



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

Prayer

Having a healthy prayer life is crucial to our lives as Catholics. Through prayer we are able to deepen our relationship with Jesus Christ and not only talk to Him, but listen to Him as well. In a world full of constant motion, it can be difficult to find the time to pray. Lent is a wonderful opportunity to make time for prayer and cultivate habits of prayer to live throughout the year. Here are some ideas of prayer-focused activities to do as a family during Lent, and beyond!

- 1) **Pray more** (Say the Rosary, spend time with Our Lord in Adoration, say Grace before meals, pray before bed)
- 2) **Read the Bible** (A chapter, a verse, ten minutes a day)
- 3) **Go to Confession**
- 4) **Go to daily Mass** (Pick a non-Sunday to attend or livestream Mass together)
- 5) **Attend Stations of the Cross**

Family Prayer

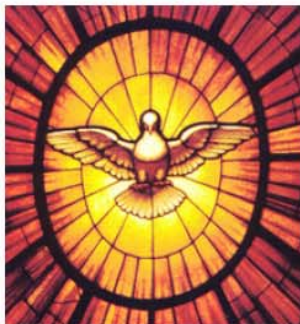
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Adoration: Lord, I adore You for...

Contrition: Lord, I am sorry for...

Thanksgiving: Lord, I am grateful for...

Supplication: Lord, please help...



Please keep the St. Elizabeth of the Trinity Candidates for Confirmation in your prayers during their retreats on February 25th (School) and February 28th (RE).