

20 Unique Ways To Do Penance during Lent

Lent is a 40-day invitation to hit the "reset" button on your spiritual life. While giving up chocolate or soda is a classic move, penance is ultimately about **metanoia**—a change of heart.

Here are 20 unique ways to practice prayer, fasting, and almsgiving this season, ranging from the practical to the profound. **Pro-Tip:** Don't try to do all 20. Pick **one** from each category that genuinely challenges you and stick to those for the full 40 days.

Digital & Mental Fasting

- **The "One-Screen" Rule:** Commit to never using two screens at once (e.g., no scrolling on your phone while watching TV).
 - **Inbox Zero (for the Soul):** Unsubscribe from all those promotional emails that trigger "wanting" rather than "needing."
 - **Commute in Silence:** Drive or take the bus without music, podcasts, or radio. Use the quiet to reflect or simply exist.
 - **The 10-Minute Delay:** Whenever you feel the urge to check social media or a news site, wait exactly 10 minutes before doing so.
- Delete the "Timewasters":** Remove your most addictive app from your phone for the duration of Lent.

Physical & Lifestyle Penance

- **The "Cold Finish":** End every shower with 30 seconds of cold water. It's a bracing reminder of discipline.
- **Floor Sleeping:** Spend one night a week sleeping on the floor (or without a pillow) to stand in solidarity with the unhoused.
- **Drink Only Water:** Eliminate all coffee, alcohol, and juice.
- **Park at the Back:** Always choose the furthest parking spot from the door to embrace a spirit of patience and physical effort.

Eat the Leftovers: Commit to finishing every scrap of food in your fridge before buying anything new to combat waste.

Relational & Emotional Almsgiving

- **The Complaint Fast:** Go the entire day without voicing a single complaint. If you slip up, start the clock over.
- **Secret Service:** Do one chore or kind act for someone in your house every day without telling them it was you.
- **Write "Legacy" Letters:** Write one physical letter a week to someone who has shaped your life, thanking them specifically.
- **The "Three-Sentence" Rule:** In conversations, practice listening more than speaking. Try to ask three questions before making a statement about yourself.

Pray for your "Enemies": Every time a person who annoys or has hurt you comes to mind, say a short, sincere prayer for their well-being.

Intentional Prayer & Reflection

- **The 3:00 PM Pause:** Set an alarm for 3:00 PM (the hour of Mercy) to stop whatever you're doing for one minute of prayer.
- **Stations of the Street:** Take a walk through your neighborhood and pray for the people behind every door you pass.
- **Scripture Doodling:** Instead of just reading, hand-copy a single verse of the Gospels each day into a notebook.
- **Visit the "Quiet":** Spend 15 minutes a week sitting inside a church or a quiet nature spot without your phone or a book.

The "Last Rites" Review: Before bed, ask yourself: *"If this were my last day, am I happy with how I lived and loved?"*

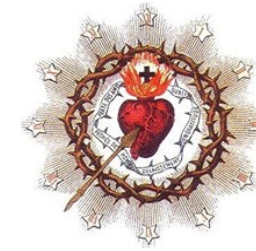
FIRST SUNDAY OF LENT

FEBRUARY 22, 2026

SACRED HEART

202 Maple Avenue West

(218) 334-4221



CATHOLIC CHURCH

Frazee, Minnesota 56544

frazeesacredheart.org

Sacramental Emergency Line*: (218) 209-2686

* does not receive text messages

Clergy

Fr. Adam Hamness ahamness@crookston.org
 Deacon Pete Bellavance deaconpete.shfre@arvig.net
 Deacon Trevor Pikula deaontrevor.shfre@arvig.net

Secretary / Bookkeeper / Religious Education

Christine Dornbusch christined.shfre@arvig.net

Office Days--Tues/Thurs

Custodian & Groundskeeper

Norman Adams--Monday and Friday

Liturgical Music

Tonia Clark music.shfre@gmail.com

Father Hamness's bulletin reflection is on the back page. Sometime we think the back page is not worth looking at or even reading. That is not true this week or others. But that is just my opinion. Maybe it's on the back page because it's so worth reading it needs its own page or a larger spot.—Christine Dornbusch



LITURGICAL DAY	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
	Saturday	February 21	9:00 am	Mass: † Gale Yunkers and Paul Doiron	8:30 am
	Saturday	February 21	4:00 pm	Mass: † Florence Jenson	3:30 pm
	Sunday	February 22	8:30 am	Mass: Pro Populo	8:00 am
	Sunday	February 22	12:15 pm	Mass: Mitchel Szepieniec	
	Monday	February 23	9:00 am	Communion Service	
	Wednesday	February 25	9:00 am	Mass: † Rita Pearson	8:30 am
	Thursday	February 26	9:00 am	Mass: John Buschette	8:30 am
	Thursday	February 26	9:30 am	Adoration-Benediction at 6:40pm	
	Thursday	February 26	10:00 am	Mass: For the sick (at Care Center)	
	Friday	February 27	5:30 pm	Mass: † Pro Defunctis	6:00 pm
	Saturday	February 28	9:00 am	Mass: † Florence Jenson	8:30 am
	Saturday	February 28	4:00 pm	Mass: † James and Geraldine Johnson	3:30 pm
	Sunday	March 1	8:30 am	Mass: † Pete Graham	8:00 am
	Sunday	March 1	12:15 pm	Mass: Pro Populo	

MONDAY

February 23
Lenten Weekday
Lv 19:1-2, 11-18
Mt 25:31-46

TUESDAY

February 24
Lenten Weekday
Is 55:10-11
Mt 6:7-15

WEDNESDAY

February 25
Lenten Weekday
Jon 3:1-10
Lk 11:29-32

THURSDAY

February 26
Lenten Weekday
Est C:12, 14-16,
23-25
Mt 7:7-12

FRIDAY

February 27
Lenten Weekday
Ez 18:21-28
Mt 5:20-26

SATURDAY

February 28
Lenten Weekday
Dt 26:16-19
Mt 5:43-48

SUNDAY

March 1
Second Sunday
of Lent
Gn 2:1-4a
2 Tm 1:8b-10
Mt 17:1-9

Calling all men

Are you looking to do something different this lent? How about joining our men's group during lent.

We meet Saturday mornings from 7:30 am-8:30am. Spending time with the upcoming Sunday readings. The coffee is on com and join us.

“It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’”
MATTHEW 4:10
Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things. Lent is time to repent and let go of the other “gods” we have put before God.

Upcoming Events

- Tue. Feb. 24th—Let’s talk Jesus 7pm to 8:30pm
- Thur. Feb. 26th—Adoration 9:30am-Benediction at 6:40pm
- Fri. Feb. 27th—Sorrowful Mysteries of the Rosary at 5:10pm
- Fri. Feb. 27th—Mass at 5:30pm
- Fri. Feb. 27th—Knights of Columbus fish fry at 5pm-7pm
- Fri. Feb. 27th—Confessions at 6pm-6:45pm
- Fri. Feb. 27th—Stations of the Cross at 6:45pm
- Mon. Mar. 2nd—Knights of Columbus meeting at 7pm
- Tue. Mar. 3rd—Let’s talk Jesus 7pm to 8:30pm
- Thur. Mar. 5th—Adoration at 9:30am—Benediction at 6:40pm
- Fri. Mar. 6th—Sorrowful Mysteries of the Rosary at 5:10pm
- Fri. Mar. 6th—Mass at 5:30pm
- Fri. Mar. 6th—FACC soup and sandwich at 6pm
- Fri. Mar. 6th—Confessions at 6pm-6:45pm
- Fri. Mar. 6th—Stations of the Cross at 6:45pm
- Tue. Mar. 10th—Let’s talk Jesus 7pm to 8:30pm
- Thur. Mar. 12th—Adoration at 9:30am—Benediction at 6:40pm
- Fri. Mar. 13th—Sorrowful Mysteries of the Rosary at 5:10pm
- Fri. Mar. 13th—Mass at 5:30pm
- Fri. Mar. 13th—Knights of Columbus fish fry at 5pm-7pm

Youth

- Wed. Feb. 25th—Release Time grades 1st-6th
- Wed. Feb. 25th—Evening RE grades 7th-11th 6:30pm to 7:30pm
- Wed. Mar. 4th—Release Time grades 1st-6th
- Wed. Mar. 4th—Evening RE grades 7th-11th 6:30pm to 7:30pm
- Wed. Mar. 11th—Release Time grades 1st-6th
- Wed. Mar. 11th—Evening RE grades 7th-11th 6:30pm to 7:30pm
- Wed. Mar. 18th—Release Time grades 1st-6th
- Wed. Mar. 18th—Evening RE grades 7th-11th 6:30pm to 7:30pm

The John Arouni and the Knights of Columbus Scholarships are available and due April 1st. You are able to obtain an application in All Saints Hall on the spinner rack. Drop completed applications off to the office or a member of the Knights of Columbus.

The parish wide bake and stitcher sale was another huge success because of you!! Thank you for baking, purchasing and helping to make it successful. Also what a turn out for the youth breakfast. We are sooo sorry we ran out of food AGAIN. Just when we think we have made enough the parish comes through even larger than we have planned for. I know you tell us that is a good problem to have. But we still feel bad for not being able to serve everyone fully. Bless Sacred Heart and their support for the youth and their faith journey!!

Parishioners’ Prayer Requests:
Parish families have asked us to keep in our prayers their loved ones who are ill. Please pray for:

Parish Members and Family:
Stacy Moe—Lisa Flynn—
-Eloise George—Gary Young—Jeanne Riley—
Noah Goeddertz—
Dallas Flynn—-Roger Moe—-Jim Henn—Russ Karasch—Vernon Quittschreiber—RIP Mike Hofer—RIP Jeff Sorlein—RIP Florence Jenson

To submit a prayer request for our prayer chain, text 817 229 6789 or frazeeprayer-chain@gmail.com. Names will be left in the bulletin for 4 weeks. If you want the name to stay another 4 weeks, please make another prayer request.

Ministry Schedule

	Saturday—Feb. 28th 4:00 pm	Sunday—March 1st 8:30 am	Sunday—March 1st 12:15 pm
Altar Server	*NEED* *NEED*	Paige B Shelby B	William C Leo N
Eucharistic Minister	Russ K Marlys J	Sharon Sandy H	
Lector	Mary Ann K	Angie J	Rob D
Greeter	Susan J	Sharon H	
Ushers	John M Ross K Roger S Mike S	Nathan M Ryan R Ed Jutz Bud H	Josh N
Sacristan	Dave G	Tim S	Rob D
March’s Second Collections: 1st			