



Lent 2023

February 22 - April 6

"Lent is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God, and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."

-Pope Benedict XVI

Prayer "Rejoice in hope, be patient in tribulation, be constant in prayer." - Romans 12:12

As a School Community:

- ★ Adoration - during Religion Class 3/16
- ★ Confession - during Religion Class 3/22
- ★ Grandparent Masses - Senior: 3/8, Junior: 3/28, Soph.: 4/4; *Freshman: 4/25 (not in Lent)*
- ★ Stations of the Cross - during Religion Class on 4/3

Flex Opportunities

- ★ Monday - Rosary in chapel 10:15 - 10:30
- ★ Thursday - Confession and Adoration
- ★ Friday - Mass
- ★ Lenten Small Christian Communities (on Thursdays - sign up in Religion class)

Sign Up here: <https://www.signupgenius.com/go/10c0e4aa5af23a0fbc43-lenten#/>

Before School

- ★ Mass - Tuesday Mornings at 7am in chapel - open to parents and students (2/28, 3/7, 3/14, 3/21, 3/28, and 4/4)

On your own:

- ★ Prayer Apps and Podcasts: Laudate, Halo, Bible in a Year by Fr. Mike, The Rosary by Creedal, Ask Father Josh by Ascension
- ★ Scripture: Read the Penitential Psalms: 6, 25, 31, 32, 50, 51, 102

Almsgiving "Instruct them to do good, to be rich in good works, to be generous and ready to share" 1 Tim 6:8

- ★ Monetary collections for: USA with Ukraine & Mary's Meals

Volunteer Opportunities

- ★ **Mary Queen of Heaven Fish Fry**
Sign up here - <https://signup.com/go/orfhWey>
- ★ **Food for the Hungry - FEC Service Event - After school on Friday 3/3**
Sign up here - <https://www.signupgenius.com/go/10c0d4aa4ae2daafc1-fec-sponsored#/>
- ★ **The Stringtown Quilters Guild - Friday, 3/17, 2:00 - 6:00 PM &/or Saturday, 3/18, 3:00 - 7:00 PM.** Contact Robin Bisig at sqgvicepresident@gmail.com
- ★ **Mary Rose Mission - Dates open are 3/10, 3/18, 3/19.**
Sign up here - <https://www.signupgenius.com/go/10C0E4AA5AF23A0FBC43-mary>

- ★ **SVDP - Dates - 3/18 and 3/19, 4/1, 4/2**

Sign up here - <https://www.signupgenius.com/go/10c0e4aa5af23a0fbc43-svdp2#/>

Sign up here - <https://www.signupgenius.com/go/10C0E4AA5AF23A0FBC43-svdp3>

- ★ **NKY Emergency Shelter - Dates - 4/2, 4/22**

Sign up here - <https://www.signupgenius.com/go/10C0E4AA5AF23A0FBC43-emergency>

Fasting “Man shall not live on bread alone, but on every word that comes from the mouth of God.” Mt 4:4

- ★ **Days of Fast** - Only one meatless meal is permitted on Ash Wednesday and Good Friday (two smaller meals, which if added together are not to exceed the main meal in quantity is permitted). No snacks and eating between meals are permitted.
- ★ **Fridays are Days of Penance and Abstinence** - No meat is to be eaten on Fridays during Lent. Although not an obligation, it is highly recommended to abstain from snacks between meals and from sweets.
- ★ **Try fasting from social media and technology** for 30 minutes a day. Replace it with silence, scripture, prayer, and talking with people in person.

Resources:

- ★ 25 Great Things You Can do For Lent
 - [25 Great Things You Can Do for Lent - Busted Halo](#)
- ★ Articles and blogs for teens
 - [Into the Desert: How to Live Your Lent with Purpose - LifeTeen.com for Catholic Youth](#)
- ★ 40 Ways to Get More Out of Lent
 - [40 Ways to Get More out of Lent - Ascension Press Media](#)
- ★ Lenten Reflection by Bishop Robert Barronn
 - [Lent Reflections - Word on Fire](#)
- ★ Dynamic Catholic
 - [Join Dynamic Catholic for the BEST LENT EVER Email Program](#)
- ★ Living Lent Daily:
 - [Living Lent Daily | Loyola Press](#)
- ★ Ascension Press has a 40 day program getting ready to start for adults [WATCH: Lent in Three Minutes - Busted Halo](#)

Lenten Prayer - Freedom

Lord, Teach me a new freedom.
Freedom to reject comparison
And to embrace uniqueness.
Freedom to cut ties with greed and feast on love.
Freedom to abstain from over indulgence
And feast on self-control.
Freedom to leave behind selfish thoughts
And to focus on the needs of others.
Freedom to fend off insecurity
And to embrace grace. Lord, at this time of Lent,
Thank you for the freedom you bring. Amen.

Lenten Prayer - Transformation

Loving Father, I invite you into my life today
and make myself available to you.
Help me to become the-best-version-of-myself
by seeking your will and becoming a living
example of your love in the world. Open my
heart to the areas of my life that need to
change. Inspire me to live the Catholic faith in
ways that are dynamic and engaging. Give me
courage when I am afraid,
hope when I am discouraged, and clarity in times
of decision. Amen

