

## February

18 - Ash Wednesday

Mass 8am & 6:30pm

Ashes Only Service

Noon

20 - Stations of the Cross

7pm

27 - Stations of the Cross

7pm

## March

6 - Stations of the Cross

7pm

13 - Stations of the Cross

7pm

18 - Penitential Prayer

Service 7pm

20 - Stations of the

Cross 7pm

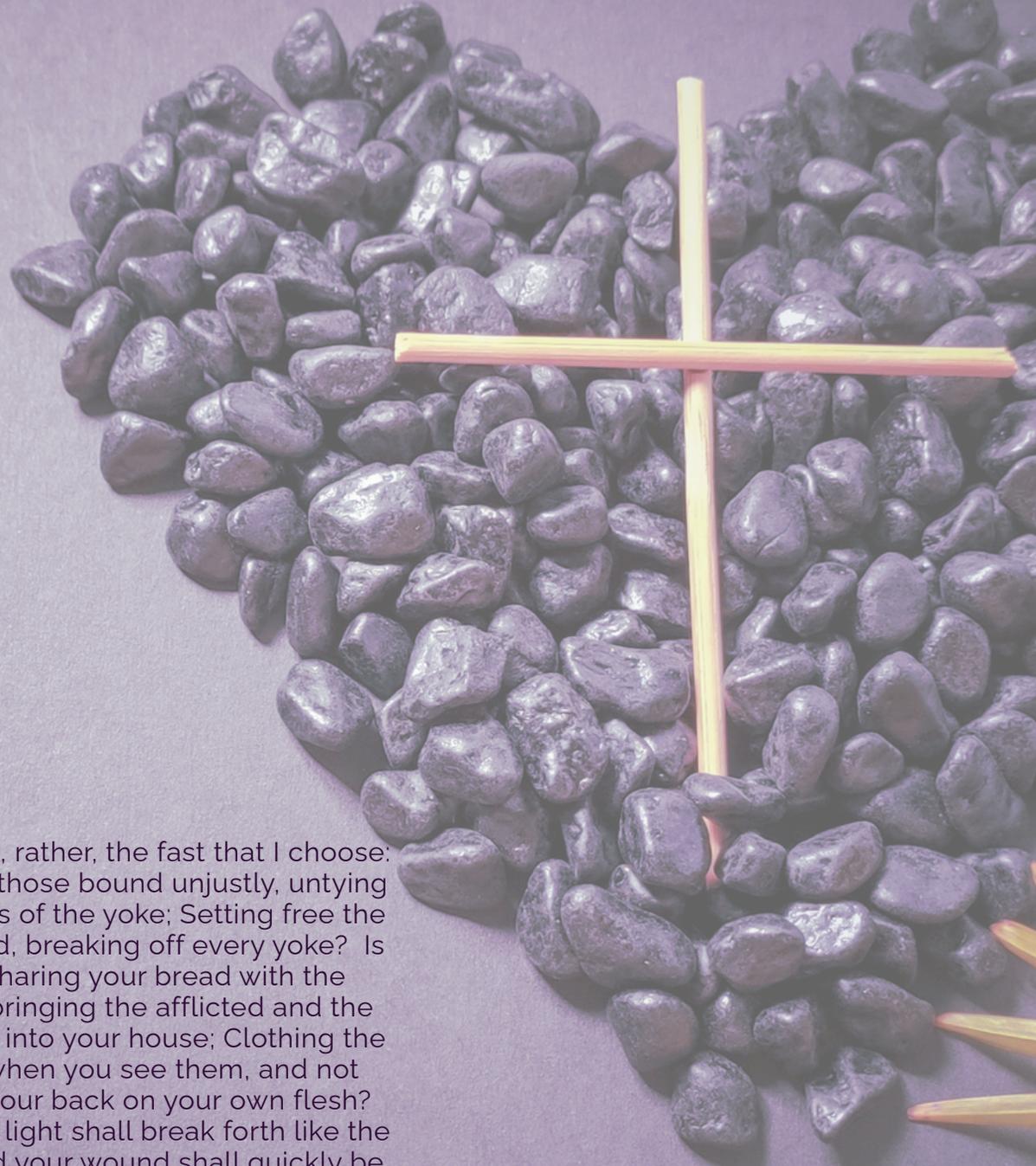
27 - Stations of the Cross

presented in shadow

7pm

"Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh? Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and he will say: "Here I am!"

Isaiah 58: 6-9



**LENT**  
at  
**CHRIST THE KING**

# Fasting

- Daily Prayer with the Little Black Prayer Book
- Daily Mass (M-F 8am)
- Adoration (M-F 6:30am - 7:30am, F 9am - noon)
- Stations of the Cross (F 7pm)
- Join a Parish Bible Study or Prayer Group
  - Walking With Purpose
  - Small Christian Community
  - Walking to the Resurrection
  - Thursday Morning Bible Study
  - Spiritual Reading and Movie Club
- Go to Confession (Sat 4pm)
- Use an App
  - Hallow
  - Amen App
  - Pray As You Go
  - 40 Days Lent Tracker
  - Lentsanity
- Attend the Parish Reconciliation Prayer Service March 18
- Join the Parish Prayer Line
- Pray the Rosary

## Praying

"...fasting isn't just about *giving up* something—it's about *making room* for something better. It's like clearing out the clutter in our hearts to create space for God's presence. The hunger in our stomachs can prompt us to seek nourishment for our souls."

"Whether we fast from food, social media, or a habit that distracts us, the goal remains the same—to make room for God to fill us."  
—Jackie Freeman

### In the Words of Pope Francis...

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.



- CRS Rice Bowls
- CTK NL Hospitality Center Ministry
- Lyme–Old Lyme Refugee Resettlement Committee
- The Holy Trinity Pro-Life Committee
- Easter Baskets for St. Vincent de Paul Place in Norwich
- St. Vincent de Paul
  - svdmiddletown.org
  - svdpp.org
- Catholic Charities Diocese of Norwich - ccfsn.org
- CTK Pastor's Fund
- Birthright
- Outreach to Haiti
- SECT Interfaith Community

## Almsgiving

"a witness to fraternal charity" and "a work of justice pleasing to God." (Catechism of the Catholic Church, no. 2462)