

# JOIN US FOR A LENTEN MISSION

Presented by St. Therese & St. Vincent Pallotti Parishes

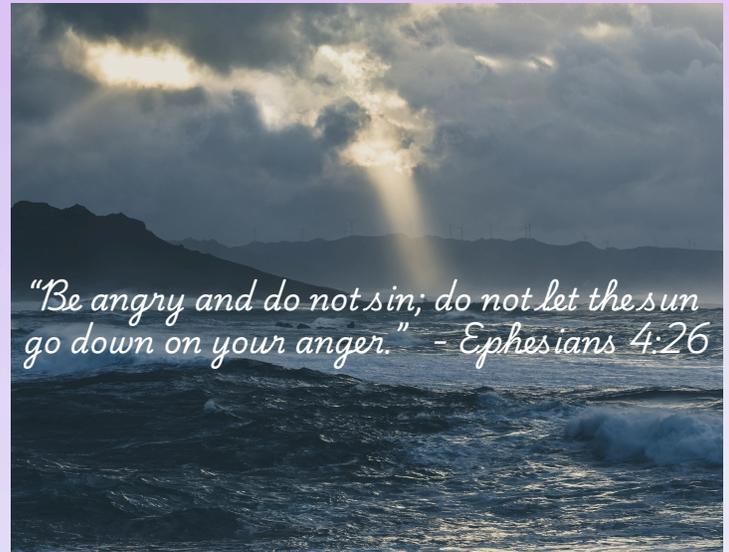
## DATES & LOCATION:

**Sunday, March 15, 2026 at 6:30 PM**

*St. Vincent Pallotti Parish  
(201 N. 76th St, Milwaukee)*

**Monday, March 16, 2026 at 6:30 PM**

*St. Therese Parish  
(9525 W. Bluemound Rd, Milwaukee)*



This biblical instruction acknowledges anger as a natural emotion but warns us against letting it become sinful, by not letting it fester, acting vengefully, and leading to harsh words or actions that we later regret. This verse validates righteous anger that is aligned with God's perspective against wrong. The key is how you handle it and not allow it to turn into destructive behavior or bitterness.

What better time than during this holy season of Lent to examine how we manage anger by following the example of Jesus who is a perfect model of forgiveness, and who wants us to live life more fully! The mission will be an exploration of the spiritual and psychological implications of anger for our personal life and life in the communities we belong to.

Each presentation will be followed by a group discussion/question and answer session. Join us for this hour-long mission of prayer and discussion, followed by light refreshments.

**ALL ARE WELCOME!**

**Please RSVP** so that we can plan for materials and refreshments. Scan the QR code on the right to RSVP online or go to either parish website. You can also call or email either Parish Office using the information below.



**Questions?** Contact Heather Goeden at [heather@sttheresemke.org](mailto:heather@sttheresemke.org) or by calling either Parish Office: 414-771-2500 (STP) or 414-453-5344 (SVP)

**About the Presenter:** Fr. Jose Eluvathingal, SAC, is a Pallottine priest and a psychologist with an interest in studying the role of spirituality in one's psychological well-being. He has a 500 Hour Teacher's Training Certificate in Yoga from Sreehari Yoga School in India, a school recognized by Yoga Alliance, USA.

