

2023 - 2024 SHIRT



RULES

- Begins August 20, 2023
- Complete **AT LEAST 10** of the following tasks
- Each task completed may only count as "one" of your 10 (no duplicates)



PRAY

- Attend Monday Night Mass at Sacred Heart (Evansville) or St. Mary's (DuCo)
- Make a holy hour in the presence of the Blessed Sacrament
- Read one chapter of the Bible before using any screens for at least 5 days
- Make a good Confession (and really say it all)

Date Completed / Check Off



FEAST

- Don't do any homework, team sports, or paid work on one Sunday
- Write a 150-word article about a Saint you admire and email to Fr. Tyler
- Read one chapter of any book about a Saint (or Blessed)
- Go get dessert with someone on any male Saint's Feast day

Date Completed / Saint Name



BEFRIEND

- Attend Savio in October or November
- Bring someone new to a Savio Night
- Pray the Rosary with someone in your family or another Savio guy
- Spend at least 20 minutes with an elderly person who is unable to leave their home

Date Completed / Friend Name



SACRIFICE

- Listen to the July 10, 2023 podcast episode of "Hidden Brain"
- Don't use a screen after 9pm for 5 days in a row
- Do any combo of 1000 push-ups or crunches in 10 days or less
- Start your shower with cold water for at least 30 seconds at least 5 times

Date Completed / Check Off

Your Name