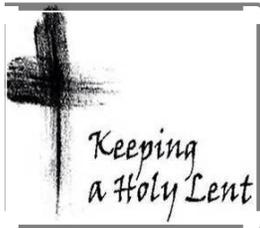


St. John's Newsletter



Ash Wednesday is March 2 which begins the Lenten Season leading us to Easter. The 40 Days of Lent are a season of repentance – a chance to review our lives, renew our faith, and prepare our hearts to remember the death and resurrection of our Lord. Lent is about more than giving up chocolate for 40 days. The three pillars of Lent are fasting, prayer, and almsgiving. Last

month we discussed fasting, today we will focus on prayer and giving. **Prayer** brings us closer to God. **Giving** brings us closer to our brothers and sisters. Consider your time and talents as well as your treasures with these ideas, but don't be limited by these suggestions. Search your heart and make your Lent holy.

Do you want to *Pray More* this Lent?

- Devote extra time of quiet reflection and prayer to your day
- Read the Bible daily
- Read and pray over the daily readings (*listed in each week's bulletin*)
- Attend daily Mass more than you usually do
 - St. John's celebrates weekday Mass Tue-Fri at 8 am
- Attend Adoration of the Blessed Sacrament more than usual
 - St. John's - Every Thurs after Mass until 10:30 am
- Pray the Stations of the Cross alone or attend the parish Stations of Cross Prayer time held each Friday during Lent
- Receive the Sacrament of Reconciliation
 - St. John's - Every Saturday at 5 pm or make appointment
 - St. John's Parish Lenten Penitential Service April 6 at 6 pm
- Pray the Rosary more than you usually do
- Add more Family Prayer time or reach out and find a prayer buddy
- Learn one of the traditional prayers you don't know or haven't prayed in a long time
- Find a Lenten Daily Devotion
- Attend a Lenten Retreat
- Watch YouTube videos on Catholic Teachings such as Father Mike Schmitz or the Catholic Talk Show



THE WORKS OF MERCY

CORPORAL & SPIRITUAL

FEED THE HUNGRY 	INSTRUCT THE IGNORANT 
GIVE DRINK TO THE THIRSTY 	COUNSEL THE DOUBTFUL 
SHELTER THE HOMELESS 	ADMONISH SINNERS 
CLOTHE THE NAKED 	FORGIVE OFFENSES 
VISIT THE SICK 	COMFORT THE AFFLICTED 
VISIT THE IMPRISONED 	BEAR WRONGS PATIENTLY 
BURY THE DEAD 	PRAY FOR THE LIVING AND THE DEAD 

"A BIT OF MERCY MAKES THE WORLD LESS COLD AND MORE JUST" (POPE FRANCIS) 

Do you want to *Give More* this Lent?

- Review the Corporal and Spiritual Works of Mercy
- Contribute to the Rice Bowl for Catholic Relief Services
- Volunteer your time to help someone directly
- Spend time writing notes of gratitude to the people in your life
- Clean out closets and donate to those in need
- Volunteer extra time with a church ministry
- Visit the nursing home (following COVID-protocols)
- Call someone who is lonely just to talk
- Give additional support for the needs of the parish

For a quick 3-minute video about Lent:

<https://www.youtube.com/watch?v=Xo1mjuy1NA0>

Volume 13- March 2022 -- St. John's Newsletter is a once-a-month publication aimed at providing you with items of interest about our Catholic faith. If there is a topic you are interested in, please contact the parish office and we will try to address it in future issues.