



Adult Formation Information

Lenten Opportunities

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How Can I Prepare for Lent?

Mark Your Calendar

3/6/25

Theology of the Body 4
week session begins

3/8/25

Lent Retreat Day

3/2/25

Kiosk Books \$5

3/2/25

Magnificat Prayer
Companion

3/5/25

Podcasts

We have many options for Adults during Lent in the Narthex and within the SLDL Community.

There is always a free Lenten Prayer companion that is available the Sunday before Lent. Some people may want to go a bit deeper so we have 2 books available on the Kiosk for \$5

- *I Thirst, 40 Days with Mother Teresa*
- *The Art of Living; The Cardinal Virtues and Freedom to Love by Edward Sri*

Also, on the Kiosk you will find Bishop Barrons Lenten devotional for \$3.

Continued on page 2...

Things to Fast from other than Food

- Stick to a schedule
- Start on time and end on time
- Stay off social media – or fast from social media at specific times during the day/evening
- Compliment people
- Let others choose music, movies, tv shows etc. with a cheerful spirit.
- Lessen a spouse's burden by doing one undesirable task per day/week.
- Drop whatever you are doing whenever someone asks your assistance.
- Commit to a walk or exercise routine.
- Turn your phone off and spend quality time with a friend/spouse/child in the evening.
- Drive in silence and converse with God.
- Do not hit snooze in the morning.
- Go to bed early – or on time.
- Do not give your opinion unless you are asked for it.
- Avoid talking about certain topics such as yourself, complaining, negativity, or gossip.

How Can I prepare for Lent Continued ...

Many wonderful **Podcasts** are available online

- Hallow App 40 Day Challenge
- Abiding Together for Women
- The Catholic Man Show
- Exodus 90
- You Were Born for This with Fr. Riccardo

The **Lenten Day Retreat** on March 8th will help us to live Lent to the fullest by focusing on the Virtue of Hope and through the Sacred Heart of Jesus.

Theology of the Body four-week session is taking what we learned from Christopher West and continuing to grow in knowledge and understanding of the how God created us. As we learn from the experts from the Theology of the Body Institute (TOBI) we will also have time to discuss and wrestle through the difficult teachings of the Catholic Church.

Increase your prayer during Lent by committing to go to daily Mass or two more Masses during the week. Pray the Rosary or Chaplet once per day. Set an alarm to a specific time of day to enter into mental prayer for 15 minutes that is not a rosary or rote prayer but conversations with God.

Matthew 28:19-20

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, "teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

