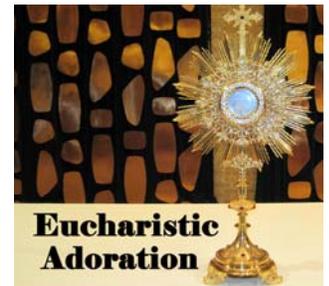




## Lent 2017 - 12 ways to deepen your faith and prepare your heart for the greatest feast of the year.

We continue our Lenten journey of preparation for the Resurrection of the Lord. We prepare through: Prayer, Penance, Repentance, Almsgiving and Self-denial.

1. Attend the Light in the Darkness Prayer Service, Sunday, March 19, at 7 pm. This prayer service is initiated by the Archdiocese, regarding clergy sexual abuse. Archbishop Donald Bolen will be in attendance.
2. Reflect on the Stations of the Cross.
  - ✝ Friday evenings, 6:30 – 7 pm.  
Join with the Men's and Women's Club as they lead the Stations on March 24.
3. 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.
4. Attend Tuesday Evening Masses at 7 pm.
  - ✝ Come early and participate in Evening Prayer at 6:45.
5. Experience the closeness of Jesus in Eucharistic Adoration:
  - ✝ Tuesday evenings 7:30 – 8:30 after 7 pm Mass.
6. Receive the Sacrament of Reconciliation.
  - ✝ During all Eucharistic Adoration times.
  - ✝ Saturday, April 1 and 8, 11 am to Noon.



7. March 20 is the Feast Day of Saint Joseph, Husband of the Blessed Virgin Mary, Principal Patron of Canada, Patron of the Universal Church. Joseph must have possessed a soul so beautiful that God chose him to be the foster father of Jesus and husband of Mary. Think about that for a moment. God, Creator of all things, looked at Joseph among all men and regarded him so highly, that God trusted him to be the provider and protector of the Holy Family. Whenever our lives are disrupted or in turmoil we can turn to Joseph. He understands the pain, suffering, and dangers that we face because he experienced them in his own life. As St. Teresa of Avila has said, "Would that I could persuade all men to be devoted to this glorious St. Joseph, for I know by long experience what blessings he can obtain for us from God."



8. Pick up a **#ShareJesus** card in the Welcoming Area.  
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 This Lent Awesome**.

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



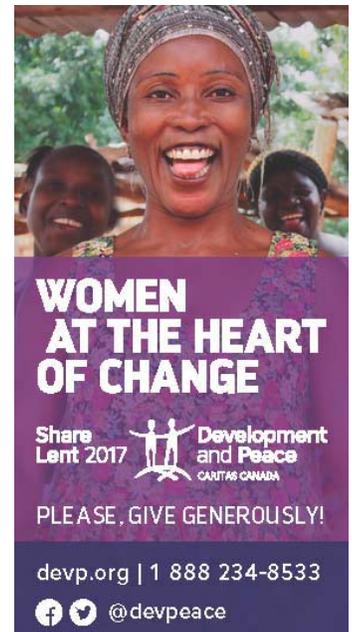
9. Arrive at weekend Masses 10 minutes before the hour for a time of quiet reflection. A slide show with reflections and thoughts will play before mass. **To respect this reflection time, please limit your conversation during this period.**
10. The Catholic Bishops of Saskatchewan issued texts related to the issue of Euthanasia and Physician Assisted Suicide. The documents include:
- A pastoral letter - Living Through Our Dying.
  - A pastoral reflection - Jesus: the Word Who is Life.
  - A set of guidelines for priests, deacons and laity providing pastoral care to the sick and dying. Care for the Dying: Pastoral Directives.

Read and reflect on the documents. Copies available in the Welcoming Area.

11. 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 on Solidarity Sunday **April 1 and 2**. 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.

For Lent 2017, Development and Peace – Caritas Canada has chosen to put women at the forefront to highlight the very special importance and role they have in every aspect of development, whether it be social, environmental or economic.

This Lent, act in solidarity with and walk alongside the women and men who advocate for an equal and inclusive society, one in which women can participate hand-in-hand with men in building the world of tomorrow. Read more at [www.devp.org](http://www.devp.org)



12. Support the **Nickels for the North** initiative. A special project of the St. Cecilia Catholic Women's League in support of Catholic Missions in Canada. Please see the poster in the Welcoming Area.

Prepared by your Stewardship Team.  
Melita Stenhouse, Team Leader