



## RELIGIOUS ED

LIFE WITH CHRIST IS A WONDERFUL ADVENTURE!-POPE ST. JOHN PAUL II

### RE CALENDAR

SUNDAY, FEBRUARY 21ST  
VIRTUAL CLASSES

SUNDAY, MARCH 7TH  
IN-PERSON CLASSES



## Pray Fast Give

As hard as it is to believe, Lent begins on Wednesday this week. Oftentimes, people think of Lent as a time to give up chocolate, TV, candy, etc. and while fasting is one way to live out Lent, there are also two other important aspects to keep in mind.

### The Big Three

**Prayer** is essential for our soul and Lent can be a time to form new prayer habits and spend more time with our Lord.

**Fasting**, purposely saying "No" to things, can be difficult, but it helps us to see that God is the only one who can truly fill us with happiness.

**Almsgiving** is the giving of something important to those in need. Most of us think this refers to just material items like food, clothing or money, but it also means giving to those who are in need spiritually by spending time with them either in person, over the phone or through the mail.

Each day during Lent, St. Elizabeth of the Trinity will be sharing family friendly ways to live out The Big Three and help us all make room for the Holy Spirit to grow and work in our hearts this Lent. Be sure to follow St. Elizabeth of the Trinity's social media accounts on Facebook, Instagram and Twitter.



## Ash Wednesday

All RE families are cordially invited to attend the 7pm Ash Wednesday Mass on February 17th. At the conclusion of Mass, there will be a special blessing for families. Sign-up for the Ash Wednesday Mass on the parish website or by calling the parish office at 773-763-8228.

## Program Update

Thank you to everyone who responded to the poll regarding the switch to twice a month in-person classes. The Leadership Team of the parish took the results of the poll into consideration and decided that the RE classes will continue to meet once a month in-person and once a month virtually. Thank you for your input!