



Learn



Pray



Act

What is Lent?

As Catholics we are often asked, 'what are you giving up for Lent'? As we know Lent is so much more than that. Lent includes not just abstinence (giving something up) but **Fasting, Prayer, and Almsgiving** done for very meaningful reasons.

The Charity and Justice Committee would like to invite you to look at Lent in a prayerful way by asking 'what can I gain from Lent'? We will do this by looking through the eyes of people just like us who we do not always see that way; our brothers and sisters that are often looked past, ignored or judged.

Each week during Lent will focus on a different vulnerable population. Weekly, we will include a scripture about human dignity and acting on our faith. Throughout the week refer to the post for stories, videos and information that we hope will expand your heart.

Vulnerable Populations we will look at, include: the Homeless, the Unborn, Prisoners/ex-convict/felons, Elderly in care facilities, Immigrants and Refugees, and Victims of domestic violence.

"Fasting is a way to an unexpected meeting with God."

"The value of consistent Prayer is not that He will hear us, but that we will hear Him".

"Almsgiving is also the act of being merciful, so something as simple as a kind word or word not spoken, can be considered alms."

To receive our weekly messages please respond here: