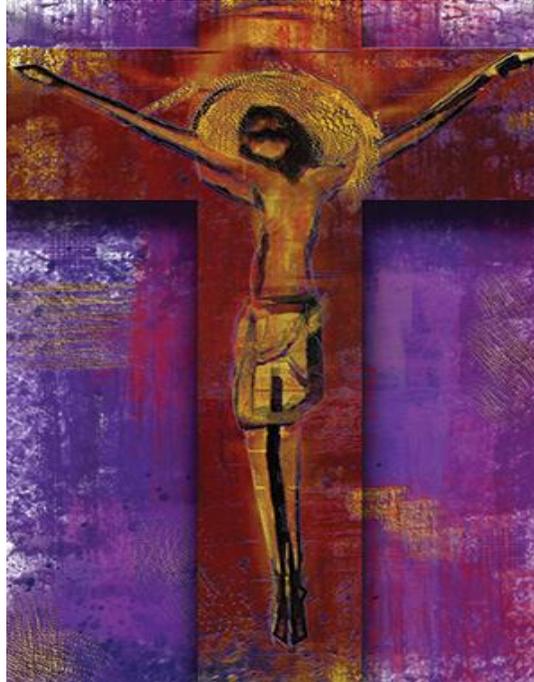


## Spiritual Opportunities at St. John's during Lent



- † **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"* will be celebrated again this year, in which a priest will be available for confessions during an evening in Lent. **St. John's "The Light is ON for You" will be on March 19<sup>th</sup> from 4:30 – 6:30 PM.** Most churches in the Diocese will celebrate the event on Wednesday, March 25<sup>th</sup> from 5:00 – 7:00 PM. Please watch for an announcement in our bulletin and on our website in mid-March that lists all area churches participating and includes dates and times.**
- † **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)**