

# LENT

Prayer, fasting, almsgiving



These three practices are traditions during the weeks leading up to Easter. Prayer nourishes our spirits, fasting puts us in solidarity with those who suffer, and works of charity expand our hearts as we commit ourselves to the good of others. Here are some ways you could use these traditions to enrich your experience during this holy season:

## Prayer:

- Participate in communal prayer such as the Stations of the Cross.
- Get up a bit earlier, take time during your lunch hour or find time in the evening to stop and pray.

## Fasting:

- Decide as a family on a food or beverage that you will all give up together for Lent.
- Watch less television and use the time to read, pray, write a letter or visit someone.
- Focus on an unwanted habit such as negativity, gossiping or harboring resentments and try to give it up for Lent.

## Almsgiving:

- Volunteer your time.
- Write a letter to your congressional representative about an issue such as immigration.

Adapted from Catholic Update,  
St. Anthony Messenger Press

## ASCENSION EVENTS

### Ash Wednesday, Feb. 18

- 9:30 a.m. school service with distribution of ashes (no mass)
- 11 a.m. mass, Visitation Monastery, 1527 Fremont Ave. N
- 7 p.m. bilingual mass

### Stations of the Cross: Fridays Feb. 20, 27; March 6, 13, 20, 27

- Noon, English
- 6:30 p.m., bilingual (except March 27, English)

### Parish Retreat, two Saturdays, Feb. 21 and March 28

9-noon. Topic: How will this Lent be different? Childcare is available. Registration required. 612 529-9684

### Sacrament of Reconciliation

3 p.m. Saturdays (English); 11 a.m. Sundays (English or Spanish) or by appointment, 612 529-9684

### Older and Wiser "Lunch" Club, noon, March 14

Reservations required by **March 10**; call 612 529-9684.

### St. Patrick's Sing-Along with the Cassidy Family Singers

1:30 p.m. Saturday, March 14, in the church, free!  
Refreshments served. Followed by 3:30 mass.

### Bus to St. Albert the Great Fish Fry, Friday, March 20

Call the office by **March 16** to reserve a spot. 612 529-9684

## ALMSGIVING OPPORTUNITY

Collect money saved by Lenten fasting and help buy infant formula and diapers for El Amor de Patricia, the Guatemalan orphanage where staff member Anne Attea served this past year. Donation times will be announced at mass and in the bulletin.

## LITTLE BOOK OF LENTEN REFLECTIONS

Available in the back of church in English, Spanish and children's editions. \$1 donation per book appreciated.

ASCENSION  
*life in abundance*