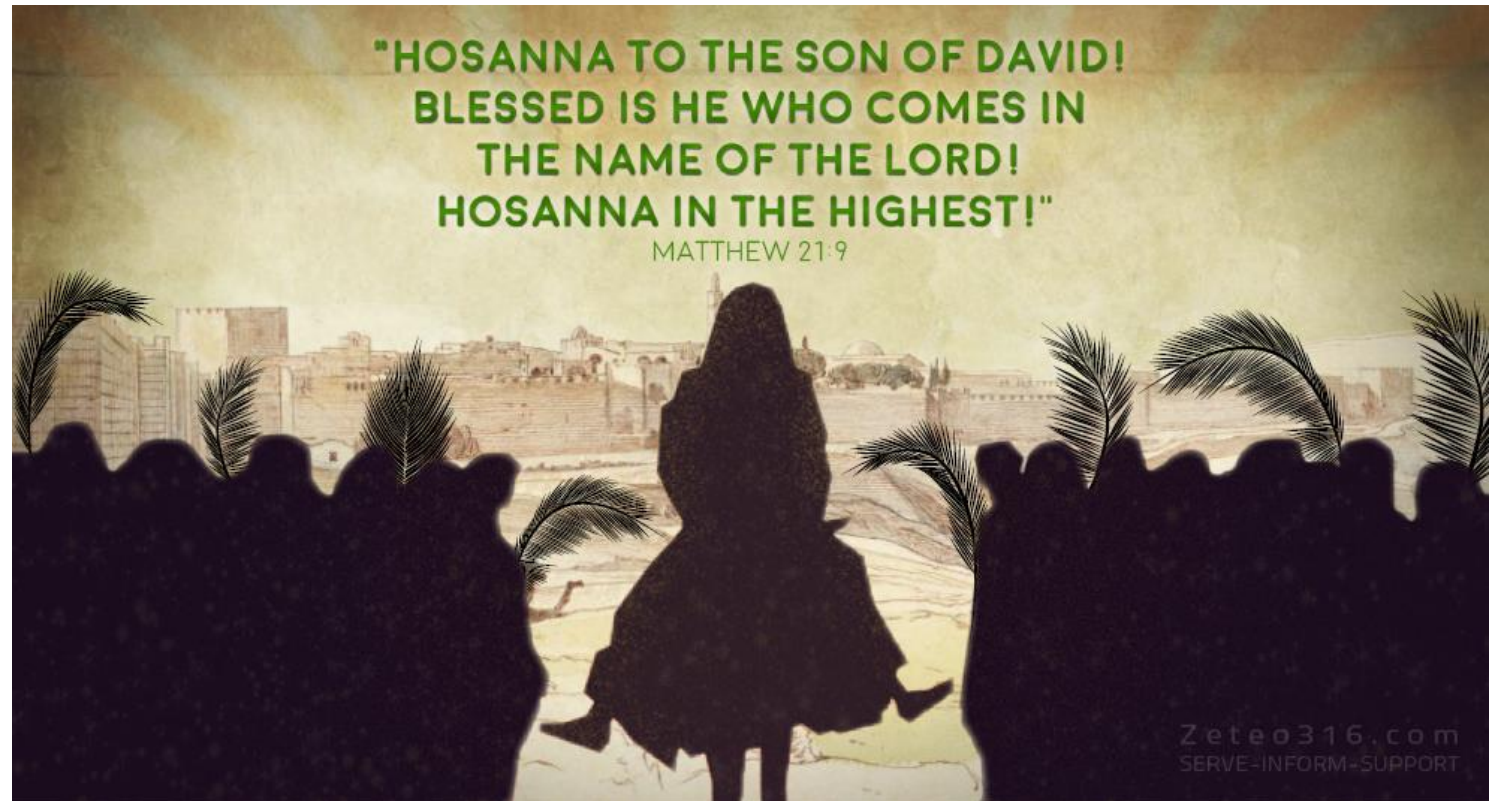


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Saturday 27th March

Fast: from using/buying plastic

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Sunday 28th March

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Monday 29th March

Pray: read the Passion Gospel from Mark

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Tuesday 30th March
Fast: from watching TV

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Wednesday 31st March

Give: time to do something special for
someone else

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Thursday 1st April
Pray: one hour with me

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Friday 2nd April

Fast: from the usual Friday activities

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Saturday 3rd April
Give: time to help someone

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Sunday 4th April