

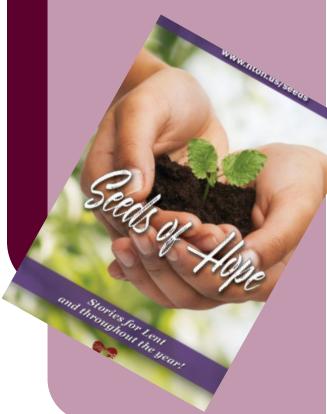
CHRIST THE KING  
& ST. THOMAS  
THE APOSTLE



#### LENT:

*HOPE IN THE CROSS!!*

**CHOOSE  
AT LEAST  
ONE  
OPTION  
FOR THIS  
LENT! SIGN  
UP BY  
2/18/26**



# LENT 2026— HOPE! ADULT FORMATION OPTIONS

## GROUPS, REFLECTIONS and MORE!

### LENT GROUP OPTIONS!

This Lent we will have a **5-session series for one-time small group participation** focused on stories of inspiration and hope. We will be using a booklet called: ***Seeds of Hope*** which also has an optional video component. You can also decide to try out one of our **existing on-going small groups!**

### LENT ONLY SMALL GROUP NIGHTS:

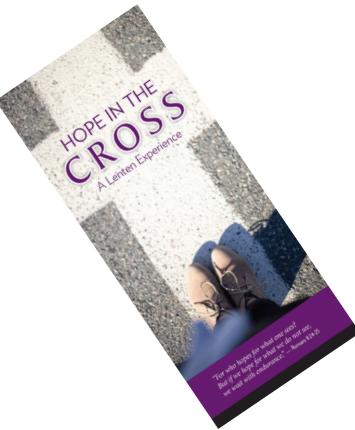
Mondays, 2/23, 3/2, 3/9, 3/16, 3/23; 6:30-8 p.m. at CTK Library **OR**

Wednesdays, 2/25, 3/4, 3/11, 3/18, 3/25.

**ON-GOING SMALL  
GROUPS:** Current groups will continue!

### DAILY LENT MESSAGE!

You can sign up to get a daily weekday message in your email for Lent. The series is called: **Hope In The Cross** and will be written by our own Director of Discipleship, Erin O'Leary. (FYI, Erin writes for OSV Publications.)



**DAILY LENT  
MESSAGE:** Sign up for weekday delivery to your email all during Lent.

### TIMES OF REFLECTION!

Come for mini, 90 minute reflection times on themes of Hope in the Cross. Session 1— The Virtue of Hope and Why Hope

Session 2— Ways and Research on Building Your Hope Muscles

Session 3— Saints and Role Models of Hope

Come to one, two or all! There will be two Zoom options too!

### SIGN UP NOW!!

### TIMES OF REFLECTION:

Feb. 26, 9:30, CTK,  
Mar. 19, 9:30, CTK,  
Mar. 26, 9:30, CTK

### ZOOM OPTIONS:

Mar. 10, 6:30; Mar.  
22, 1:00; Mar. 30,  
6:30.

**SIGN UP USING THE QR CODE... OR EMAIL ERIN O'LEARY**  
[eoleary@ctkmpls.org](mailto:eoleary@ctkmpls.org), [eoleary@stthomasmpls.org](mailto:eoleary@stthomasmpls.org)