



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.
22 through April 18. If you'd like to be a Lenten
Loser, put your 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.**

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 the needy, particularly groups like Malta
House (a shelter for young, unwed mothers) and
Home for The Brave (a veterans half-way house in
Bridgeport). A pledge sheet
sign-up is in the church
hallway, as is a chart of the
already committed Lenten
Losers.**

