



# RELIGIOUS ED

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

## RE CALENDAR

**SUNDAY, MARCH 7TH**  
**IN-PERSON CLASSES**

**SUNDAY, MARCH 21ST**  
**VIRTUAL CLASSES**



# Pray Fast Give

*You have created  
us for Yourself, O  
Lord, and our  
hearts are  
restless until  
they rest in you.*

ST. AUGUSTINE

## Fast

Typically, we think of fasting as not eating or drink a particular item or items. Fasting, however, can be applied to other areas of lives, such as the internet, social media, TV or video games. Fasting helps us to become spiritually strong because when we purposefully say "No" to something we like, we build our spiritual muscle and strengthen our self-control. A person who is spiritually strong can more easily ward off temptation from the devil.

Fasting also helps us keep in mind that God is the only one who can truly fill our souls and make us happy. Food, the latest gadgets, a new outfit or some other item can make us happy for a period of time, but that joy, while good, is fleeting. The happiness that comes from being in relationship with the Blessed Trinity, however, is everlasting.

**ST. ELIZABETH OF THE TRINITY**

## TOILETRIES DRIVE FOR THE NIGHT MINISTRY

St. Elizabeth of the Trinity School and RE Program are collecting travel and sample sized toiletries this Lent. Please drop off your items no later than March 10th. (RE students, please bring your items on March 7th.)

### ITEMS REQUESTED BY GRADE LEVEL

PreK & K  
Comb, Hairbrush, Shampoo (regular and dry), Conditioner

1st & 2nd Grades: First Communion Years 1 & 2  
Toothbrush, Toothpaste, Mouthwash, Floss

3rd & 4th Grades  
Hand and Body Lotion, Bars of Soap, Deodorant, Hand Sanitizer

5th & 6th Grades  
Shaving Cream, Disposable Razors, Chapstick, Washcloths, Wet Wipes

7th & 8th Grades: Confirmation Years 1 & 2, High School Confirmation  
Nail Clippers, Emery Board, Individual Packages of Tissues, Band-Aids, Sunscreen



Please keep the St. Elizabeth of the Trinity  
Candidates for Confirmation from the RE program  
in your prayers during their retreat  
February 28th (RE).