



**Ash Wednesday** – ❤️ February 14<sup>th</sup> A Simple Soup and Bread supper will be hosted by our Outreach Committee in the Parish Hall **after the 5:30 p.m.** Mass. Guest speaker, Renee Santos, from the Cathedral of St. Joseph Food Pantry in Hartford will share insights into the work being done at the pantry. Free-will donations will be accepted.

**Simple Suppers and Stations** - One event, three pillars of Lenten observance: Prayer, Fasting and Almsgiving. On all but one **Friday in Lent at 6:00 p.m.** a simple meatless supper will be served and followed by the **Stations of the Cross at 7:00 p.m.** At these meals a representative from our newly formed Focus Ministry Team will give a witness talk during supper and collection baskets will be available for a free will donation to a charity. **A SPECIAL EVENT: On Friday March 8<sup>th</sup>** all are invited to the Premier showing of the movie “Cabrinì,” at the Cinapolis in West Hartford Center. Space is limited. Sign up for your free ticket by calling Gigi in the office 860-561-4235 or by email at [gfrailey@spcwh.org](mailto:gfrailey@spcwh.org). You will be responsible for your dinner at the theatre. There are many meatless options available including a Fish Fry. This film details the life of famed Roman Catholic missionary Saint Francesca Cabrini also called Mother Cabrini, as she encounters resistance to her charity and business efforts in New York City. She is the first American citizen to be canonized.

**Vespers (Evening Prayer)** - A beautiful practice of peaceful music and prayer. **Sundays in Lent 5:00 – 5:30 p.m.** This will be led by the acapella group “Sacred Beauty.” Vespers are part of the Liturgy of Hours. Through this prayer we give thanks to God for the day by continual praise and prayers of intercession for the needs of the world. The majority of the prayers come from the Psalms.

**Focus Bible Studies** - Our five Focus Ministers will each lead a 6-week bible study. Please sign up by February 12<sup>th</sup>, by emailing the group leader of the study you are interested in joining , or by calling Gigi in the parish office.

1. **Joe Canino** – Young co-ed group (age 20-35) Tuesday evenings 6:30-7:30  
[icanino1997@gmail.com](mailto:icanino1997@gmail.com) or 860-294-6918
2. **Regis O’Neil** – Young Men’s group (age 20-35) Saturday mid-day 12:30-1:30  
[regis\\_oneill@att.net](mailto:regis_oneill@att.net)
3. **Lynn Mocadlo** – co-ed group Thursday evenings 6:30-7:30 p.m.  
[lynnmocadlo@hotmail.com](mailto:lynnmocadlo@hotmail.com)
4. **Tim Daly** – co-ed Friday mornings 6:30-7:30 a.m.  
[tipdaly@comcast.net](mailto:tipdaly@comcast.net) or 860-559-9830
5. **Gigi Frailey** – co-ed Saturday mornings 8:30-9:30 a.m.  
[gfrailey@spcwh.org](mailto:gfrailey@spcwh.org) or 860-966-5886

*Lenten Reflection Booklets are available in the back of the church.*