

7 ways to LOVE Lent pick 1 or ALL

1. Wednesday Nights with Jesus & St. Joseph

Pope Francis announced a Year of St. Joseph so that *“every member of the faithful, following his example, may strengthen their life and faith daily in the complete fulfillment of God’s will.”*

In an effort to learn more about the incredible spirituality and life of St. Joseph, our parish priests will offer the following reflections:

February 24 | **Fidelity & Grace** - Trustful surrender

March 3 | **Faithfulness to the Interior Life** - Silence

March 10 | **The Worker** - Labor as a gift from God

March 17 | **Husband** - Love for and guardian of Mary

March 24 | **Father** - Love for and teacher of Jesus

Join us in the Church

6:00pm – Adoration (all-night)

6:30pm – Reflections on St. Joseph

6:30-8:30pm – “The Light is On” Confessions in the PLC

6:45pm – Rosary

2. Engage 2021 Lent Reflections

Each Monday, beginning February 22nd you will receive a reflection from Bishop Barron on the season of Lent and its practices. We invite you to take the time to watch the short video and respond with your thoughts. To sign-up to receive them visit our website stmaryfred.org and click on the link found at the top of the page entitled Lent 2021 and join “**Engage 2021**”.

3. Lenten Challenge

Great “Challenge” for the entire family! This Challenge lasts for 25 days beginning Ash Wednesday. Receive a daily email with the days Challenge and see if you and your family members or friends can rise to the occasion! Challenges are simple and meant to focus our attention on lent, love and sacrifice. To sign-up for the Lenten Challenge visit our website stmaryfred.org and click on the link found at the top of the page entitled Lent 2021 and join “Lenten Challenge”

4. Stations of the Cross

Make a spiritual pilgrimage through contemplation of the Passion of Christ.

Every Friday in the Church 7pm in English and 7:30pm in Spanish (live-streamed too).

**Booklets are always available in the vestibule of the Church. Always welcome to come privately or with your family and journey together.*

5. Daily Mass & Adoration

Meet Jesus in the Eucharist Daily - 6:30am, 9:00am and noon (M,W,F)

Adoration - Wednesdays 12:30pm-Fridays 9am.

6. Confession

Let yourself be healed by Christ and progress in your spiritual journey. “Confession is the soul’s bath – receive it often.” Padre Pio

Wednesdays 11:30am-noon and 6:30pm-8:30pm

Saturdays 8am-8:30am and 3:30pm-4:30pm

7. Rosary

“The rosary is the weapon for these times.” Padre Pio

6:00pm Live-Streamed Daily

LOVE
One Another