

#sparkyourspirit

This Lent we are launching our Spark Your Spirit campaign. We want to aid you by making this your best Lent possible and remind you that we are walking with you through the deserts of Lent and COVID-19. We are challenging our parish family to go deep, whether it be by attending Mass in person or online; fasting from social media; or reconnecting with friends and family. As your faith community, our only job is to call you higher and lead you deeper in relationship with Jesus. Come pray with us! olmc1.org/spark

WEEKLY EVENTS

Lenten Contemplative Prayer Group

Daily, 7 - 7:15 a.m.;
Online (*link on our website*)

Lent Bible Study

Thursdays, 7 p.m.;
Church & Online


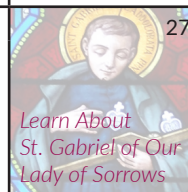
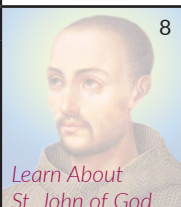
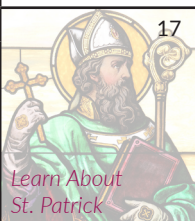


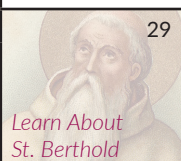
Lenten SoulCore

Tuesdays, 2 p.m.;
Nursery (*lower level*)

Stations of the Cross

Fridays, 7 p.m.; Church



This Week's Challenge	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			17 Ash Wednesday	18	19 Lenten Fish Dinner Social Media Fast	20 *Check-in with your accountability partner*
	21 Fast: From sweets & snacking Pray: Begin daily Lenten reflections Give: Start Rice Bowl gifts	22	23 Into the Deep Session	24	25 <i>Is there anything that you are putting above God and need to let go of?</i>	26 Social Media Fast  Learn About St. Gabriel of Our Lady of Sorrows
28 Fast: From unnecessary purchases Pray: Read each day's Mass readings Give: Write a letter	MARCH 1 Parish Mission	2 Parish Mission	3 Parish Mission	4 <i>How much more can you give to charity by reducing your spending?</i>	5 Social Media Fast	6 *Check-in with your accountability partner*
7 Fast: From complaining Pray: Attend daily Mass at least once Give: Leave a gift for your neighbor	8  Learn About St. John of God	9 <i>What are you grateful for?</i>	10 *Lent Check-Up*	11	12 Lenten Fish Dinner Social Media Fast	13 Get to Know St. Joseph Morning of Reflection
14 Fast: From non-essential electronic usage Pray: Spend 15 minutes in Adoration Give: The gift of time	15	16 <i>How can you give more time to God every day?</i>	17  Learn About St. Patrick	18 Plan a family meal for tomorrow's solemnity	19  Celebrate St. Joseph	20 *Check-in with your accountability partner*
21 Fast: From the snooze alarm Pray: Attend confession Give: Act of kindness for someone difficult to like	22 Penance Service	23 <i>Do you praise God every morning?</i>	24 Plan a family meal for tomorrow's solemnity	25  Celebrate The Annunciation	26 Lenten Fish Dinner Social Media Fast	27
28 Fast: From noise (music) Pray: Daily Examen at night Give: Call instead of text	29  Learn About St. Berthold	30 View the Chrism Mass	31 <i>How can you better hear God's voice?</i>	APRIL 1 View or attend the Holy Thursday Mass	2 Good Friday Increase fasting & prayer (<i>paschal fast</i>)	3
T R I D U U M Sundown, Holy Thursday - Sundown, Easter Sunday						