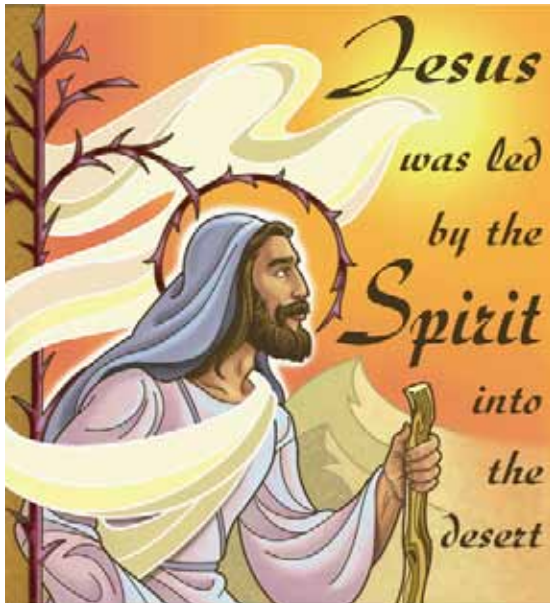


Circles of Faith

Spiritual Growth / Renewal

Gain a circle of faith, a circle of believers once a month to:

- * Share the Gospel
- * Share our faith
- * Preserve our faith
- * Grow in spirituality
- * Praying together
- * Supporting our church



Palach Co., Inc.

Practices of Lent

No Meat on Ash Wednesday
No Meat on Fridays during Lent
Fasting 2 day minimum

If giving up food isn't much of a task for you, choose something else that you have to make a serious effort to give up. For many people, that may mean 40 days without

- * Television
- * Gambling
- * Impulse shopping
- * Dance clubbing
- * Living off your credit card

Prayer

- (1) Matthew 6:1-6, 16-18 (Ash Wednesday)
- (2) Matthew 4:1-11 (1st Sunday)
- (3) Matthew 17:1-19 (2nd Sunday)
- (4) John 4:5-42 (3rd Sunday)
- (5) John 9:1-41 (4th Sunday)
- (6) John 11:1-45 (5th Sunday)
- (7) Matthew 21:1-11 (Passion Sunday)
- (8) John 13:1-15 (Holy Thursday)
- (9) John 18:1—19:42 (Good Friday)
- (10) John 20:1-9 (Easter)

Serving/Almsgiving

Donate personal possessions:
clothes, books, shoes,

Dedicate time for service: working at a soup kitchen or homeless shelter, helping people in your neighborhood such as the elderly

Donate food or money saved by fasting to the parish or community food pantry, food bank, or homeless shelter

Lent

40 days.....

Theme:

Retreating Into the Wilderness with Jesus

Dates:

Lent is a forty-day period before Easter. It begins on Ash Wednesday. We skip Sundays when we count the forty days, because Sundays commemorate the Resurrection. Lent begins on 17 of February and ends on 3 April.

Colors:

The decorations are purple, the royal color, to prepare for the King.

Scripture Readings:

The Revised Common Lectionary appoints Scripture readings for use in worship during the Season of Lent.

The East:

In Orthodox churches, this season is called the Great Lent. It begins on Clean Monday.

Special Days:

Ash Wednesday, 17 February 2010