

# LENT AT SAINT EDWARD'S

There are 3 Lenten practices that everyone, including children, should do:

**FAST** – give up a favorite food, TV program, video game or social media. If you give up something that you usually spend money on, you can put that money aside for almsgiving.

**PRAY** – find new ways to pray during Lent and grow closer to God. Here are some prayer resources:

- Loyola Press: <https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent>
- Dynamic Catholic: <https://dynamiccatholic.com/best-lent-ever>
- Pray As You Go: <https://pray-as-you-go.org/> (you can also download the Pray As You Go app on your phone)
- Sacred Space: <https://www.sacredspace.ie> (you can also download the Sacred Space app on your phone)
- Jesuit Prayer: <https://jesuitprayer.org/> (you can also download the Sacred Space app on your phone)

Here are some other suggestions:

1. Attend the Parish Lenten Retreat which will be led by Father Charlie Smiech, a Franciscan Priest from April 6 through April 10. Father Smiech will preach at all Masses on April 6 and 7. He will lead retreat activities in the church on Monday, Tuesday and Wednesday, April 8-10.
2. Receive Reconciliation (go to Confession) during Lent. Confession times during Lent are:
  - Saturday afternoons from 4:00 to 5:00
  - Wednesday evenings from 7:00 to 8:00
3. Participate in Adoration of the Blessed Sacrament on Saturday afternoons from 4:00 to 5:00 or on the First Friday of the month (April 5) from 9:30am to 10:30am
4. Attend Stations of the Cross:
  - March 8, 22 and April 5 at 3:00pm
  - March 15, 29 and April 12 at 7:30pm
5. Attend Daily Mass: Monday, Wednesday, Friday at 8:45am; Tuesday, Thursday at 7:30pm

**ALMSGIVING** – think of those who are less fortunate than you and find ways to help them. See the Food for the Poor Flyer