

Lent - for a Change

Lent is a lot like spring training for the soul. Prayer, Fasting, and Almsgiving are less about giving up something than about gaining something greater. Athletes train to build strength and skill. They “give up” junk food, late hours, and laziness to attain a goal that they value more than those things.

When we fast, pray, and give alms, we too have a goal: to build our spiritual awareness, to strengthen our will power, to pull ourselves out of well-worn habits of sin, and to ask God to forgive us, change us, and guide us back to him. We fast to free ourselves from the tyranny of the body.

This Lent, we must give up fish fries and other traditions but not spiritual spring training. In fact, this Lent can be special and unique in its ability to help us build the strength to follow Jesus. On the following pages, we have suggestions and links to more information that will help you make this Lent a life-changing season.

Look for the *Lent - for a Change* box on our homepage.

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DAILY MASS

Even if you cannot physically attend daily mass, you can find our masses streamed online.

[Liturgy Streaming Link](#)

WAY OF THE CROSS

In person, Fridays, 7 p.m. in our church, followed by Confessions.

Virtual: [Stations of the Cross Meditation With Bishop Robert Barron](#)

CRS Rice Bowl Way of the Cross: <https://www.csricebowl.org/stations-of-the-cross>

Way of the Cross from BSC: [Link Pending](#)

EUCCHARISTIC ADORATION

Wednesdays, following 10 a.m. mass until 4 p.m.

VESPERS (EVENING PRAYER)

Wednesdays, 7:00 p.m. in church

Streamed from BSC: [Link Pending](#)

ROSARY AND BENEDICTION

In person, Wednesdays, 3:30—4 p.m. in our church

Virtual: [Rosary \(Gregorian Chant\)](#)

[Rosary \(Joyful Mysteries\)](#)

[Rosary \(Sorrowful Mysteries\)](#)

[Rosary \(Glorious Mysteries\)](#)

[Rosary \(Luminous Mysteries\)](#)

[Chaplet of Divine Mercy](#)

CATHOLIC RELIEF SERVICES RICE BOWL PROJECT

See information on next page

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RICE BOWL PROJECT

Jesus asks us to care for our sisters and brothers and to recognize him in them. The **Catholic Relief Services** Rice Bowl project gives us an opportunity to answer this Gospel call. What you give up for Lent changes lives.

Jesus shared our human condition, living in solidarity with us, knowing our struggles and suffering first hand. For six weeks, we can share some solidarity with our global human family. Eating one (or more) small, simple, meatless meals a week and placing the money we save in a “rice bowl” will give us a glimpse of what others experience daily, while providing the means to help them experience a little of what we take for granted.

Keeping our global neighbors in prayer during this time will also help us grow in love, compassion, and gratitude.

Follow the link below for all the details, including world recipes for simple, meatless meals, weekly themes based on the Corporal Works of Mercy, stories of hope from countries served by the Rice Bowl Project, a Lenten calendar to keep you on the path, and even directions for making your own paper rice bowl.

Information on sending your donation to CRS is also included. The parish will not take up the collection, but you can mail your gift or send it electronically.

You can share photos and stories of your international meals on our parish Facebook page, building parish community while changing lives around the world.

Catholic Relief Services Rice Bowl Project: <https://www.crsricebowl.org/families>

40 DAYS OF FAMILY ACTIVITIES

Little or no prep is needed for these 40 simple, doable activities for all ages. Don't let Lent overwhelm you, and don't let this opportunity just slip through your fingers either. Take it day by day with the help of this webpage from **Catholic Icing**:

<https://www.catholicicing.com/simple-lenten-traditions-for-families-with-little-to-no-prep-work/>

MORE RESOURCES

Reclaim the gift of the Sabbath: <https://www.52sundays.com/>

Free activities and videos for Catholic kids: <https://mycatholickids.com/>

Saints coloring pages for young children: https://www.tinysaints.com/pages/activities?mc_cid=a3248f8a43&mc_eid=6e28dec4b6