

A WAY TO THE FOOT OF THE CROSS

WEEKLY REFLECTIONS

Opt into receiving weekly reflections from Bishop Barron's Word on Fire ENGAGE series. Text "CTRCCAFF" to 84576 to receive a reflection Thursdays throughout Lent via Flocknote.

LENTEN FRIDAYS AT CTR

Stations of the Cross 7 p.m. in the Church

All are welcome to come and pray, but we ask you to please remain in the pews. There will not be a procession with the presider.



Knights of Columbus Fish Fry 4:30-7:30 p.m. in the Parish Hall

Join us for our annual Fish Fry! This year, we are only offering takeout. All plates are \$8 and include a choice of fried or baked fish or shrimp along with hush puppies, cole slaw, as well as a choice of fries or baked potato.



CRS RICE BOWLS

This Lenten program by Catholic Relief Services invites us to encounter the needs of the world through:

A renewed life of **PRAYER** in God that unites our needs with the needs of the world.

A commitment to **FAST** that reminds us that God is ever faithful and frees us from the fear of not having or being enough.

A readiness to **GIVE ALMS** to share what we have with our brothers and sisters around the world.

All are invited to pick up a rice bowl and drop your spare change in it throughout Lent, and then return your bowls to the narthex or parish office after Easter Sunday. You can also opt to donate online. Read more at ctrcc.com/ricebowl.

FASTING | GIVE

Through fasting we express our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God.

How will I fast this Lent?

Let yourself go hungry in some way each day as a reminder to pray for those who hunger not by choice.

PRAYER | PRAY

Prayer changes our relationship to God. Through prayer, we admit our need for a power that is greater than ourselves.

What practice of prayer will I take up?

Build a dedicated prayer space at home and pray there each day for a specific person or group you find difficult to love.

ALMSGIVING | SERVE

Almsgiving provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love of God and neighbor.

How am I called to give alms?

Give a bit of yourself to another person each day. Offer a word of kindness, share your time, and be intentional about helping someone who cannot repay you.

FASTING AND ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

When fasting, a person is permitted to eat one full meal, as well as two small meals that together do not equal a full meal. The norms on fasting are obligatory for those ages 18-59.