

Lenten Season Announcements

Feb 8, 2024

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Season of Lent, here are some important reminders and offerings:

Rice bowls and meditation booklets:

Available in the Gathering Space for reflection on the daily scriptures of Lent.

Fasting Guidelines:

A day of fast and abstinence from meat.

Fasting required for those 18 to 59 years of age, unless prevented by a medical condition.

Fasting generally means eating only one full meal or two small meals that add up to no more than one meal.

Lenten Activities

- Stations of the Cross: Join us at 8:30 a.m. starting this Friday for a meaningful journey through the Stations of the Cross.
- Extra Daily Mass: During Lent, we'll have an additional 6:00 p.m. Mass on Mondays and Wednesdays for your spiritual enrichment.
- Lenten Fish Fries by the Knights of Columbus: This Friday marks the beginning of our Lenten fish fries! Join us from 5:00 p.m. to 7:30 p.m. for delicious meals and fellowship. Check the bulletin for details.
- Scripture Study Opportunity: Looking for a meaningful Lenten study? Consider joining "The Ascension Lenten Companion: Walking with Jesus to Jerusalem." This program includes a journal with daily meditations and weekly video sessions. Group discussions, led by Shirley Schneider via Zoom, offer a chance for deeper reflection. Details on how to sign up are available in the bulletin.

Let us embrace this sacred season of reflection, repentance, and renewal