

30 DAY PRAYER CHALLENGE

Lent is not only a time of sacrifice; it's also a time to embrace better habits and behavior. It's said it takes 28 days to develop a habit. So what better habit to develop during Lent than daily prayer! (we've thrown in an extra couple days just to make sure it sticks!) Even if prayer is part of your daily life now, take the challenge to find new ways to deepen that experience.

Why take the 30 Day Prayer Challenge?

1. Better night's sleep
2. Less guilt
3. More peace
4. Closer to God
5. Wouldn't it be great to talk to your best friend for a few minutes every day? Think of God as that friend.
6. You don't want to be the only one at St. E's who DIDN'T do it!

Kickoff Meeting

Tuesday, February 28 – Fat Tuesday

7:30 pm

St. Elizabeth Cafeteria

30 Day Prayer Challenge Runs:

Sunday, March 5 – Tuesday, April 4

All materials will be provided for you. Do it right at your own home! If you cannot make the kickoff meeting, you may pick up your Prayer Challenge Packet in the Parish office after February 28.

INDIVIDUALS – COUPLES - FAMILIES

REGISTER by dropping off form to Parish Office or emailing StElizabethDC@gmail.com

DEADLINE TO REGISTER EXTENDED until Tuesday, February 28

Name(s) _____

Email _____ Phone _____

Accepting the Challenge as an Individual Couple Family

Questions? Call Jonathan Camiolo 201-891-3262 or Jean Gaviglio 201-264-2861