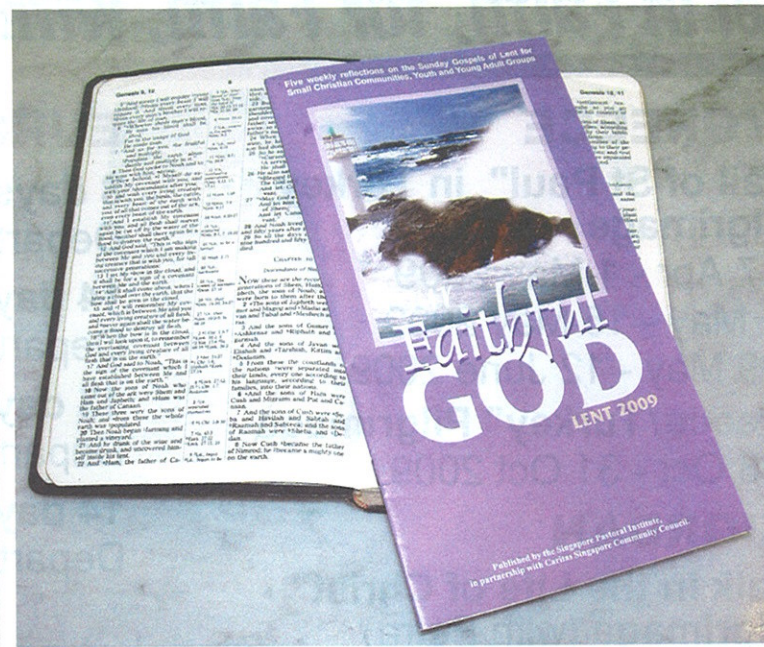


## Journeying in Lent with Our Faithful God



SINGAPORE PASTORAL INSTITUTE, in partnership with Caritas Singapore Community Council, has published a Lenten booklet titled "Our Faithful God".

The booklets were distributed to parishes on the weekend of Feb 14-15. In total, 47,000 booklets were

published in English, 3,500 in Mandarin, and 2,500 in Tamil.

The booklet contains five weekly reflections on the Sunday gospel readings in Lent for use in Small Christian Communities, youth, and young adult groups. Included inside are ways for families to concretely make the season of Lent more meaningful. □

### Lenten activity

The booklet encourages family members to suggest ways to make Lent more meaningful.

- 1 way we can connect and feel at one with God and others each day.
- 2 ways we can contribute to cleaner air and a healthier planet.
- 3 things we can do together to deepen our faith in God.
- 4 things we can do that will give us more time to be together as a family.
- 5 ways we can use our hands to create something beautiful at home or school or at work for others.
- 6 things we can donate to the needy in our community.
- 7 situations in which we can forgive another person or ask for forgiveness.
- 8 actions that will help us understand and live the Beatitudes.
- 9 special times to meditate on Jesus' suffering.
- 10 ways to share with others the special joy of Jesus' Resurrection on Easter.