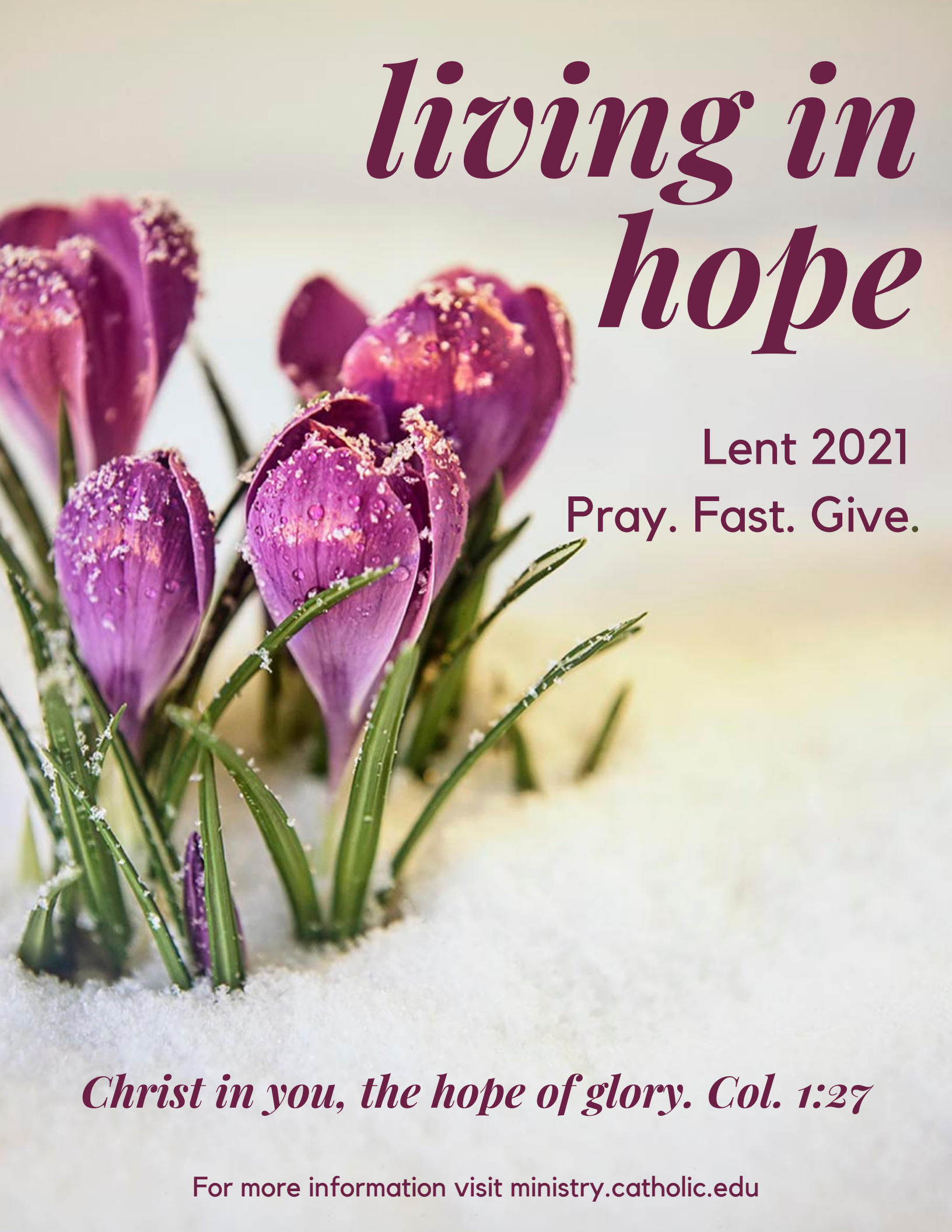


living in hope

Lent 2021

Pray. Fast. Give.

Christ in you, the hope of glory. Col. 1:27

For more information visit ministry.catholic.edu

Pray.

Pick up a Lenten Missalette for College Students after the Ash Wednesday Liturgies or in the Office of Campus Ministry to use for prayer throughout Lent!

Taize Prayer
Tuesday, March 2
St. Vincent's Chapel
7:00pm

Rosary Hour with Song
Tuesday, March 16
St. Vincent's Chapel
7:00pm

Graduate Student Day of Reflection
Saturday, March 20
Via Zoom
Sign up on The Nest

Lenten Day Retreat
Saturday, March 27
On Campus and via Zoom
Sign up on The Nest

Campus Wide Stations of the Cross
Monday, March 29
Campus Ministry
7:00pm

Hour of the Sorrowful Mother
Tuesday, March 30
St. Vincent's Chapel
7:00pm

Stations of the Cross
Fridays, February 19-March 26
St. Vincent's Chapel
6:15-6:45pm

Weekday Adoration
Caldwell Chapel
Monday-Thursdays
1:30pm-5:00pm

Evening Adoration
St. Vincent's Chapel
Tuesdays and Thursdays 8:00pm
Wednesdays 9:00pm

Friday Adoration
St. Michael Chapel Maloney Hall
February 19, March 5, March 19
11:00 am-12:00pm

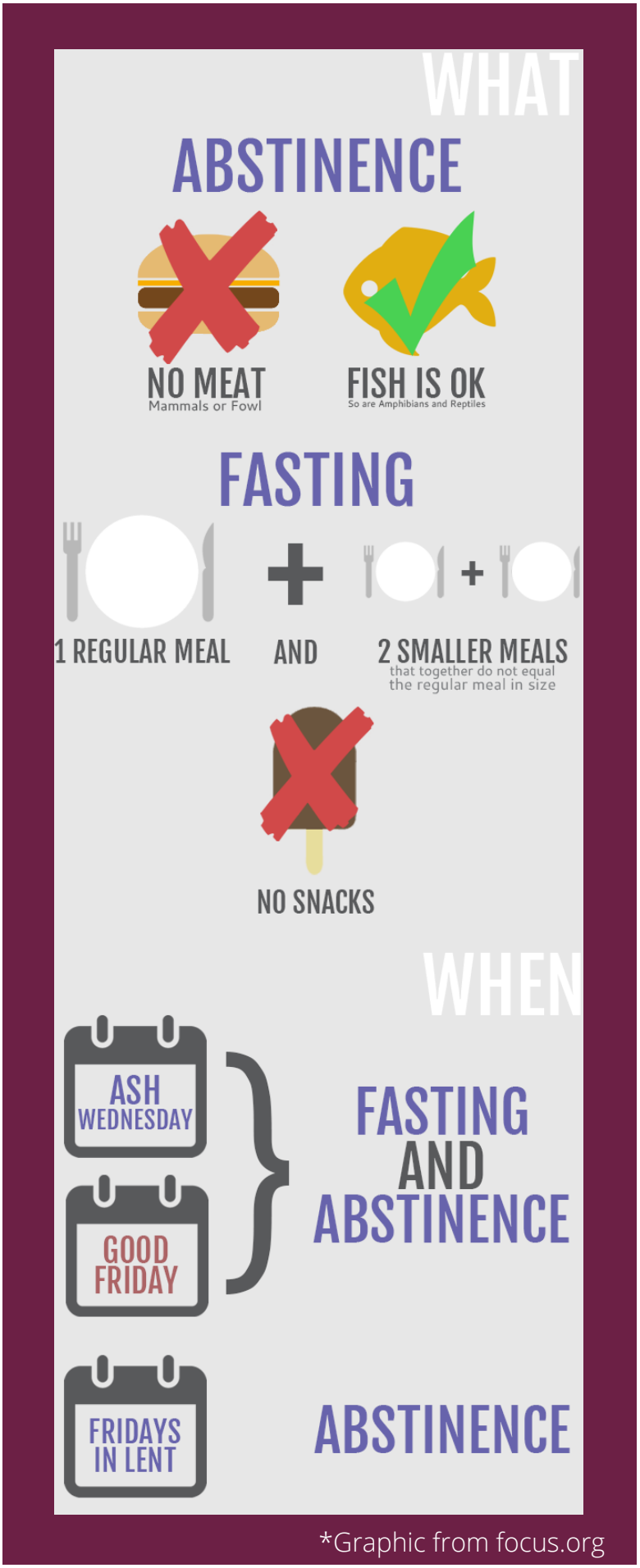
Confession Opportunities
Tuesdays and Thursdays 8:00pm
in St. Vincent's Chapel
Or Contact one of the Friars

For more details about these events please visit ministry.catholic.edu or email us at cua-campus-ministry@cua.edu

Fast.

Pope Francis shares 11 ways to fast during Lent!

1. Fast from hurting words and say kind words
2. Fast from sadness and be filled with gratitude
3. Fast from anger and be filled with patience
4. Fast from pessimism and be filled with hope
5. Fast from worries and trust in God
6. Fast from complaints and contemplate simplicity
7. Fast from pressures and be prayerful
8. Fast from bitterness and fill your heart with joy
9. Fast from selfishness and be compassionate to others
10. Fast from grudges and be reconciled
11. Fast from words and be silent so you can listen



*Graphic from focus.org

Give.

So Others Might Eat
Wednesdays (on campus)
7:30-9:30am
Thursdays (Campus Ministry)
1:00-3:30pm

Franciscan Monastery
Saturdays
9:45am-12:00pm
Meet at Campus Ministry

McKenna Center
Tuesdays, Thursdays, Fridays
6:50-9:00am
Meet in Campus Ministry

Parchment Party
Tuesdays
6:00-7:00pm
Meet in Caldwell 117

Sacred Heart
Fridays
2:45-5:15pm
Meet in Campus Ministry

Girls in Action and Boys II Men
Wednesdays
4:45-6:00pm
Via Zoom (More info on The Nest)

Care Packaging
Thursday, March 4 and 25
7:30-8:30pm
Caldwell Auditorium

Cardinal Cupboard
Non-perishable and hygiene items can be dropped of in the Campus Ministry Office

CRS Rice Bowl
Commit to deepen your faith and serve those in need. Pick up your Rice Bowl after Mass on Ash Wednesday and Sundays during Lent.