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.

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.
(Febuary 24, March 3, March 10, March 17, March 24, and March 31, 2023)