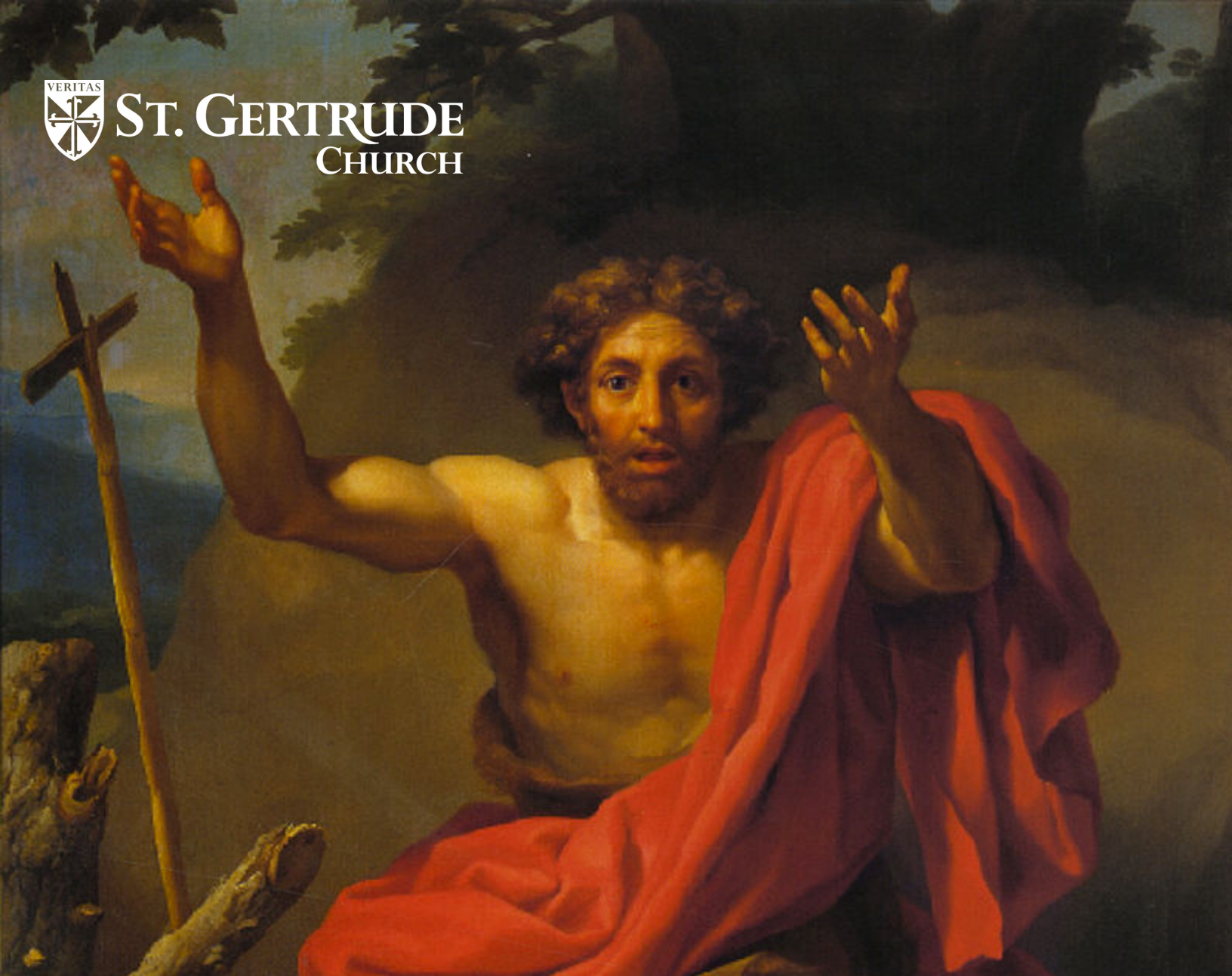




ST. GERTRUDE
CHURCH



The Fridge Sheet: Repent!

This month we learned about John the Baptist and the ways in which he helped prepare the way for the Lord. Well, John's constant refrain was basically "repent!" Turn away from sinful ways and, instead, turn to the Lord. Well, it just so happens that Lent is a liturgical season of 40 days dedicated to doing just this—repentance. The Church gives us three ways in which we can live out this repentance (which is ultimately all about our hearts being turned to our loving Father): Prayer (dedicating time each day to have a conversation with God), Fasting (giving something up, something that will bend, but not break you), and Almsgiving (a way in which you can be a gift to others). Heed John the Baptist's call this Lent, and repent! How will you pray, fast, and give yourself to others?