

LENTEN PARISH RETREAT 2026

Mark your calendar NOW!

Our Three Day Parish Lenten Retreat will be held on
Sunday, March 15 from 3:00 - 4:30 PM
Monday, March 16 from 6:30 - 8:00 PM
Tuesday, March 17 from 6:30 - 8:00 PM



The Retreat - "Hope does not Disappoint"
will be directed by Father John Grieco.

Father John Grieco is a Catholic Priest of the Prelature of Opus Dei, serving as chaplain to Montrose School and Sparhawk Academy south of Boston. He is known for his meditation podcast, "Come Away by Yourselves."

This podcast invites listeners to enter into a prayerful relationship with God through scenes from the Gospel and insights from the saints and spiritual writers.

Please join us for this three night Spiritual Retreat!

There will be opportunity to receive the
Sacrament of Penance during the Retreat.

LENTEN AFTERNOON OF REFLECTION

**Adoration of the Blessed Sacrament
and the opportunity for Confession**

Immaculate Conception Parish
will celebrate a Lenten Afternoon of Reflection
on **Palm Sunday**, March 29th from 3:00 to 4:30

3:00 - Exposition of the Eucharist
with time for private prayer in
Adoration of the Blessed Sacrament

3:00 - 4:30 the opportunity for the
Sacrament of Penance

4:30 - Benediction

Please plan to spend time with the Lord!

DO YOU WANT to FAST this LENT?

In the words of Pope Francis

Fast from hurting words and say *kind* words.

Fast from sadness and be *filled with gratitude*.

Fast from anger and be *filled with patience*.

Fast from pessimism and be *filled with hope*.

Fast from worries and *have trust in God*.

Fast from complaints and *contemplate simplicity*.

Fast from pressures and be *prayerful*.

Fast from bitterness and *fill your heart with joy*.

Fast from selfishness-be *compassionate to others*.

Fast from grudges and be *reconciled*.

Fast from words and be *silent so you can listen*.