

The CCW is sponsoring a

LENTEN RETREAT

When: SATURDAY, March 11, 2023

Time: 8:30 a.m.--2:30 p.m.

Where: Fr. Flynn Hall & Church

Speaker: Fr. Shawn Monahan, OMV

Topic: "I will give you a new heart"

(Ezekiel 36:26)

ALL ARE WELCOME

Episode 10 - Do You Love Me

Deacon Bill Doerr

will moderate this

session on **March 25, 2023**

at **2:30-3:30 p.m.**

in the **Parish Office Library**

God never gives up on us and always seeks us out in order to love us. God does not force himself on us, but tenderly and patiently waits for us to return to him. The human heart wants to be loved and to love and this loving desire is ultimately only satisfied in God. This love story is the greatest of all love stories. We reciprocate this love by loving others. Jesus came in love to save us and we respond by sharing the news of this great love with the world. We tell others who we know Jesus to be. We tell how we have been loved, how he has done great things for us. When we come to know the love of Jesus we are moved to share it with others.

FORGIVEN

Lenten Conference

with Mr. Bill Lockhorn

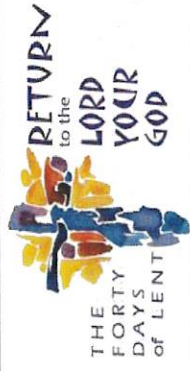
March 4, March 18, & April 1, 2023
2:30-3:30 p.m. in Parish Office Library.

Forgiven: The Transforming Power of Confession explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, Forgiven communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.

LENTEN PENANCE SERVICE

A Penance Service will be held on **Wednesday, March 29th at 5 p.m.** As part of the service, there will be multiple priests available to hear confessions at that time.

Lent IS A TIME TO
GET CLOSER TO JESUS



Regulations on Fasting and Abstinence

Ash Wednesday, February 22nd and **Good Friday**, April 7th are days of fast and abstinence. **All Fridays of Lent** are also days of abstinence from meat.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 years and 59 years (inclusive). On a fast day one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Abstinence is observed by everyone 14 years of age and older. On days of abstinence no meat is allowed. Ash Wednesday, all the Fridays of Lent and Good Friday are all days of abstinence.

Note: *If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.*

Fasting, abstinence, almsgiving and prayer are the four disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter.