

Complete this form and bring it to Church on Ash Wednesday or the First Sunday in Lent and put it in the Offering Plate as a symbol of self-offering. No one will read your form. After it has been received, it will be discarded.

Confidential  
**MY RULE FOR LENT**

**THE PRAYER BOOK RULE (Page 17)**

**Days of Special Devotion**

The following days are observed by special acts of discipline and self-denial:

Ash Wednesday and the other Weekdays of Lent and of Holy Week, except the Feast of St. Joseph and the Feast of the Annunciation.

Good Friday and all other Fridays of the year, in commemoration of the Lord's crucifixion, except for Fridays in the Christmas and Easter seasons, and any Feasts of our Lord which occur on a Friday.

**MY RULE OF FASTING:**

\_\_\_ On Ash Wednesday and Good Friday to eat nothing between 12:00 midnight and 3:00 PM and to eat no meat on these days (if my health and physical condition allows.)

**MY RULE OF ABSTINENCE FOR WEDNESDAY**

- \_\_\_ I will skip the noon meal on Wednesday.
- \_\_\_ I will eat no meat on Wednesdays in Lent.
- \_\_\_ I will eat no meat at one meal each day.
- \_\_\_ I will eat meat at only one meal each day.

**MY RULE OF ABSTINENCE FOR FRIDAY**

- \_\_\_ To eat no meat but only simple meals on Friday.
- \_\_\_ To skip a meal on Friday.

**MY RULE OF SACRIFICE**

- \_\_\_ I will give up these specific foods or drinks \_\_\_\_\_
- \_\_\_ I will give up these specific expensive habits and carefully save the money for my Easter offering or other special offering \_\_\_\_\_
- \_\_\_ I will give up **all** public engagements of a specifically social nature. This does not include such semi-social Cultural engagements as the opera, symphony, or lectures.

**MY EXTRAORDINARY ACTS AND EXERCISES OF DEVOTION:** (check those you will do):

- \_\_\_ I will receive ashes on Ash Wednesday.
- \_\_\_ I will make my confession (conference with a priest to help me prepare).
- \_\_\_ I will attend \_\_\_ week day Eucharists each week.
- \_\_\_ I will attend the Eucharist every day that it is offered.
- \_\_\_ I will pray "A Little Office" each weekday (or \_\_\_ times per week).
- \_\_\_ I will attend Evening Prayer \_\_\_ days each week. (5:15 p.m.)
- \_\_\_ I will attend the Stations of the Cross each Friday. (6:30 p.m.) or \_\_\_ (number of times), during the season
- \_\_\_ I will take part in the Maundy Thursday Liturgy and Watch.
- \_\_\_ I will read the Holy Week Gospels a little every day, devotionally and with meditation.
- \_\_\_ I will read a spiritual book.
- \_\_\_ I will attend the Eucharist every day in Holy Week.
- \_\_\_ I will attend one of the Good Friday Liturgies (12:00 Noon or 7:30 p.m.).
- \_\_\_ I will come by the Chapel or Church for a "quiet time" \_\_\_ each day, \_\_\_ each week, \_\_\_ 3 times.
- \_\_\_ I will make the Stations of the Cross as a personal devotion at least once each week.
- \_\_\_ I will attend Wednesday Morning Bible Study (10:30 a.m.)
- \_\_\_ I will attend the Forum on the Sundays of Lent (9:15 a.m.).
- \_\_\_ I will complete Burial Instructions (to be filed in Parish Office).

**THIS SPACE FOR ADDITIONAL RULES NOT MENTIONED ABOVE:**

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Signature