

Resurrection Catholic Community – Lenten Opportunities 2024

<https://resurrection-aptos.org>

- **Ash Wednesday:** February 14 – Masses at 8:30 am & 7:00 pm. (Morning mass will be live-streamed).
- **Stations of the Cross:** The Fridays of Lent: February 16—March 22 at 12:15 pm in the church in person. We have a Stations on our YouTube channel that you can view at anytime
<https://www.youtube.com/watch?v=7KTPfy9VvgY>
- **Taize Prayer:** Wednesdays at 7:00 pm, February 21—March 20
- **Weekday Mass** (Tuesday—Friday) at 8:30 am
- **Monday Morning Prayer** (on demand) on our You Tube Channel (link on our website)
- **Night Prayer** (on demand) on our You Tube Channel (link on our website)
- **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. That is the *letter* of the law, but the *spirit* of the law is to make a real sacrifice in union with Jesus who sacrificed himself to save us.
- **Sacrament of Reconciliation (Confessions):** During Lent we have several opportunities to celebrate this Sacrament. We will have a Reconciliation Service on Tuesday, March 19. Individual confessions will also be heard during our Holy Hour on the Fridays of Lent between 9:00 am—10:00 am. If these times don't fit into your schedule please contact the parish office to set up an appointment with Fr. Romeo.

Ascension Presents – Fr. Michael Schmitz

<https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvkIBTNhAw>

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

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

Matthew Kelly & Dynamic Catholic—Best Lent Ever

<https://www.dynamiccatholic.com/lent/best-lent-ever.html#form-signup>

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/>

He Leadeth Me: Hallow's #Pray40 Lent Challenge

<https://hallow.com/pray40/>

CRS Rice Bowl: www.crsricebowl.org

LA Congress Talks & Liturgies (2020 and prior years):

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

The Word Among Us—Mass Reading & Meditation:

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

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

Villanova University Lenten Reflections: <https://signup.e2ma.net/signup/1962535/1930859/>



PRAYER



FASTING



ALMSGIVING