



Lenten Losers



Want to sacrifice during Lent and improve your health? Join the Lenten Losers of the St. Jerome Society Men's Ministry as they try to reach their weight loss goals.

Two ways to participate:

BECOME A LENTEN LOSER:

Men and women can join the Lenten Losers and declare a weight loss goal for yourself from **Feb. 14 through **April 10**. If you'd like to be a Lenten Loser, put your first name on the Lenten Losers sign-up and the Men's Ministry will add your name to the chart. Weigh-ins are Saturday mornings at the regular 7:00-8:30 am Men's Ministry meeting – or you can write in your weekly pounds lost on the honor system. You are not asked for your weight, only for your weight loss goal and your pounds lost toward that goal.**

BE A LENTEN LOSER SPONSOR:

You can sponsor a Lenten Loser and pledge \$1.00 (or more!) a pound which will be used to provide meals to Malta House (a shelter for young, unwed mothers) &

Home for The Brave (a veterans half-way house in Bridgeport).

A sponsor sign-up sheet is in the church hallway, as is a chart of the already committed Lenten Losers.

