

Grateful and Generous Work and Security

Work is seen, in biblical terms, not as drudgery but as a way of sharing in God's creative power. Work gives people the opportunity to join God in making the world a better place for all. Lent is a time to thank God for our talents and gifts, for our paid and volunteer work. It is also a time to reflect on how generously we share our skills and abilities with others, and especially with those in need.

Works of Mercy

This Lent as a family, take on one of the works of mercy you read about yesterday in scripture. First, talk about the different needs that you see in your community. Then choose a work of mercy addressing one of these needs. Brainstorm a list of ideas on how you can participate in that work of mercy. Decide on one or more and begin planning. To start, contact social service organizations such as the St. Vincent de Paul Society, the local hospitals and care facilities or migrant and refugee centers.

Give Away Something You Cherish

Do you own your things or do they own you?

One way to cultivate liberty of soul is to give things away now and then, something you cherish. Perhaps you have a book that means a great deal to you. You've read it many times. Perhaps it's time to give it to someone who will cherish it in turn.

Think of anything you own that gives you much pleasure and satisfaction—a particular recording of music, or a painting or framed photograph. Give it to someone who will cherish it as much as you do.

In Solidarity with Those Who Have Less

Fasting or sacrifice is a traditional Lenten activity. What can your family do during Lent? Consider these possibilities:

- ▶ have a simple soup and bread dinner each week
- ▶ set aside a percentage of family money normally spent on entertainment to be donated to a local charity

And remember, "When you go without eating don't try to look gloomy as those showoffs do..." (Matthew 6:16)