

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.

Lenten Formation

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

- Contact Michael at 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. 19th 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.