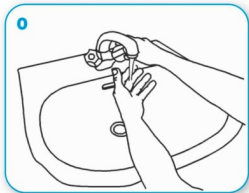


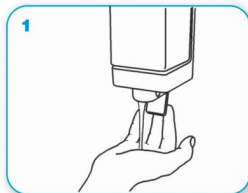
# How to handwash Catholic Style!



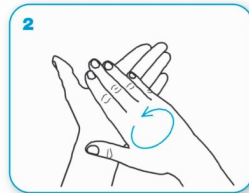
30-45 second wash time



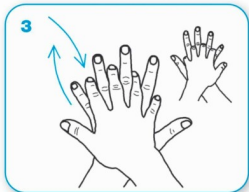
0  
Our Father, Who art in heaven,  
Hallowed be Thy Name.



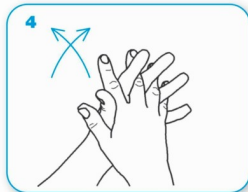
1  
Thy Kingdom come.  
Thy Will be done,  
on earth as it is in Heaven.



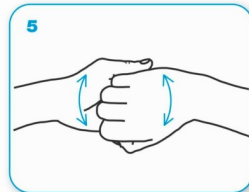
2  
Give us this day our daily bread.



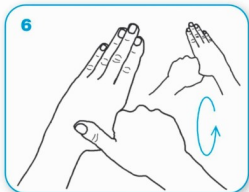
3  
And forgive us our trespasses,  
as we forgive those who trespass  
against us.



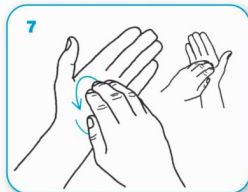
4  
And lead us not into  
temptation, but deliver us  
from evil. Amen.



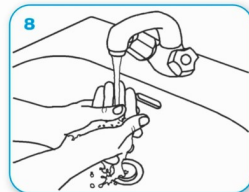
5  
Hail Mary, Full of Grace,  
The Lord is with thee.



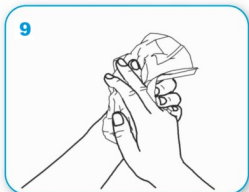
6  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.



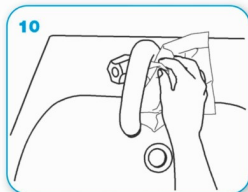
7  
Holy Mary, Mother of God,  
pray for us sinners



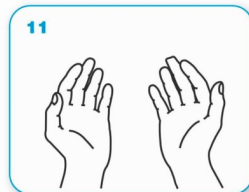
8  
now, and at the hour of  
our death. Amen.



9  
Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.



10  
As it was in the beginning,  
is now, and ever shall be,  
world without end.



11  
Amen.

*Clean hands are life savers*

*... and prayers save souls!*

# Lent 2020 - Weekly Focus

## Attend Morning Mass

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.



## Sacrament of Reconciliation

Tuesday evening, March 17,  
7:30 - 8:30 after the 7:00 Mass.

Saturday morning, March 21,  
11:00 - Noon.



## Reflect on the Stations of the Cross

Friday evening, March 20, 6:30 – 7:15 pm.

*"The Way of the Cross Through the Voice of Victims."* Supporting Victims of Clergy Sexual Abuse.

## You and Jesus

Experience the closeness of Jesus in Eucharistic Adoration. This is a beautiful experience. Just you and Jesus. There is something powerful about that.

Tuesday evening, March 17,  
7:30 - 8:30 after the 7:00 Mass.

