Dear Parishioners,

The season of Lent is a time of renewal and reflection, when we are encouraged as followers of Christ to participate in prayer, fasting and service. The Lenten journey of each person is a personal expression of faith. All Queen of All Saints parishioners and students are invited to participate together and support each other this Lenten season in a special way to commemorate the 90th Anniversary of our parish.

What is “90 for 90”? Well, it’s what you make it. Can you add 90 seconds of prayer to your day? Could you read 90 Psalms? Can you donate 90 diapers to a charity? Is it possible to go 90 minutes without your phone? Ninety of something may sound like a lot, but what you do and how you do it is up to you. It’s not a contest, competition or checklist, but a way to challenge ourselves to look at what we say and do in preparation for the Resurrection of Christ this Easter.

The suggested items on our list are just a starting point; your Lenten journey is your own. There is room for every person, every family, every ministry to put their own personal touch on it. Many ministries will be hosting “90 for 90” events, and we hope you will join in if you can. A great way to start is to spend some time at our upcoming Parish Mission with Fr. Corey Brost on March 2, 3 & 4.

Christ inspired us to offer others mercy and care and encouraged us to imitate his actions. To inspire and encourage our parishioners and students, we hope you will share your good works by going a little beyond discrete actions. Please consider writing down your “90 for 90” prayer or practice and placing it into the receptacle at the front of the Basilica. Additionally, we hope that you will consider sharing your personal Lenten journey on social media using the hashtag #qas90for90. We hope the stories of the generosity and faith of our community will inspire you on your own Lenten journey.

Blessings to you and your family,
The Queen of All Saints Parish Council
#qas90for90

What does 90 mean to you?

**PRAYER**
- 90 minutes of added prayer per day or week
- 90 minutes of adoration (Monday evenings and Holy Thursday)
- pray for 90 people (even if it’s one sentence!)
- journal 90 words of reflection on a prayer, scripture or other inspiration
- read 90 chapters of the Bible (89 chapters in the Gospels, only 2 per day!)
- read 90 Psalms
- make a list of 90 things you are grateful for
- make a list of 90 people you are grateful for
- pray 90 beads of the rosary (only 2 rosaries!)
- 90 seconds of conversation per day with God
- read 90 pages of a spiritual book
- listen to 90 minutes of worship music

**SERVICE**
- write 90 postcards for a cause or campaign
- purchase $90 in supplies for a food pantry newhopefoodpantry.com
- gift $90 in supplies for a food pantry chicagofoodbank.org
- donate $90 to a charity of your choice
- donate 90 of something to the men of Viator House of Hospitality (Fr. Corey Brost)
  viatorhouseofhospitality.com
- make 90 of something (greeting cards, cookies, scarves, etc.) to donate
- purchase 90 of something (diapers, socks, toothbrushes, etc.) to donate
- purchase 90 meals at fmsc.org or mealsonwheelschicago.org
- serve 90 meals at a soup kitchen
- spend 90 minutes with someone in need
- spend 90 hours of your time in service
- write 90 words to someone to say “Thank you” or “I’m sorry” or “I appreciate you”
- donate 90 coins of your spare change to a CRS rice bowl / crsricebowl.org
- purchase $90 of goods at a fair trade market fgreenheartshop.org
tenthousandvillages.com
- temporarily increase your weekly donation by 90% for Lent or Easter Sunday
- give out 90 compliments
- quote 90 words or letters to those in prison
- donate $90 to help immigrants with legal fees immigrantjustice.org
- donate 90 air miles to reunite refugee families miles4migrants.org
- donate 90 chickens (or other animals) or trees or seeds to communities in need overseas heifer.org

**FASTING**
- 90 minutes of no electronics in the house
- 90 minutes of silence in the house
- limit electronics or media to 90 minutes per day or week
- fast from inactivity by adding 90 minutes of exercise per week
- spend 90 minutes outside with nature instead of indoors
- replace 90 minutes or miles of your commute with walking or biking
- donate or recycle 90 items you don’t need anymore
- give up 90 of something (2 per day) to break a habit (cigarettes, drinks, snacks, etc.)
- skip $90 of splurges
- listen to someone for 90 seconds without talking
- wait 90 seconds before saying or posting something snarky