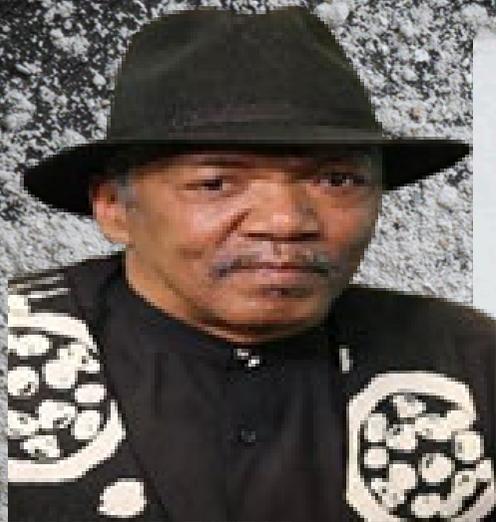


EAT THE SCROLL MINISTRIES  
PRESENTS

# A LENTEN JOURNEY WITH THE PSALMS



*"What good is a 'PSALM' if it does not inspire?"  
Professor/Evangelist Michael Howard invites you to delve  
"knee-deep" into the Psalms for a six-week Lenten journey  
beginning February 16, 2026 until March 23, 2026, 8:00 PM  
Eastern Standard Time, online! This program will offer  
spiritual insights into praying and praising God through the  
Psalms.*

*Registration is open – click [here!](#)*



*Join Rawn Harbor as he shares  
his lived experiences and the  
importance of the Psalms as a  
composer and director of Black  
Catholic Choirs through-out  
the country.*



*Dr. Vallimar Jansen, a highly  
regarded inspirational  
catechetical speaker, singer,  
composer and recording artist  
will reflect on Psalm 22 in  
preparation for Palm Sunday.*