

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**Adoration:** 7-10th graders please spend 15 minutes with God one 1 time a month. This can be in Eucharistic Adoration which is on Mondays at All Saints from 12 noon until 8:00pm or this can be anytime in a church. The Holdingford churches are open daily until 7:30pm.

**February 2022:** We are in Ordinary time right now, but we will soon be changing to the season of Lent. During Lent we pray, give alms, and fast. This month go to God and ask Him to help you discern what you should do for each of these.

Date:

Parish:

My Lenten discernment:

Prayer-

Give Alms-

Fast-

**March 2022:** This year the first week/Wednesday of March is Ash Wednesday and therefore Lent will start pretty much right away. During this month's adoration please find a devotional to pray with.

Date:

Parish:

Bible Verse in the reflection: {Book chapter:verse(s)}

What did God tell you in this meditation? Are you now able to have more quiet in your everyday lives? (Meaning outside of Mass time and adoration times)