Online Prayer and Faith Formation Resources

BEST LENT EVER®

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FORMED

Take advantage of our parish provided subscription:
Formed.org

For the livestreamed 4:00pm Saturday evening Mass, Eucharistic Adoration, and Morning & Night Prayer, visit the Holy Spirit Parish YouTube Channel
holyspiritdbq.org/YouTube

ALMSGIVING

Parish Almsgiving Project

Almost Home at St. John's

Almost Home at St. John's puts people back on the path home by sheltering, serving, and supporting their neighbors in need with beds, clothing, and connection to resources. Their programs include the Guest House for homeless men and fathers with their children and the Open Closet for men, women, and children of all ages.

Envelopes will be available in church for your contribution - please give generously!

Knights of Columbus Baby Shower

The Knights of Columbus will be collecting items for their annual baby shower from February 25 until April 2. Look for baby cribs in each church and place donated items (diapers, newborn outfits, blankets, etc.) in the cribs. Check the lists near the cribs for a full list of requested items.

Parish Lenten Fundraisers

Omelet Breakfast

Sunday, February 26, 2023
8:00am-11:00am - Holy Trinity
Adult $10; Child $6; 4 & Under Free

Catholic Order of Foresters Fish Fry

Friday, March 24, 2023
4:30pm-7:00pm - Holy Ghost
Adult $15; Child $7; 4 & Under Free

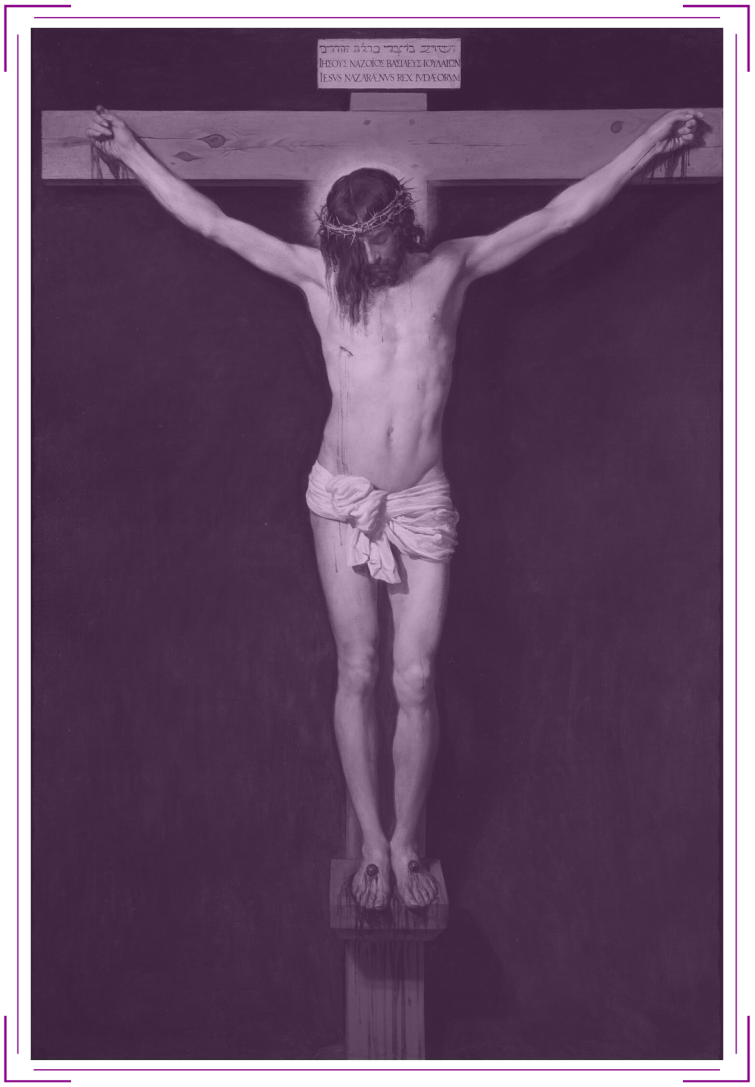
FASTING

Ash Wednesday *and* **Good Friday** *are days of* **fasting** *for Catholics from age 18 until age 59 and* **abstinence** *from meat from age 14 onwards.*

A customary fast is to eat one full meal and two smaller meals that together are not equal to a full meal.

Fridays *during Lent are days of* **abstinence** *from meat from age 14 onwards.*

Behold the Wood of the Cross



Lent 2023
Holy Spirit Parish

PRAYER

ASH WEDNESDAY
MASS TIMES
February 22, 2023

7:30am - Sacred Heart
12:10pm - Holy Ghost
5:30pm - Holy Trinity

Holy Spirit Parish Regular Mass Schedule

Saturday
4:00pm - Sacred Heart Church
Sunday
8:00am - Holy Trinity Church
9:30am - Holy Ghost Church
11:00am - Sacred Heart Church

Monday & Thursday
7:30am - Holy Ghost Church
Tuesday
7:30am - Holy Trinity Church
Wednesday & Friday
7:30am - Sacred Heart Church

STATIONS OF THE CROSS

Wednesdays during Lent
After 7:30am Mass - Sacred Heart
Fridays during Lent
5:30pm - Sacred Heart

Good Friday - April 7, 2023
Outdoor Stations
1:00pm - Holy Ghost

Family Adoration Night

Tuesday, March 14 - 6:30-7:30pm
Sacred Heart
Holy Hour for the whole family with praise and worship music, activities for children, and fellowship afterwards.

SACRAMENT OF PENANCE

Special Lenten Opportunities

March 4, 2023
11:00am - Cathedral of St. Raphael
Communal Penance Service

March 31, 2023
After 5:30pm Stations of the Cross
Sacred Heart

April 1, 2023
Noon-2:00pm - Holy Trinity

April 4, 2023
6:00pm-7:00pm - Holy Ghost

Holy Thursday - April 6, 2023
After 8:00am Morning Prayer
Sacred Heart

Good Friday - April 7, 2023
After 8:00am Morning Prayer
Holy Trinity

Regular Parish Schedule

Fridays
After 7:30am Mass - Sacred Heart
Saturdays
3:15-3:45pm - Sacred Heart
Sundays
7:15-7:45am - Holy Trinity

Faith Sharing

with the upcoming Sunday Scriptures

Thursdays
12:30pm - St. Patrick Rectory

EUCHARISTIC ADORATION
& NIGHT PRAYER

Sundays
7:00pm - Sacred Heart

Holy Thursday City-Wide Pilgrimage

Dubuque Area Youth Ministers invites you to go on pilgrimage to visit our Dubuque parishes' Altars of Repose on Holy Thursday. See their flyer for more information.

Opportunities for Women

Women's CEW
March 3-5, 2023
Shalom Spirituality Center
"Women of Worth"
Parish Women's Ministry
Each Thursday, March 16-May 4
6:30pm-8:00pm
Kriebs Hall, Sacred Heart

Opportunities for Men

Men's CEW
March 10-12, 2023
Shalom Spirituality Center
"That Man is You"
Parish Men's Ministry
Each Saturday
6:45am-8:30am
Paraclete Hall, Holy Ghost

LENTEN FAITH FORMATION

Popcorn and Faith Formation - *"The Chosen" Season 1*
Kriebs Hall - Sacred Heart - *Each Monday, February 27-April 17 at 6:30pm*
March Mondays Adult Faith Formation - *On the Eucharist with Fr. Quint*
Cathedral Center - Cathedral of St. Raphael - Each Monday, March 6-27 at 6:30pm
Lenten Book Study - *"Sign of the Cross: Recovering the Power of the Ancient Prayer"*
Cathedral Rectory Offices - Cathedral of St. Raphael - Each Monday at 8:00am

Holy Week, Paschal Triduum, and Easter Sunday Schedule

April 1/2, 2023
Palm Sunday of the Lord's Passion
Gather in the front of church at each regularly scheduled weekend Mass to join the procession.

April 6, 2023 - Sacred Heart
Holy Thursday
8:00am-Morning Prayer
7:00pm-Mass of the Lord's Supper

April 7, 2023 - Holy Trinity
Good Friday
8:00am-Morning Prayer
1:00pm-Outdoor Stations of the Cross (Holy Ghost)
3:00pm-Celebration of the Lord's Passion

April 8, 2023 - Holy Ghost
Holy Saturday
8:00am-Morning Prayer
8:00pm-Easter Vigil in the Holy Night

April 9, 2023
Easter Sunday
8:00am - Holy Trinity
9:00am - Sacred Heart
9:30am - Holy Ghost
11:00am - Sacred Heart