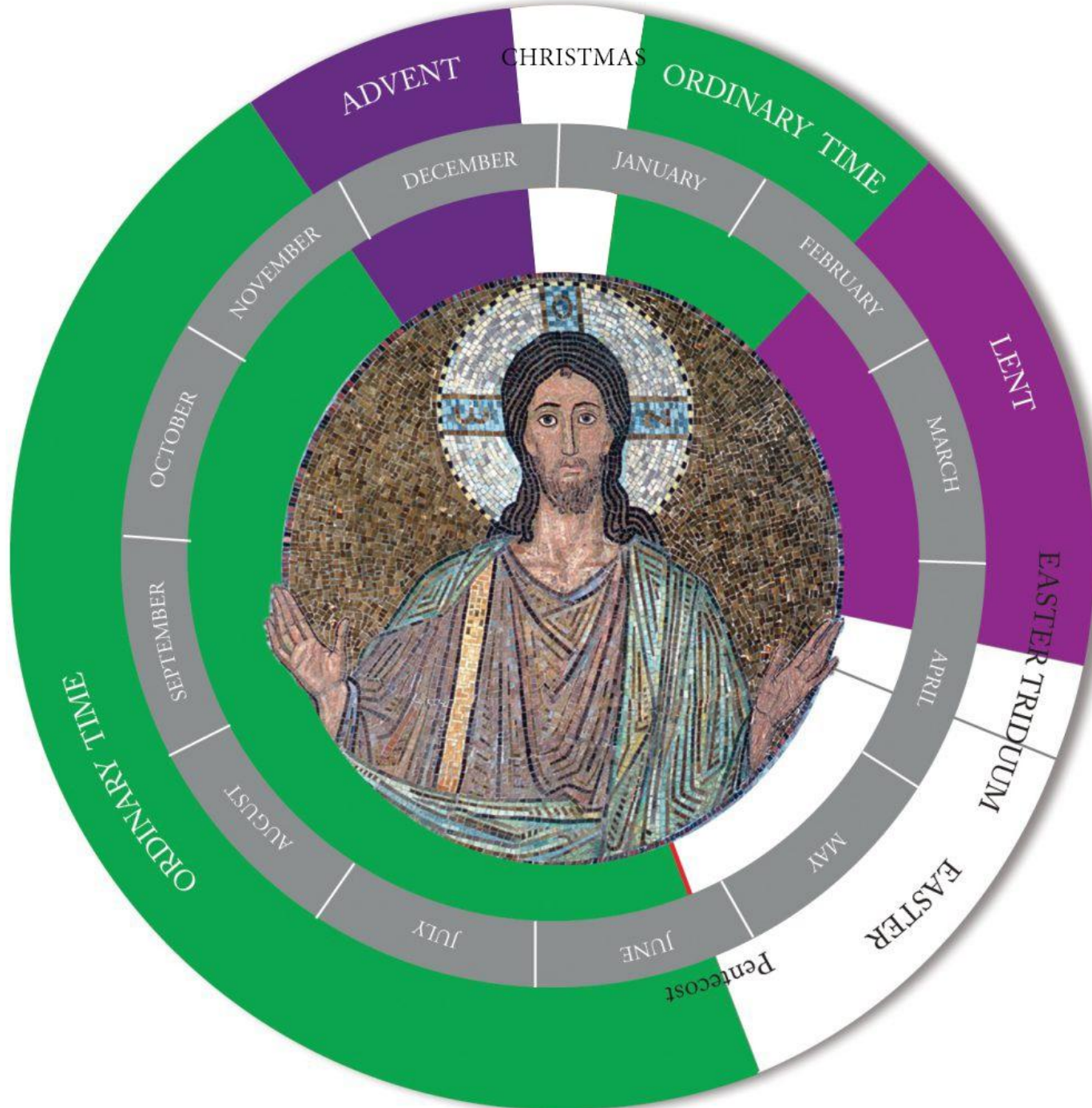


Lent



Preparation, Training, and
Transformation

<https://youtu.be/m-QOLR8FUWc> OCIA Feb. 10, 2026



So... What *Is* Lent, Really?

- Prepares us for Easter
- Begins on Ash Wednesday
- Alleluia and Gloria omitted
- 40 days
- Color: purple



Training Montage!

- Meaningful transformation requires preparation
- Growth doesn't happen accidentally
- Easter is the victory – Lent is the training



No hero skips training
and succeeds!



The Three Pillars of Lent

- How do we prepare?
 - Prayer — re-centers our attention
 - Fasting — retrains our desires
 - Almsgiving — redirects our love
- Tools, not rules



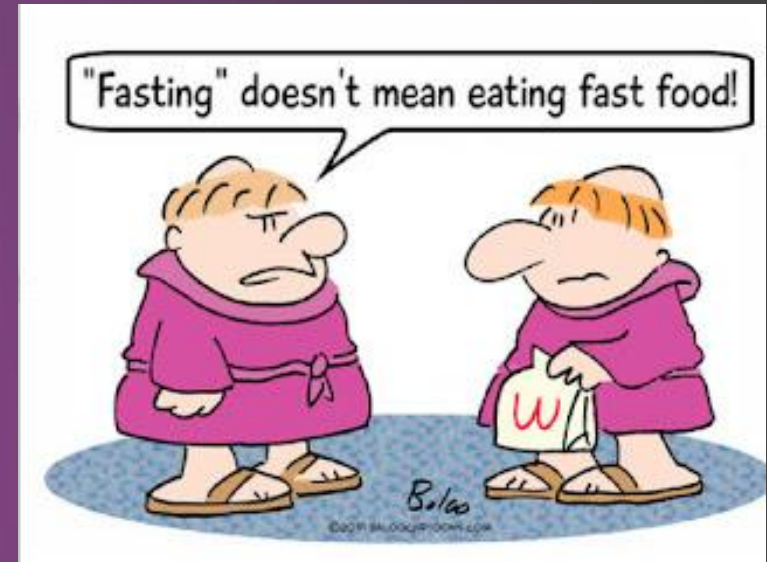
Fasting vs. Abstaining

What it's NOT...

- Not about food
- Not punishment

What it IS...

- Learning restraint
- Creates space for God to work
- Fasting: quantity of good
 - Ash Wednesday & Good Friday (age 18-59)
- Abstaining: kind of food
 - Fridays (age 14+)



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; contemplate simplicity.

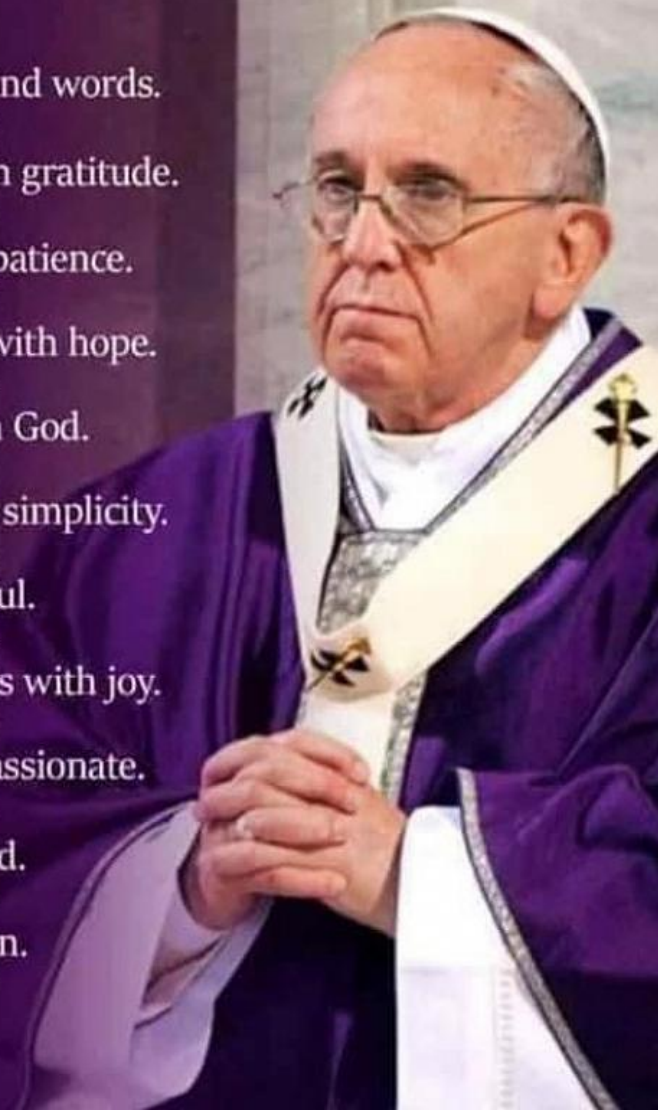
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



Holy Week

- Begins on Palm Sunday
- Leads into Easter Triduum
 - Holy Thursday
 - Good Friday
 - Holy Saturday





Wednesday, February 18th

Ash Wednesday

- 5:30 AM – Simple Service of Ashes
- 6:30 AM Mass
- 8:00 AM Mass
- 11:45 AM to 12:45 PM – Drive through distribution of ashes in front of the church
- 5:30 PM Mass
- 7:00 PM Spanish Mass

*No 5:30 PM Confessions



If you want to go deeper this Lent...

To register go online to:
www.theuniversityseries.org

Starts Feb. 19th





XLT

**Wednesday,
February
11th**

**7:00 PM -
8:30 PM**