

# Lent 2016 - 10 ways

to deepen your faith and prepare your heart for the greatest feast of the year.



We begin our Lenten journey of preparation for the Resurrection of the Lord.

We prepare through:

- Prayer
- Penance
- Repentance
- Almsgiving
- Self-denial

1. Attend Ash Wednesday Mass, February 10 (7:30 pm). Receive ashes on your forehead as you hear "Repent, and believe in the Gospel". A day of fasting and abstinence from meat.
2. Attend Morning Masses - Wednesday, Thursday and Friday at 8:30. Pray the Rosary before Mass at 8 on Wednesday and Friday. Participate in Morning Prayer at 8:15 on Thursday.
3. Attend Tuesday Evening Masses at 7 pm. Come early and participate in Evening Prayer at 6:45.
4. Experience Eucharistic Adoration
  - Tuesday evenings 7:30 – 8:30 after 7 pm Mass. February 23, March 1, 8, 15, 22.
  - Friday morning 9 – 10 after 8:30 am Mass. March 4.
5. Individual Reconciliation. During Eucharistic Adoration and Saturday, March 12 and March 19, 11 am to Noon.
6. Pick up a **#ShareJesus** card in the Welcoming Area. Starts Ash Wednesday; a new one each week.

A **#ShareJesus** video will be shown during Mass. Ways to put the weekly message into action will be on the card. Carry it with you to help **Make Lent Awesome**.

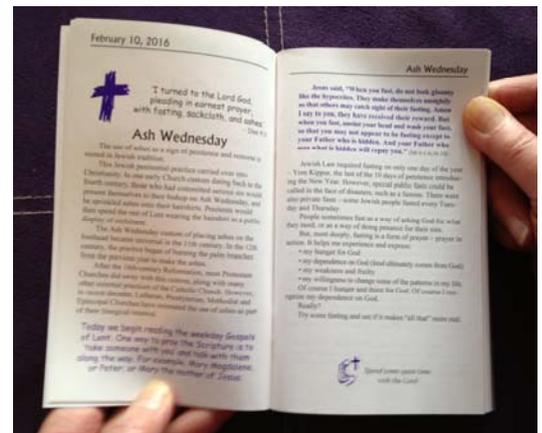
To receive more of the **#ShareJesus** message, sign up for a daily email at [redeemedonline.com](http://redeemedonline.com)



7. Reflect on the Stations of the Cross. Fridays, February 12, 19, 26, March 4, 11, 18, 6:30 – 7 pm.

8. Use the Rediscover Jesus book and Little Black Book as your companions for Lent - one for your morning meditation and one for the evening.
  - Pick them up in the Welcoming Area.
  - Rediscover Jesus is Free.
  - Little Black Book suggested donation of \$1.

Rediscover Jesus takes you on a 40-day spiritual journey to encounter Jesus – the amazing friend who is going to help you answer life’s tough questions.



The Little Black Book travels easily in your pocket, purse or backpack. Take **6 minutes** of quiet time every day to walk through the book a page at a time. Six minutes a day pays big returns. Reflect on the Gospel passages assigned for weekday Masses with explanation and reflections. The book also includes a variety of quotes, information and timely thoughts.

9. Arrive at weekend Masses 15 minutes before the hour for a time of quiet reflection. A slide show with reflections and thoughts will play before mass. **To respect this reflection time, please limit your conversation during this period.**

10. Contribute to the Share Lent campaign. Use the blue envelope in your box of envelopes or pick up an envelope in the Welcoming Area for the special collection **March 12 and 13**. Each year during Lent, Canadian Catholics are invited to stand in solidarity with communities in Africa, Asia, Latin America and the Middle East who are struggling for dignity and justice.

This Lent, inspired by the Jubilee Year of Mercy and Pope Francis’ encyclical *Laudato Si’* (Care for Our Common Home), Development and Peace invites you to join in a Climate of Change solidarity pilgrimage with our sisters and brothers in the Global South.

By opening our hearts and walking hand in hand with the most poor and vulnerable, we can contribute to building a world rooted in justice, equality, compassion and love. Your generosity is a source of hope!

Development and Peace is working to create a climate of change and build a more just world. Read more at [www.devp.org](http://www.devp.org)



***Sharing God’s gifts, Serving others, In Christ’s Love***

Prepared by your Stewardship Team.

Melita Stenhouse, Team Leader