

Santa Cruz Vicariate Lenten Series: March 11 to April 3 from 7:30—9:00 pm. Series of 10 talks on various spiritual topics. <https://theologika.net/webinars/>



Diocese of Monterey Serra Ministry Conference:

March 14-15, for all those involved ministry.
<https://www.gfwebservices.com/monterey/>



PRAYER



FASTING



ALMSGIVING

Resurrection Catholic Community Lenten Opportunities 2025



<https://resurrection-aptos.org>

- **Ash Wednesday:** March 5 – Masses at 8:30 am & 7:00 pm. (Evening mass will be live-streamed).
- **Stations of the Cross:** The Fridays of Lent: March 7 — April 11 at 12:15 pm in the church in person. We have a Stations on our YouTube channel that you can view at anytime
- **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 Wednesday, April 9. 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.

Lenten Resources for Children & Families

NCEA: <https://www.friendzy.co/ncea-lent>

Loyola Press Lenten Activities for Children:
<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lenten-activities-for-children/>

Sadlier:
<https://www.sadlier.com/religion/blog/bid/79007/resources-for-lent>

The Religion Teacher Resources:
<https://www.thereligionteacher.com/lent-activities/>

CRS Rice Bowl: <https://www.crsricebowl.org>
There are lots of resources for families including activities for children. Prayer Intention Map, Lenten Recipes, Stories of Hope, on March 20 there is a virtual prayer night to pray for those experiencing poverty & hunger through the world. You can register by going to <https://www.crsricebowl.org/prayer-night>

For Teens, Young Adults & Adults

You Can't Fail Lent Article by Mary DeTurrís Poust:
<https://notstrictlyspiritual.com/life-lines/you-cant-fail-lent/>

Podcast: Preparing for Lent: New ways to approach old traditions by Mary DeTurrís Poust:
<https://lifelines.buzzsprout.com/1240406/episodes/16725164-preparing-for-lent-new-ways-to-approach-old-traditions>

This is not a free resource but SALT provides different ways to pray this Lent through art, poetry, singing, etc. Check it out here: <https://www.saltproject.org/progressive-church-print-resources> (The resources are written for different cycles of the church year A, B, C. They can be used at any time but if you'd like to use a resource that corresponds to this year we are in Cycle C.)



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 Religious Education Congress Talks & Liturgies:
<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/>

