

**Future Direction Subcommittee of the Supreme Council
Polish National Catholic Church**



February 21, 2018

Dear Bishops, Very Rev. and Rev. Fathers, Deacons and Faithful of our Holy Church,

The theme for our March 2018 Future Direction message is Celebrating Lent as a Family. We are sending this out a week early as we are now in the beginning stages of our Lenten journey. Here is a list of various ideas for you and your family to do together that will make this a more meaningful walk with Christ, an important time of renewal and growing closer to our Lord, His Church and your family.

1. Attend the special Lenten Masses, services and retreat at your parish as a family
2. Encourage each other in our intensified works of charity, prayer and fasting
3. Marking the family's calendar NOW to plan on attending the special liturgies during Holy Week together.
4. Volunteer as a family to help those in need in whatever way is needed in your respective community
5. Serve at or donate to a soup kitchen or soup pantry as a family.
6. A clothing drive – 40 days 40 Items as a family
7. Practice Kindness daily: no gossip, no complaining, complement others, be supportive
8. Donate blood together
9. Participate in the 30-hour famine or do one as a family
10. Visit someone who is sick, in a nursing home or homebound as a family
11. Offer a daily Lenten Meditation or scriptural reading as a family prior to or after the family shared meal
12. Pray the Litany of the Passion together as a family on one day of the week. *PNCC Prayer book*
13. Praying the Sorrowful Mysteries of the Rosary as a family
14. Replace 30 minutes of screen time (TV/Computer/iPad/Smart Phone) with 30 minutes of prayer/devotion/scripture reading
15. Pick a day during Lent to go screen free (no internet/TV)
16. If you cannot attend stations of the cross or sorrowful lamentations as a family – then as a family pray them from our PNCC prayer book
17. Making an almsgiving jar or collection box to collect change and money that goes to help others in some way.
18. "Charity Starts at Home Day"--picking a special day in which each member of the family performs acts of loving service for another member
19. Sing a Lenten hymn together as a family after a shared meal – play one from YouTube
20. If you have younger children – coloring together Lenten pictures – downloaded and printed
21. Read the passion together as a family – Matthew 26 & 27; Mark 14 & 15; Luke 22 & 23 and John 18 & 19
22. Watching a movie about the life of the Lord together and discussing afterward
23. Choose a Lenten sacrifice to do as a family i.e. not eating out, not going to a movie, concert or event during Lent.
24. Attend a Meal in the Upper Room if one is offered at your parish as a family
 1. Share a symbolic Passover Meal as a family
 2. Meal in the Upper Room overview – [Click Here](#)
25. As a family prepare an Easter basket to be brought to church to be blessed or an Easter table for the priest to come and bless

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Prayer for Lent

(can be offer together as a family - adapted from catholic.org)

God, heavenly Father, look upon us and hear our prayer during this holy Season of Lent. By the good works You inspire, help us to discipline our bodies and to be renewed in spirit.

Without You we can do nothing. By Your Spirit help us to know what is right and to be eager in doing Your will. Teach us to find new life through penance. Keep us from sin, and help us live by

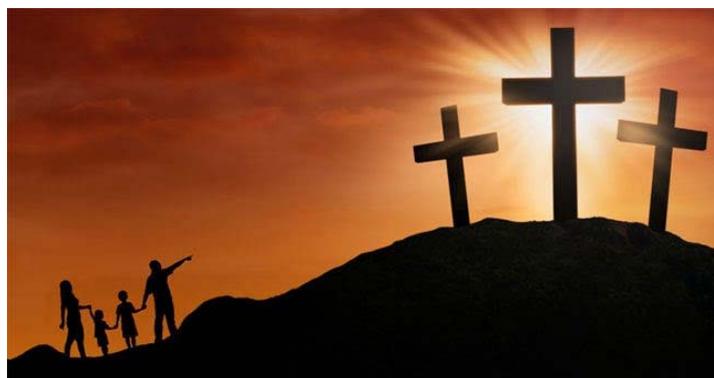
Your commandment of love. God of love, bring us back to You. Send Your Spirit to make us strong in faith and active in good works. May our acts of penance bring us Your forgiveness, open our hearts to Your love, and prepare us for the coming feast of the Resurrection of Jesus.

Lord, during this Lenten Season, nourish us with Your Word of life and make us one with You in love and prayer.

Fill our hearts with Your love and keep us faithful to the Gospel of Christ. Give us the grace to rise above our human weakness. Give us new life by Your Sacraments, especially Your presence we receive in the Eucharist during Mass.

Father, our source of life, we reach out with joy to grasp Your hand; let us walk more readily in Your ways. Guide us in Your gentle mercy, for left to ourselves we will flounder.

Father of love, source of all blessings, help us to pass from an old life of sin to the new life of grace. Prepare us for the glory of Your Kingdom. We ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever. Amen.



PNCC Future Direction is now on Facebook! Like us and follow our updates on Facebook too.

If you know of parishioners or friends who are not a part of our monthly email updates – please have them email us at FutureDirection@pncc.org to become a part of this important effort for our Holy Church.

Please keep this church-wide undertaking in your daily prayers – asking God to bless this work and allow it to bear fruit for the building of His Kingdom through our Holy Church.

As we celebrate Lent with our families let our Lord be our example. May God bless you and your family as we continue our new Lenten journey.

Sincerely yours in Christ,

PNCC Supreme Council Future Direction Committee

Most Rev. Anthony A. Mikovsky, *Prime Bishop*

Very Rev. Robert M. Nemkovich Jr., *Chairman*

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We continue to implement the five themes the Synod determined for our future direction:

- Growth and Membership
- Increase Spirituality
- Lifelong Learning
- Sacred Vocations
- Community Involvement and Presence

Action Plan for PNCC Parishes in 2018: The Year of the Family

1. Greater Understanding of Church Solemnities: Humble Shepherds
2. Two Days of Retreat: Lent and Advent
3. Complete at least five community service projects
4. Implementing the Year of the Family Component
5. Implement Lay Ministry Program in PNCC
6. Move forward with PNCC Office of News & Media Relations
7. Create a PNCC Future Direction Facebook Page
8. Constant Prayer for our October 2018 General Synod

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