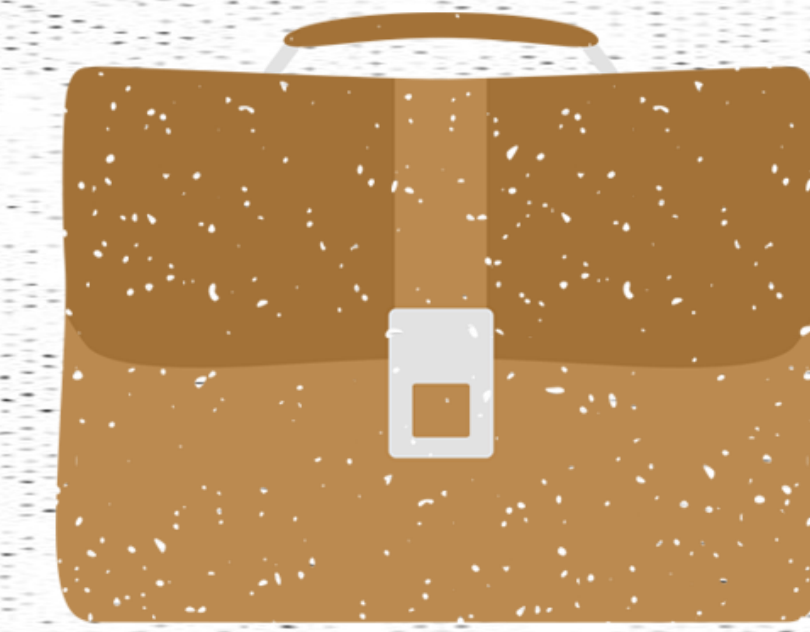
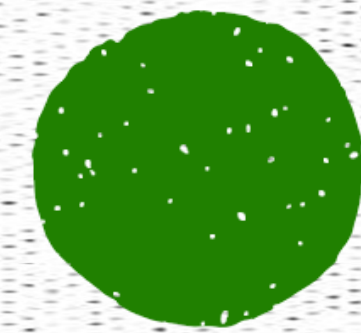




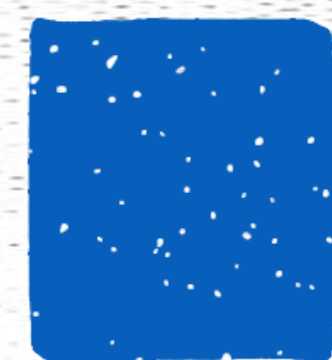
HOLY HABITS CHALLENGE



LABOR FOR THE LORD



GIVE EACH DAY TO GOD WITH A MORNING OFFERING PRAYER.



GIVE EACH NEW TASK AND TRIP TO GOD WITH A "HAIL MARY."



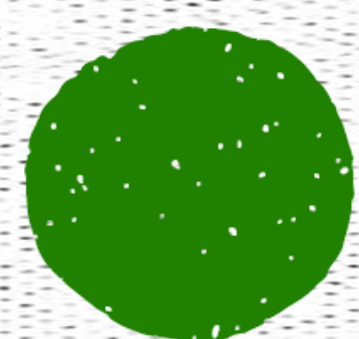
GIVE EACH HARDSHIP TO GOD PRAYING: "I TRUST IN YOU!"



HOLY HABITS CHALLENGE



MAKE MEALS MATTER



PRAY A MEAL PRAYER BEFORE EACH MEAL.



PRAY A THANKSGIVING PRAYER AFTER EACH MEAL.



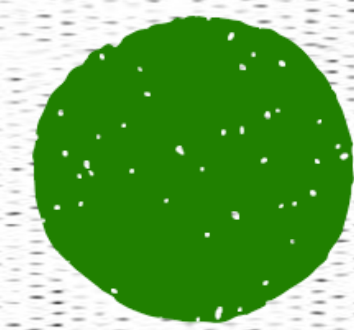
EAT ONE MEAL EACH WEEK WITH ALL "SCREENS" PUT AWAY OR OFF: TV'S, LAPTOPS, PHONES, AND TABLETS.



HOLY HABITS CHALLENGE



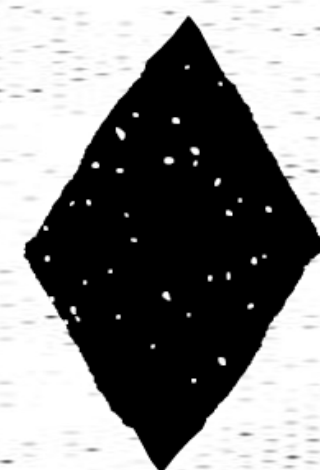
MAKE FRIENDS WITH SAINTS



REGULARLY PRAY THE "ANGEL OF GOD" PRAYER.



FREQUENTLY INVOKE A PATRON SAINT FOR HELP.



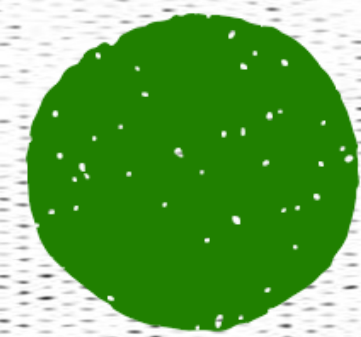
PRAY THE "ANGELUS" PRAYER DAILY (OR 3X A DAY!).



HOLY HABITS CHALLENGE



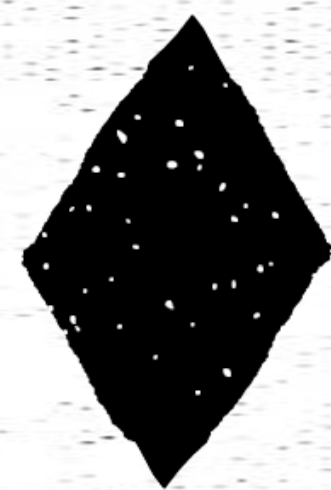
MANAGE HEAVENLY RICHES



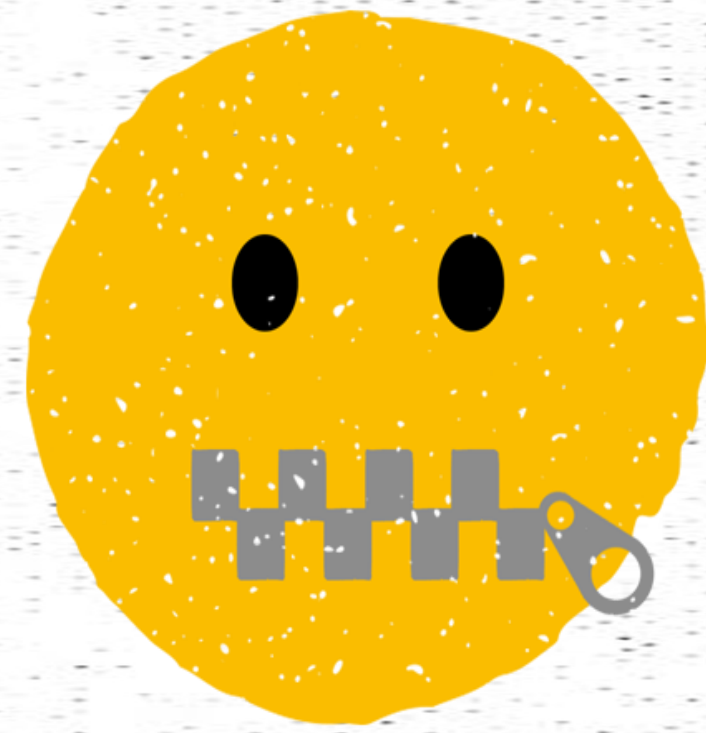
PRACTICE CONSISTENT STEWARDSHIP TO YOUR PARISH.



MAKE A MONTHLY DONATION TO SOME OTHER CATHOLIC CHARITABLE OUTREACH BESIDES YOUR PARISH.



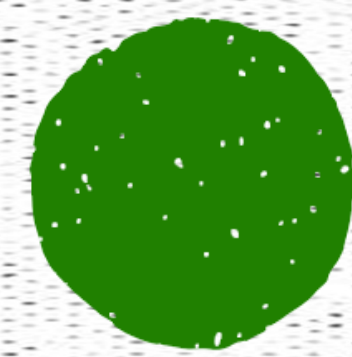
KEEP A "NO-COMPLAINTS JAR": GIVE UP COMPLAINING AND TOSS MONEY INTO A JAR EACH TIME YOU SLIP UP TO GIVE TO THE POOR.



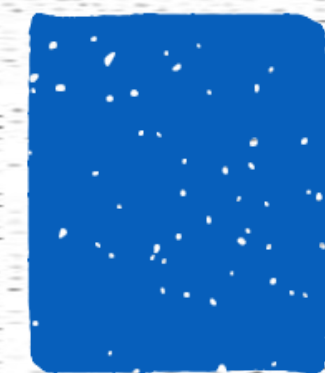
HOLY HABITS CHALLENGE



OBSERVE NO-FRILLS FRIDAYS



SKIP DESSERT OR A SECOND HELPING EVERY FRIDAY OF THE YEAR.



MAKE REGULAR PERIODS OF SILENCE EVERY FRIDAY OF THE YEAR.



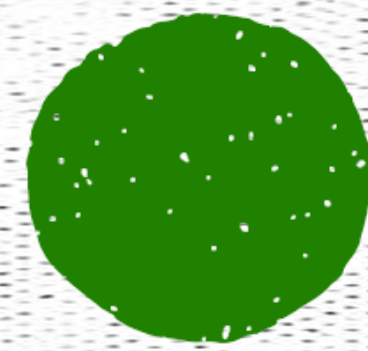
EAT NO MEAT EVERY FRIDAY OF THE YEAR (BESIDES LENT).



HOLY HABITS CHALLENGE



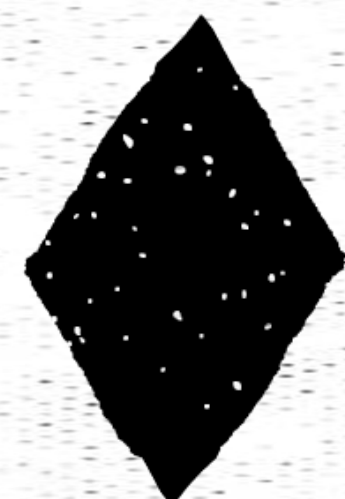
SIMPLIFY SUNDAYS



ATTEND MASS EVERY SUNDAY AND HOLY DAY.



EAT ONE MEAL TOGETHER AS A FAMILY EVERY SUNDAY.



LIMIT SHOPPING TO NECESSITIES AND EMERGENCIES ONLY EVERY SUNDAY.

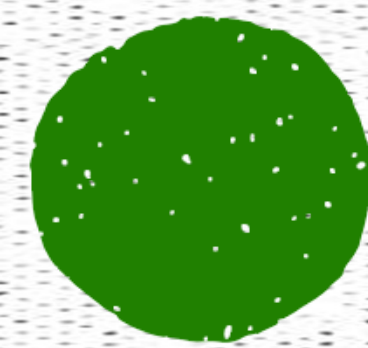


HOLY HABITS CHALLENGE

*Dear friend,
I want you
to know I'm
sincerely
Sorry*



MAKE AMENDS



CELEBRATE THE SACRAMENT OF
RECONCILIATION/CONFESSION IN ADVENT OR
LENT.



CELEBRATE THE SACRAMENT OF
RECONCILIATION/CONFESSION MONTHLY.



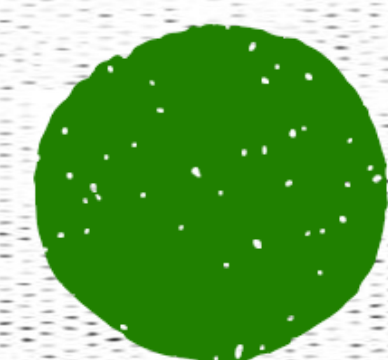
PRAY A DAILY EXAMINATION OF CONSCIENCE.



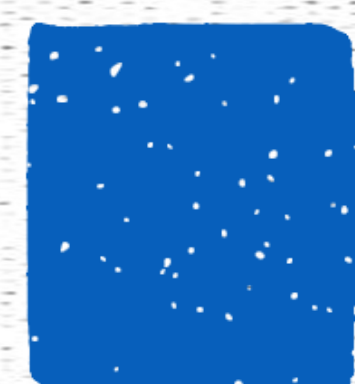
HOLY HABITS CHALLENGE



MAKE TIME FOR GOD



MAKE 15 MINUTES DAILY TO PRAY WITH THE SACRED SCRIPTURES.



MAKE 15 MINUTES DAILY TO PRAY THE ROSARY.



MAKE 15 MINUTES DAILY TO VISIT THE BLESSED SACRAMENT.



HOLY HABITS CHALLENGE

Run the Race to Holiness

