

As Lent and Love Collide; do your Lenten penances with love!



#LiveYourBestLent

The Michigan Catholic is asking folks to live their best Lent with LOVE. In a rare quirk of the calendar, Lent and love collide this year when the holy season begins on **Ash Wednesday, February 14** – also known as St. Valentine's Day.

Post your stories, photos, videos and inspiration to Facebook, Twitter and Instagram using **#LiveYourBestLent** and join the conversation at themichigancatholic.org

Ash Wednesday marks the start of the 40 days of Lent leading up to Easter, which many Christians observe with prayer, fasting and almsgiving. Be sure this year to do everything, big and small with LOVE! See tips on how to live your best lent with love at themichigancatholic.org



Tips to Live your Best Lent with LOVE

The Michigan Catholic offers these tips to help you #liveyourbestlent with Love

Prayer: Spend more time in prayer for those in need. Ask family, friends and co-workers what prayers they need.

Fasting: Giving up chocolate is good but this year, fast with **LOVE!** Cheerfully decline that candy bar without telling friends that you're dying for something sweet!

Almsgiving: Volunteer at a soup kitchen. Sacrifice the money you'd spend on a nice dinner out and donate it to a homeless shelter.

Throughout the season, exclusively in *The Michigan Catholic*, read stories about how Catholics in Metro Detroit are living their best Lent with LOVE, and find special tips and commentary for inspiration.

Let's uplift and encourage one another during our Lenten journey!



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