

LENTEN RETREAT

Sponsored by: The Council of Catholic Women of Our Lady Queen of Martyrs Parish 833 Magellan Dr., Sarasota 34243

Saturday, March 22, 2025 8:30 AM – 2:30 PM in Fr. Flynn Hall at 0100M



Presenter: JOSHUA MAZRIN

Primarily a Catholic husband and father, but also an outdoors, editor, speaker, and the founder of The Immaculate Institute—an organization that continues the mission of St. Maximilian Kolbe in seeking to win the hearts of men over to the faith through sports and thus to the Kingdom of Our Most Sacred Heart of Jesus. www.immaculateinstitute.com

His new book is *Led by the Immaculate: St. Maximilian Kolbe's Spiritual Battle Plan for Marian Conservation*. ***

Topic: **The Immaculate and Our Interior Life**

Many people say that their faith is the most important part of their life, but shouldn't it be that your faith IS your life?

- How to Grow Closer to God the Father, Jesus Christ, and the Holy Spirit by consecration of Your Life to the Immaculate, the Blessed Virgin Mary
- Living Out Our Consecration to Mary
- St. Maximilian Kolbe's devotion to and teachings of the Immaculate.

St. Maximilian Kolbe, a Polish Catholic Priest and Conventual Franciscan friar, volunteered to die in place of a stranger in the German Nazi concentration and death camp of Auschwitz during World War II. He said, "Never be afraid of loving the Blessed Virgin too much, you can never love her more than Jesus did!"

RSVP to Joan Denton by March 19, 2025 at ledenton22@comcast.net or (941) 685-8663 (text or call).

Continental breakfast and lunch provided
\$10 Admission at the Door (if able) *** Available for sale at the retreat

ALL ARE WELCOME!



Sign up to receive these prior to Lent at <https://daily.formed.org/lenet>. (February 12th)

How to Lent is a new series from the Augustine Institute that aims to equip Catholics with the tools to understand and practice the pillars of Lent: prayer, fasting, and almsgiving. Guided by Solenne Santiago and with the help of priests and religious, this series will challenge our preconceived notions about Lent, laying out a roadmap for entering the season with a purpose. Don't let Lent sneak up on you like it did last year. Instead, heed the call of St. John the Baptist by preparing for the Lord, using How to Lent to transform your spiritual life this Lenten season.

Use **FORMED** to enhance your family's Lenten experience. All parishioners have free access to **FORMED**.



Lenten daily Reflections with Dr. Tim Gray

Sign up at daily.formed.org. Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the scriptures, and providing you with concrete ideas on how to apply them to your Christian life.



Tears of Christ:

Audio Meditations for Lent

For Kids: "Brother Francis: Let's learn about Lent" is a four part series. Plus join Brother Francis in praying special Stations of the Cross for children.



Lent IS A TIME TO
GET CLOSER TO JESUS

LENTEN PENANCE SERVICE

A Penance Service will be held on Wednesday, April 9th at 6 PM. As part of the service, there will be multiple priests available to hear confessions at that time.



Regulations on Fasting and Abstinence

Ash Wednesday, March 5th and Good Friday, April 18th 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.