

40 DAYS

of fasting, abstinence,
almsgiving, and prayer

THE 3 HABITS OF LENT

PRAYER

In Lent we're called to spend more time with God in prayer. Jesus went into the desert to remove distractions and more clearly hear the voice of God. God wants a relationship with us. We're called to make time in our daily lives to reflect on who God is and what he desires for us.

WHAT IS LENT?

Lent is a season of the Catholic Church. It is a time of preparation for Easter in which we unite our lives to the life, death, and resurrection of Christ. It runs for 40 days, calling to mind the 40 days Christ spent in the desert, the 40 years Moses and the Israelites wandered in the desert, and the 40 hours Christ spent in the tomb. The liturgical color of lent is violet, symbolizing penance, preparation, and sacrifice. It's a time to step back from the chaos of our daily lives and refocus ourselves on God.

ALMSGIVING

Simply, this means giving to those in need. This giving may be in the form of money, time, talents, or other resources. These small acts of sacrifice help us to detach from things in our lives, and unite us to those we are serving, and ultimately to Christ himself.

FASTING & ABSTINENCE

Fasting during Lent helps us to create more space in our lives to ponder the mysteries of God and it helps us reflect on what Jesus did for us. Jesus suffered and died for us, so by fasting, we unite ourselves more closely to Him. Each Friday in Lent, Catholics are called to abstinence, that is, not eating meat (hooray fish fries!). On Ash Wednesday & Good Friday, in addition to not eating meat, the Church calls us to special days of fasting. Fasting, at a minimum, means 1 regular sized meal and 2 small meals with no snacks in between.

THE CALL

Beginning on Ash Wednesday, the Church invites us to a special call: to repent and believe. In repenting, we turn away from our sins that hold us back from God. We find healing from these sins in the sacrament of reconciliation, which gives us the strength to change habits, to change our lives. In believing, we are called to renew, or to begin for the first time, our belief in the Gospel message: that Jesus, true God and true Man, died and rose for our sins, and offers us the gift of eternal life and the strength we need in everyday life to draw close to him.

JOIN US

This lent, walk with us on The Lenten Journey, a weekly email designed to help you enter more fully into these 40 days and consider your relationship with God and how he's calling you to grow - no matter where you are in your faith journey.

Text lentSTL to 84576 to join us!

CALL TO GROWTH

Whether you are a lifelong Catholic or just stepped into a church for the first time, our invitation to you is the same: take small steps to grow in your relationship with Jesus Christ, and deepen your understanding of your identity in Christ

A FEW IDEAS

PRAYER

- Add 5-10 minutes of conversation with Jesus or reading the scriptures daily.
- Add a new devotion (like the rosary) or make a commitment to increased consistency in your prayer life.
- Commit to reading one of the Gospels in its entirety this Lent.

FASTING

- Fast from snacking
- Fast from soda or coffee
- Fast from the radio in your car and use that time to pray

ALMSGIVING

- Ask your parish what they're doing to serve the poor this lent and join in
- Make an extra donation to Catholic Charities St. Louis
- Make a donation to Catholic Relief Services
- Buy a homeless person a meal or give them supplies they may need (and pray for them).

GROW AS YOU GO

You can get more ideas about how to practice the habits of lent at archstl.org/lent, and by joining us on The Lenten Journey. **Text lentSTL to 84576 to walk with us!**

PARISH ACTIVITIES *at St. Rose Philippine Duchesne*

LENTEN WEDNESDAYS

- **March 4th & 11th at 7pm in church**
Guest speaker, Shane Van Diest from the Archdiocese Catholic Youth Apostolate, will talk about Lectio Divina— a prayerful, reflective reading of Scripture and prayer
- **March 25th at 7pm at LCLC**
Ecumenical Evening Prayer hosted by our neighbors at Lutheran Church of the Living Christ (2725 Concord)
- **April 1st at 7pm in church**
Ecumenical Evening Prayer here at St. Rose, with our neighbors from Lutheran Church of the Living Christ

LENTEN FRIDAYS

Fish Fry Dinners

4-7pm at the School Campus
(3500 St. Catherine Street)



Stations of the Cross

at 7pm in Church

February 28

March 6

March 13

March 20

March 27

April 3

Learn more at www.StRPDPParish.org/Lent

