



The season of a Lent is a highlight in the Catholic calendar. An opportunity for "spiritual self improvement", Lent focuses on an increased emphasis on prayer, fasting and almsgiving. Lent is a special time when you can share the concepts of prayer and giving with your family. Take family time each day to offer devotional prayers. Consider as a family how you might help others in need by giving of your time or resources. Even very young children can understand and will enjoy participating in the process. As a parent, carve out time in your day for your own special prayer time.

### **Lenten Prayer:**

**Hear, Lord, the prayers we offer from contrite hearts. Have pity on us as we acknowledge our sins. Lead us back to the way of holiness. Protect us now and always from the wounds of sin. May we ever keep safe in all its fullness the gift your love once gave us and your mercy now restores. Amen.**

### **7 Ways to Make Lent Joyful:**

- \* Start all prayers with praise
- \* Take time with God in a beautiful place
- \* Don't carry the world's pain on your own back
- \* Fast for the sake of richer food - the daily Eucharist
  - \* Take flowers and a smile to a sick person
  - \* Reconcile with an estranged friend
- \* Compliment someone for making the world better



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### **Lenten and Easter Liturgy Schedules**

#### Ash Wednesday

7:30 a.m. Mass and distribution of ashes  
12:10 p.m. Mass and distribution of ashes  
5:30 p.m. Mass and distribution of ashes  
6:30 p.m. (Spanish) Mass and distribution of ashes and mariachi  
7:30 p.m. Mass and distribution of ashes with St. Timothy Choir

#### Weekly Schedule during Lent

Each Wednesday at 7:30 p.m.. - Prayer Service with Stations of the Cross

#### Parish Penance Service

7:30 p.m. - March 18 -Lenten Penance Service  
(multiple priests available for individual confession)