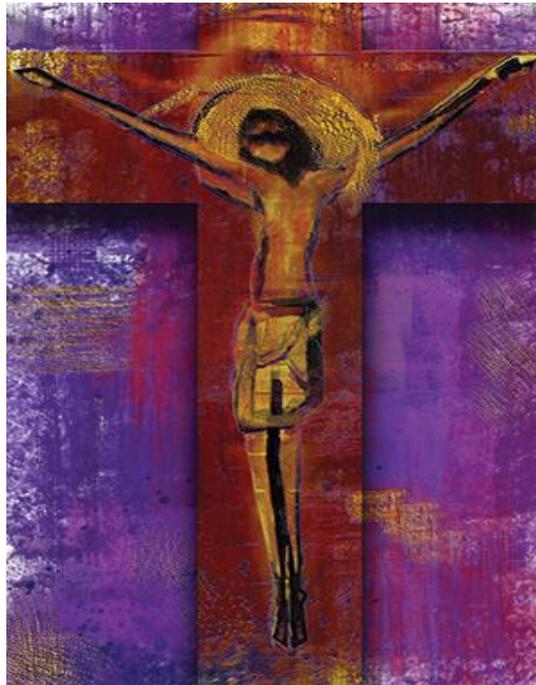


## Spiritual Opportunities at St. John's during Lent



- † **Exposition and Adoration of the Blessed Sacrament from 9:00 AM – 12 Noon every Friday of Lent (which does not include Good Friday)**
- † **Stations of the Cross every Friday at Noon at the end of Eucharistic Adoration (except Good Friday)**
- † **Celebration of the Eucharist every Tuesday, Wednesday, Thursday, Friday at 8:30 AM**
- † **Opportunity for almsgiving through the Catholic Services Appeal**
- † **The Sacrament of Reconciliation every Saturday from 3:30 – 4:00 PM or by appointment.**
- † ***“The Light Is On For You”* on Wednesday, March 25<sup>th</sup>. A priest will be available for confessions at every church (here at St. John's from 4:30 – 6:30 PM; other churches from 5:00 – 7:00 PM).**
- † **Fasting between meals on Ash Wednesday and Good Friday (for all Catholics between the ages of 18 and 58)**
- † **Abstaining from eating meat every Friday of Lent and Good Friday (for all Catholics 14 years old or older)**
- † **Prayerful participation in the Liturgy of the Eucharist every weekend (either Saturday at 4:30 PM or Sunday at 9:30 AM)**