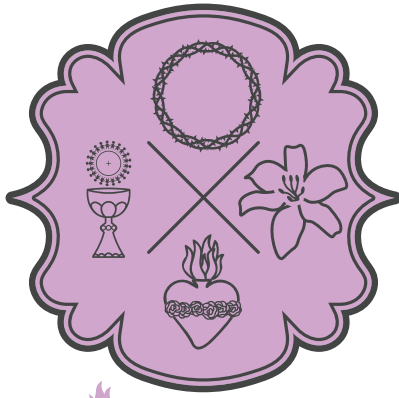


# 2023 - 2024 SHIRT



**Siena**  
VIRTUE. COMMUNITY. GROWTH. HEART.



## RULES

- Complete AT LEAST 10 of the following tasks
- Each task completed may only count as "one" of your 10 (no duplicates)
- Turn in your form to one of the Siena leaders



**VIRTUE**

- Prudence: Pray a Holy Hour for your future Vocation
- Temperance: No social media for 24 hours
- Justice/Charity: Donate supplies to a pregnancy center/mother in need
- Fortitude: Volunteer to serve/lector at Mass
- Faith/Hope: Pray a novena

Date Completed / Check Off




**COMMUNITY**

- Invite a friend who is not in Siena to Mass
- Bring a friend to Siena
- Volunteer at a parish event
- Have a phone-free meal with someone
- Mail a letter to someone who has helped you grow in your faith

Friend Name / Date Completed




**GROWTH**

- Attend a daily Mass
- Pray 7 daily Rosaries in a row
- Fast from meat on a Friday not during Lent
- Complete a chore in your house without telling anyone
- Introduce yourself to someone at Siena that you don't know

Date Completed / Check Off / Person Met




**HEART**

- Go to Confession...and "really say" everything you need to say
- Watch "The Hour That Will Change Your Life" by Fr. Mike Schmitz (YouTube)
- Pray the Chaplet of Divine Mercy for someone you find hard to forgive
- Read Proverbs 31: 10-31 and write a 200 word reflection (bring to Siena)
- Write a letter to your future spouse

Date Completed / Check Off


\_\_\_\_\_  
Your Name