



Lent will be upon us soon
and there are several ways to prepare
for this sacrificial and penitential season
in the Church.

Preparing for Lent 2019

PRAY: sign up for a Holy Hour;
go to Confession, attend Stations
of the Cross (2:35pm or 5:30pm on
Fridays during Lent),
pray the Scripture Rosary daily,
pick up a copy of the Lent
Word Among Us
from the vestibule
(suggested donation is \$1), or
visit www.formed.org to find resources
on various Lenten topics -
the parish code is DHXG7K.

FAST: Catholics ages 18-59 must fast
on Ash Wednesday and Good Friday
and Catholics over the age of 14
must abstain from eating meat on
those days and all Fridays in Lent.

GIVE: pick up a Rice Bowl this
weekend in the vestibule to help
give back to those in need in
poorer countries, or give back
your time to the church by
volunteering at the Cathedral
Fish Fry