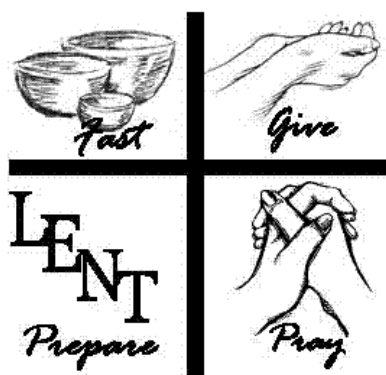


2023 LENT SCHEDULE



What am I doing for Lent this year?

Even before *Ash Wednesday (February 22, 2023)*, we are called to plan this time of renewal by seeking a better understanding of how God sees us individually. Choose a day and a place where you can put yourself in God's presence—a quiet room at home or perhaps before the Blessed Sacrament in the church.



DISTRIBUTION OF ASHES ASH WEDNESDAY (February 22, 2023)

7:00 a.m. - Service of Word
7:00 p.m. - Mass

Consider committing yourself during the 2023 Lenten Season, to ensure:

- ❖ The Sunday Eucharist is the source and summit of your spiritual life;
- ❖ You have committed yourself to daily prayer (beyond the simple meal prayer); including reading individually and/or as a family, the Lenten prayer books provided by the parish;
- ❖ You actively participate in the Stations of the Cross and Eucharistic Adoration;
- ❖ You give *alms* (money or goods to the poor), *fast* (consume less quantity of food), exercise *abstinence* (avoiding something, most frequently meat on Fridays);
- ❖ You participate in the Sacrament of Reconciliation before the Easter Vigil;
- ❖ You condition your body through physical exercise, as you condition your soul through spiritual exercise;
- ❖ You avoid spiritual distractions—give yourself time this Lent to read, pray and do good works—away from the television, computers, smart phones, video games, etc.; and
- ❖ You invest fully of your time, talents and treasures in building up the local parish.

St. Michael Catholic Church - Stations of the Cross

Friday evenings at **6:00 p.m.**

(February 24, March 3, March 10, March 17, March 24, and March 31, 2023)