

# Lent: An Invitation to Return to the Lord

*“Even now, says the Lord, return to me with your whole heart.”*

— Joel 2:12

Lent is a sacred season of conversion, renewal, and an opportunity for deeper friendship with Jesus. As an integral member of our parish family, you & your household are invited to enter deeper into Lent this season.

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## Lenten Formation

**Crux Lenten Small Group:** Crux Lessons in Surrender with Fr. Columba, CFR

- Contact Michael at [mgagnon@olmjasper.org](mailto:mgagnon@olmjasper.org) to join a small group. Groups meet almost every day of the week and are easily accessible for everyone.

**Crux Personal Journey through Gospel of Mark**, reflecting on your identity as God’s beloved child, and you’ll respond through prayer and practical action.

- Suggested use: **As an individual or couple**, engaging a daily reading and reflection.

**Online Study Series:** (*Our parish provides free access to Formed.org, a Catholic streaming and study platform.*) Visit **formed.org**, select our parish, and create a free account.

- **How to Lent** – (Four 12-minute episodes) Practical guidance on prayer, fasting, and almsgiving
  - Suggested use: For **families or those who need to get back to the basics**.
- **A Lent to Remember** – (Five 30-minute episodes) Reflections on God’s mercy and Confession-Focuses on God’s mercy and confession, tying in the Paschal Mystery and preparation for Easter.
  - Suggested use: For **those wishing to go deeper** into God’s mercy, as an individual, family, or group.
- **Brother Francis’ Lent series** — a Daily 2-minute video series for each day of Lent, perfect for families with children.
  - Suggested use: A daily reflection **with your young children** about Lent.

## Fast & Give Alms

- Fast not only from food, but from habits that keep us from God
- Offer your sacrifices for others
- Collect needed hygiene items for Mary’s Helping Hands.
- Turn savings from what you “gave up” into charity, such as the PregnancyAidClinic.com
- Fast & abstain from meat on Ash Wednesday & Good Friday. Abstain from meat every Friday.

## Events / Services to Attend:

- **Ash Wednesday:** Masses & Ashes at 9:30AM, 6:30PM; Ashes only at 3:30PM
- **40 Hours Devotion:** Sign up to be a Eucharistic Guardian for 1 hour between 2/18 – 2/20.
- **Parish Mission with Fr. Praveen:** 2/18, 2/19, and 2/20 at 6:30PM
- **Parish penance service** on Thursday, Feb. 19<sup>th</sup> at 6:30PM.
- **Stations of the Cross** each Friday at 6PM
- **Lenten dinners and community** each Fridays at 6:30PM
- **Living Stations** of the Cross on Good Friday at 3PM.