

Faith Sharing notes 2026-02-17

I handed out an article about Ferrero Rocher chocolates and the religious meaning behind them. He named the chocolate after a grotto in the Roman Catholic shrine of Lourdes, Rocher de Massabielle, where the Virgin Mary appeared to St. Bernadette in Lourdes, France.

We talked about Lenten Disciplines that we may observe for this season. Here are some that you may want to follow:

- Dynamic Catholic “Best Lent Ever” series with Matthew Kelly. At https://www.dynamiccatholic.com/lent.html?srsId=AfmBOoovdZCEH77ImVUQmheEUaCGI3eKsoPxesxvC5_3DRU3kPQCFLGv
- Relevant Radio with Rev. Francis J. Hoffman, "Fr. Rocky". The series will focus on Lenten Lessons on the Mass <https://relevantradio.com/2026/02/lesson-1-holy-water-3/>
- Ascension Crux, Lenten series with Fr. Columba Jordan's ‘A Lenten Journey of Surrender “. how to surrender your life to God. This one requires you to pay for the series.
- Richard mentioned Ignatian Prayer which follows the Spiritual Exercises of St. Ignatius, <https://cloistersignatianprayer.org/> There are many Catholic Lenten series available on the internet. Do a search and find one you may want to follow daily.

Some of the group mentioned “sacrifices” they will be doing for lent, like a daily cold shower, eaten vegan,

We also looked at a handout on “Ember Days” which are special days set aside for prayer, fasting, and penance, traditionally observed four times a year. They mark the changing of the seasons and are meant to thank God for His creation, especially the gifts of nature, and to pray for priests.

Our next meeting we will discuss the Rosary handout grid that lists the mysteries of the rosaries and a column to write “How do I relate to the mystery”. We will each fill out this grid and discuss it at our next meeting.

The next meeting will be held March 3rd at 5:30-6:39 p.m.

Lenten Blessing,
Norbert