

Resurrection Catholic Community – Lenten Opportunities 2020

- **Stations of the Cross:** The Fridays of Lent: February 28 – April 3 at 12:15 pm
- **Rule of Fast & Abstinence:** Ash Wednesday and Good Friday are days of *fasting* (one full meal, two smaller meals, and nothing in between for those from their 21st birthday to the day after their 59th birthday) and *abstinence* (no meat for everyone age 14 & older). All Fridays in Lent and Good Friday are days of abstinence from meat.
- **Sacrament of Reconciliation (Confessions):** During Lent you will have several opportunities to celebrate this Sacrament. Our Reconciliation Service will be held on Tuesday, March 31 at 7:00 PM and individual confessions will be heard on Saturday, April 4 from 10:00—11:30 AM. You may also call the office to set up an appointment with Fr. Romeo.

Online Lenten Resources

Ascension Presents – Fr. Michael Schmitz

<https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvklBTNhAw>

Diocesan—Inspiration Daily. Daily reflections on the scripture to inspire your faith.

<https://diocesan.com/blog/>

Matthew Kelly & Dynamic Catholic—Best Lent Ever

<http://dynamiccatholic.com/best-lent-ever/>

Bishop Robert Barron & Word on Fire—Lent Reflections:

<http://www.lentreflections.com/>

Creighton University Resources for Praying Lent:

<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

Loyola Press—Living Lent Daily:

<http://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/living-lent-daily>

Sacred Space:

<https://www.sacredspace.ie/>

CRS Rice Bowl: www.crsricebowl.org

(See the calendar on the preceding pages of how you can participate daily)

LA Congress Talks & Liturgies (2018 and prior years):

<https://www.youtube.com/user/RECongress>

The Word Among Us—Mass Reading & Meditation:

<https://wau.org/meditations/>

USCCB: <http://www.usccb.org/prayer-and-worship/liturgical-year/lent>



PRAYER



FASTING



ALMSGIVING