

## **Lent in our Parish 2022**

- ❖ Morning Prayer and Rosary on each weekday morning before Mass.
  - ❖ All are welcome to join in Weekly Adoration after 10a.m. Mass.
  - ❖ A Lenten Journeying with Jesus through the scriptures for the four Tuesdays in March with Sr. Consilio at The Parish Centre at 7.30p.m.
- ❖ An additional Evening Mass on each Wednesday evening in Kingscourt at 7.30p.m., Novena to Our Lady of Perpetual Help.
- ❖ A Holy Hour of Music, Prayer, Rosary and Reflection on each Thursday evening of Lent at 7.30p.m. in Kingscourt Church.
  - ❖ Our Parish supports the Lenten 2022 campaign for Fr.Fernando's diocese in Zimbabwe. Trocaire boxes are available in the churches.
  - ❖ Our Lenten Prayer Garden focuses on our support for Trocaire.
  - ❖ Keep a Friday Fast by making a special effort to gather for a family prayer in your homes.
- ❖ We encourage parishioners to visit those who are living alone, elderly or sick.
- ❖ Continue the great parish tradition of making The Stations of the Cross in the church.
  - ❖ Support The Lenten Lunches on each Friday in The Red Hall.