

St. Francis of Assisi Catholic Church

Journey with us through Lent...DIGITALLY!

Even with the many challenges that face us this Lent, we have so many opportunities to grow closer to the Lord!

Each Lent we are called to examine our hearts and lives to work on whatever blocks us from being a conduit of God's love to a broken world. Sometimes there are small changes we need to make, other times, a major readjustment. Don't be afraid. God can do great things with you!

To live is to change, and to be perfect is to have changed often. ~St. John Henry Newman



PRAY ...

to grow in relationship with Jesus

FAST ...

to be mindful of Christ's sacrifice

GIVE...

to help those less fortunate than ourselves

Flocknote

Updates and resources to share faith at home will be sent out through Flocknote. If you have not registered for Flocknote, text FRANCIS to 84576 then follow the instructions or click [HERE](#). If you usually receive messages from us by text, please contact [Kris](#) to receive emails.

Mass Schedule

Daily & Weekend Masses videos will be sent out through Flocknote.

Sacrament of Reconciliation

Confession will be available at St. Louis on Saturdays, 3:00-4:30 pm.

Enter the parking lot from Ten Oaks Road and traffic coordinators will be there to direct you.

Stations of the Cross

Stations of the Cross will be sent out through Flocknote each Friday

For **Traditional Stations of the Cross**, click [HERE](#).

For **Scriptural Stations of the Cross**, click [HERE](#). *Worship Aid for Scriptural Stations*, click [HERE](#)

Prayer Requests

Click [HERE](#) to send your prayer requests! All prayer requests will be remembered by Msgr. Luca and Fr. Peter at daily Mass. In addition, they will be sent to our Prayer Team. To join the Prayer Team, Contact [Becki](#). It's a wonderful way to support our community!

Adult Faith Formation

The St. Francis Adult Faith Formation Website has an amazing number of learning resources, daily prayer sites, and more all focused on Lent! Click [HERE](#) to check it out!

The Sacred Triduum: A Celebration of Darkness and Light!

Learn more about the Triduum and the symbols and rituals that connect the Jesus story to our story. This workshop will be sent out in several short reflections during Holy Week.

Keep an eye on Flocknote for more information.

Sponsored by the Adult Faith Formation Team.

Liturgy of the Hours

Liturgy of the Hours is the daily prayer of the Church, which is prayed by Catholics around the world, especially clergy and religious. Liturgy of the Hours marks the hours of each day and sanctifies the day with prayer: *Morning Prayer*, *Mid-day Prayer*, *Evening Prayer*, and *Night Prayer*. Pray the Liturgy of the Hours at www.ibreviary.org. Click [HERE](#)

Outreach & Service

CRS Rice Bowl: Pray, Fast, & Give with Catholic Relief Services! Count the money you collected during Lent and make your contribution electronically on the CRS app or by visiting www.crsricebowl.org

Fasting and Abstinence

The practice of making sacrifices throughout Lent helps us to be more mindful of Christ's sacrifice on the cross, grow in self-discipline and virtue, and offer penance for our sins. Catholics age 14 and over are to abstain from meat on Ash Wednesday, Good Friday, and all Fridays during the season of Lent. Adult Catholics ages 18 through 59 are to fast on Ash Wednesday and Good Friday, which means eating only one full meal and two lighter meals that day and not eating between meals. Individuals who are pregnant, nursing, or ill are excused. Many people also choose to make a personal sacrifice during Lent.