

EXTRA LENTEN PENANCE RAFFLE

**Cut out each penance and place in a bag (or choose the ones the family is capable of doing).
Draw out one, two, three or more, as your penances for a whole week.**

Make a Spiritual Communion each day during the coming week	Pray an extra decade of the Holy Rosary each day this week	Tidy up after someone without complaining about it
Go to an extra Mass this week OR visit the Blessed Sacrament twice	Do an extra 15 minutes of Spiritual Reading each day this week	Eat no meat on any three days during the coming week
No snacks between meals during the coming week	Say a Hail Mary each time you hear a phone or bell ring	Sweeten your coffee if you usually don't, or don't if you do sweeten it
Take smaller portions at your meals during the coming week	At work or when shopping, take the stairs instead of the elevator	Pick up someone's trash that you may see lying on the ground
Don't use the dishwasher and wash the dishes by hand	Do the chore of another family member each day this week	Do not use seasoning on your food during the coming week
Help your spouse or your parents three times this week	No smoking on any three days during the coming week	No TV or Videos on any three days during the coming week
Refrain from wearing any make-up (ladies) or shaving (men) on at least three day during the coming week	Instead of your usual full cup or glass of any beverage, drink only half-a-glass or cup during the coming week	Say an extra Rosary on any three days during the coming week. Divide the decades up through-out the day if you need to.
Do not play with any toys on any three days during the coming week. Pray or read a book instead.	Pray a decade of the Rosary for someone whom you dislike each day this week	Take less of what you like and more of what you dislike at meals during the coming week
Give away something that you possess on three occasions	Read the Bible for at least 15 minutes each day this week	Do not listen to any music on any three days during the coming week
Take nothing to drink between meals during the coming week	Go to bed before 11:00 p.m. on at least three nights this week	Give some money to charity, no matter how little, once this week
Avoid listening to the radio at all on any three days during this week	Tell not even the slightest lie during the coming week.	Avoid vanity or self-seeking during the coming week
Speak kindly about somebody three times a day during the coming week	Avoid using the phone for social calls on any three days during the coming week	Don't complain, inwardly or outwardly, on any three days during the coming week
Speak in a pleasant tone to everyone this week	Avoid all gossip, spreading or listening, during the coming week	Avoid all swearing and bad language during the coming week
Don't be at all idle on any three days during the coming week. Always be doing something.	Do a job that needs to be done without being asked each day this week	Be courageous; walk away from any impure situations during the coming week
Go out of your way to help or talk to someone who is usually difficult three times this week	Wear clothes that you don't like on at least three days during the coming week	Don't drink any other drink except water on any three days during the coming week

Visit someone who is sick or lonesome at least once this week	Volunteer for an extra job at least three times this week	Turn the heat down overnight a little three times this week
No soft drinks or soda during the coming week	Do not leave the dishes until the next day throughout this week	Do not read any newspaper or magazine on 3 days this week
Drink coffee/tea a different way (milk/sugar) to you usual way during the coming week	Turn up or turn down the temperature of the water as you shower throughout this week	Say an extra Decade of the Rosary for the Holy Souls each day throughout this week
Do not use any spice or any sweeteners with your food and drinks this week	Each day you are driving, let at three drivers into traffic from side roads or parking lots	Do not exceed 5 mph over the speed limit on at least three days during the coming week
Do not become angry or impatient with the way in which others are driving on the roads	Mortify your eyes by not looking around needlessly during the coming week	Spend some more time with your family members each day during the coming week
Read a book on Our Lady for 15 minutes on at least three days during the coming week	Stay behind in church after Mass to make a 10 minute Thanks-giving for Holy Communion	Three times this week ask for someone else's opinion on how to do something and then do it
Prepare for and make a general confession this week	Don't criticize anybody this week Pray for them instead.	No TV or Videos on any day but Sunday, during the coming week
Stop by and pray at a church on at least three days during the coming week	Take the smaller pieces of food when the plate is passed around at three mealtimes this week	Arrive at Sunday Mass at least 15 minutes early to make a good preparation before Mass
Do not make any excuses for anything you may do wrong this week	Take the longest line at the check-out whenever you go shopping this week.	Buy the cheaper brands of food or non-perishable goods when you go shopping this week
Take someone else's place washing the dishes on three occasions this week	Rise 5 minutes earlier each morning and spend that time in extra prayer	Do not look in the mirror this week except for your usual bathroom routines
Volunteer to do some work for the church at some time in the future	Read the Bible for 5 minutes each day of the week	Eat no fruit or cookies on at least three days during the coming week
Be punctual in all your appointments and duties this week	Give a little more to God in contributions at church this week	Go visit a cemetery and pray for the dead on one occasion this week
Invite at least three non-related persons to the Latin Mass this week (who have never been before)	Ask your spouse, parent, or boss what extra work you could do this week and then do it.	Write your own Litany in one day and then pray it for the rest of the week.
Do not lie to cover up for your failings or omissions; own up to them instead	Say " <i>Jesus, I am sorry for my sins</i> " at least fifty times each day this week	Re-confess again, in the confessional, one of your worst mortal sins this week
Tell somebody, each day this week, about any incident where you came out looking dumb and stupid	Pray for the deceased souls of your parents (or grandparents, etc.) each day this week.	Offer up at least three little sacrifices each day for the conversion of <i>Novus Ordo</i> clergy