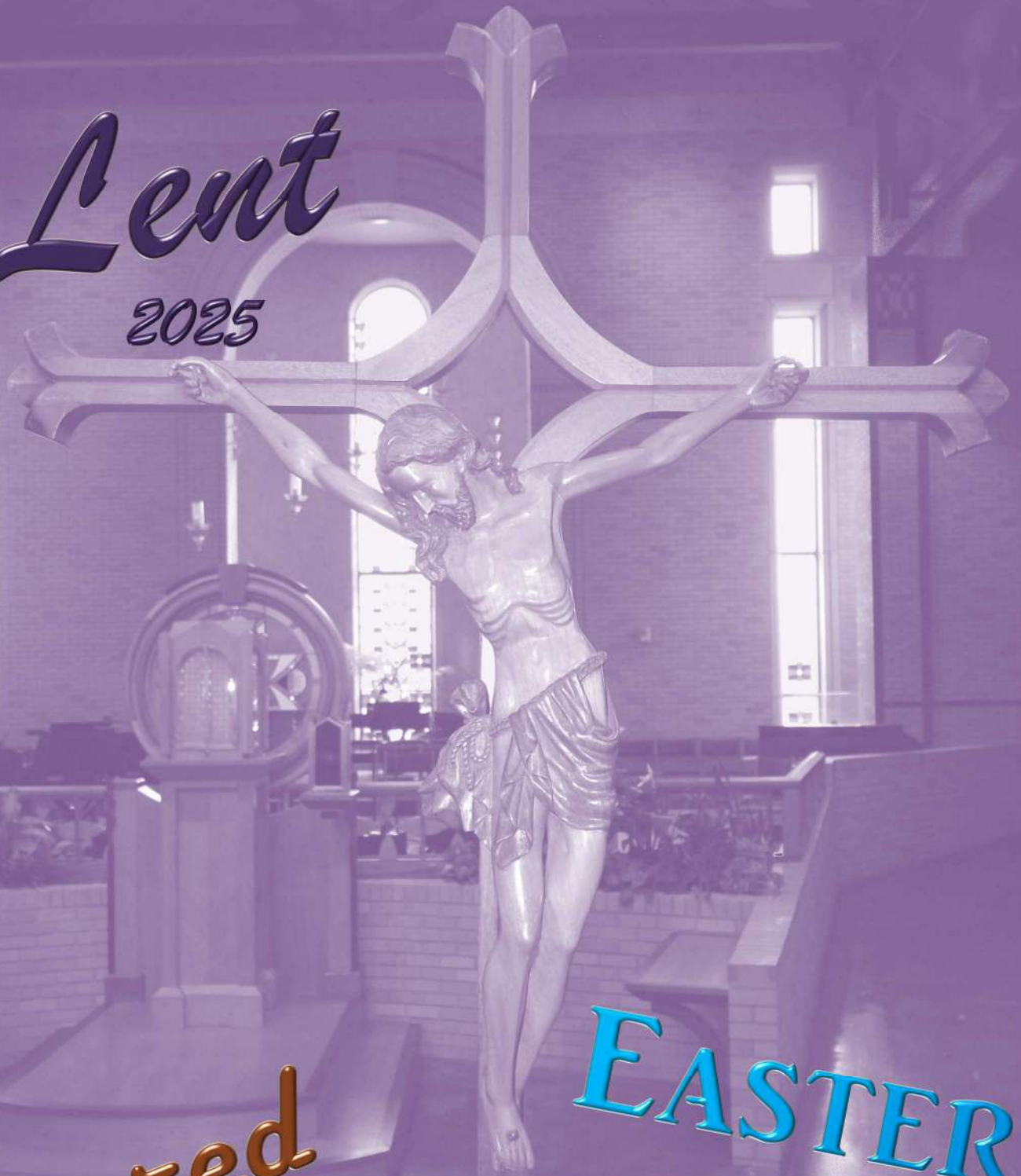


Lent

2025



Sacred
Triduum

EASTER

Spirit ^{OF} Christ
CATHOLIC COMMUNITY

Lent

Sun. March 1: Burning of the palms at 12:15 PM. Outside in the prayer garden.

Wed. March 5: Ash Wednesday (Fast and Abstinence) Rice Bowls given out.

- ✠ 7:00 AM Mass; 9:00 AM Mass; Noon Word Service; 4:00 PM Mass; 6:30 PM Mass Ashes distributed at all services.
- ✠ Simple Soup Supper 4:30 PM – 6:15 PM (cost for the supper is a cash donation to the Community Table.)

Fri. March 7: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM – 3:00 PM, Chapel
- ✠ Stations of the Cross and Benediction 7:00 PM, presider Deacon A.J. (Respect Life)

Sat. March 8: OCIA Rite of Election 10:00 AM at the Cathedral Basilica of the Immaculate Conception

Sun. March 9: First Sunday of Lent

Thu. March 13: Resurrection Egg Family Activity and Dinner 6:00 PM (signup at spiritofchrist.org)

Fri. March 14: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM–3:00 PM, Chapel
- ✠ Knights of Columbus Fish Fry 5:00 PM – 7:00 PM, Spirit Center
- ✠ Stations of the Cross and Benediction 7:00 PM, presider Fr. Trevor (Liguori)

Sun. March 16: Second Sunday of Lent

Fri. March 21: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM–3:00 PM, Chapel
- ✠ Stations of the Cross and Benediction 7:00 PM, presider Deacon Joe (Liguori)

Sun. March 23: Third Sunday of Lent, OCIA First Scrutiny for the Elect at 9:00 AM and 4:30 PM Mass

Fri. March 28: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM–3:00 PM, Chapel
- ✠ Stations of the Cross and Benediction, 7:00 PM

Sun. March 30: Fourth Sunday of Lent Laetare Sunday – OCIA Second Scrutiny for the Elect 9:00 AM and 4:30 PM

- ✠ KOC Food Drive for Community Table (A truck for drop off Saturday and Sunday before/after all Masses)

Thurs. April 3:

- ✠ Lent Penance Service and individual Confessions at 5:30 PM. There will be about 12 priests available to hear private confessions.

Fri. April 4: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM – 3:00 PM, Chapel
- ✠ Fish Fry 5:00 PM– 7:00 PM, Spirit Center
- ✠ Stations of the Cross and Benediction 7:00 PM presider Fr. Chris (Stations with Pope Francis)

Sun. April 6: Fifth Sunday of Lent, OCIA Third Scrutiny for the Elect at 9:00 AM and 4:30 PM Mass

Wed. April 9: Living Stations of the Cross – 6:15 PM presented by the Youth group in the Sanctuary

Thu. April 10: "The Chosen" Special One Night Event – Open to entire at 6:00 PM

Fri. April 11: (Abstain from meat)

- ✠ Adoration of the Blessed Sacrament 9:30 AM–3:00 PM, Chapel
- ✠ Stations of the Cross and Benediction 4:00 PM presider Deacon Norm (Family Stations)
- ✠ Stations of the Cross and Benediction 7:00 PM presider Deacon Joe (Liguori)

Sun. April 13: Palm Sunday Return Rice Bowls

Deanery Lenten Penance Services

- Tue. March 11 at St. Joan of Arc 6:00 PM
- Tue. April 1 at St. Marks 6:00 PM
- Thurs. April 3 at Spirit of Christ 5:30 PM
- Weds. April 9 at Shrine of St. Anne's 6:00 PM



Sacred Triduum

April 17: Holy Thursday (No 9:00 AM Mass)

- ✠ Mass of the Lord's Supper 7:00 PM Please bring canned food for the poor.
- ✠ Adoration of the Blessed Sacrament until 11:00 PM in the Chapel.

April 18: Good Friday (Fast and Abstinence) No Adoration of the Blessed Sacrament, office closes at noon

- ✠ Noon Objects of the Cross ~ Meditation on the objects used at the crucifixion of Jesus
- ✠ 1:30 PM You Were There ~ Reflections of the men and women who were present at Calvary
- ✠ 3:00 PM Solemn Service ~ Veneration of the Cross- The Principle Liturgy of Good Friday
- ✠ 7:00 PM Stations of the Cross, presider Deacon Norm (Family Stations)

April 19: Holy Saturday no confessions today, no 5:00 PM Mass

- ✠ Blessing of Easter Food: 9:00 AM in the Chapel
- ✠ Easter Vigil: 8:00 PM, Alleluia Party following in the Spirit Center (to welcome new Catholics)

April 20: Easter Sunday

- ✠ 7:00 AM; 9:00 AM and 11:00 AM (no Sunday 4:30 PM Mass)

EASTER SEASON

April 21: Easter Monday, Mass at 9:00 AM, building/office closed, no adoration

April 27: Divine Mercy Sunday

- ✠ 3:00 PM - 4:30 PM, Pray the Divine Mercy Chaplet, Adoration of the Blessed Sacrament and Confessions, Chapel

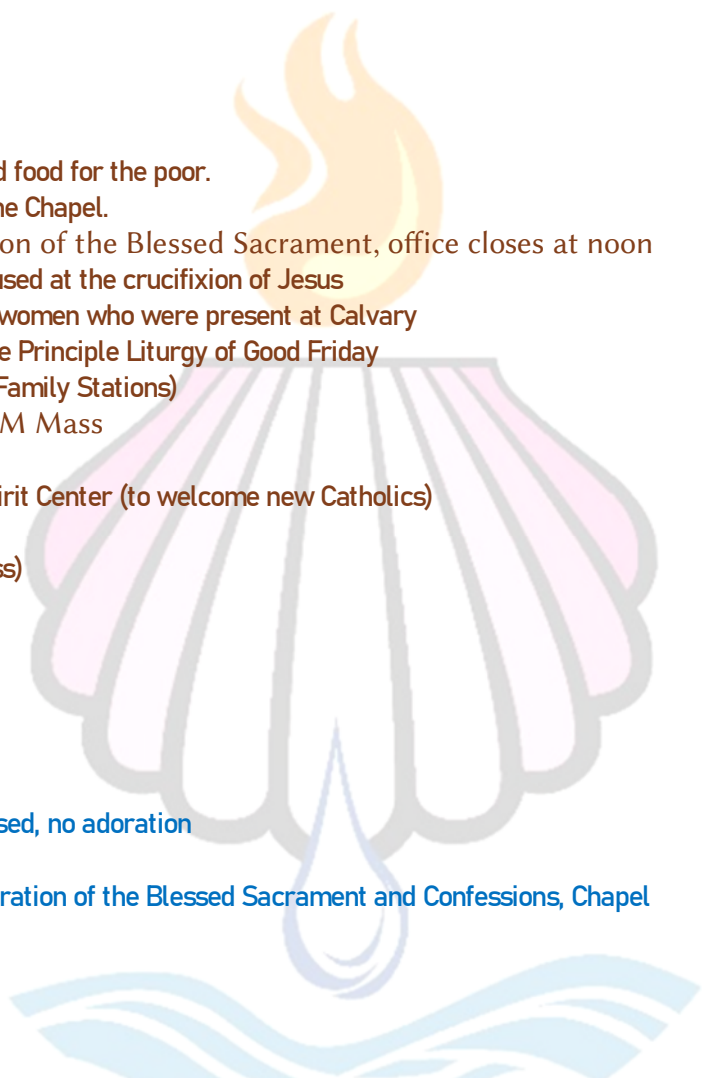
May 4: Children's Confirmation/First Communion 1:30 PM

May 10/11: May Crowning

June 7/8: Pentecost, Masses will be at normal times

June 22: Corpus Christi

- ✠ Procession after 11:00 AM Mass



Traditional Lenten Disciplines

Fasting and Abstinence: Catholics of age 14 and older abstain from meat on Ash Wednesday and Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

Prayer: Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation (confession) in preparation for the celebration of Christ's Passion, Death and Resurrection.

Almsgiving: Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God's abundant grace.

Spirit of Christ Catholic Community

7400 W. 80th Ave. Arvada, CO 80003

303.422.9173 www.spiritofchrist.org

Email: Welcome@spiritofchrist.org

Mass Times: Sat. (anticipated) 5:00 PM

Sun. 7:00 AM | 9:00 AM | 11:00 AM | 4:30 PM

Mon.-Fri. 9:00 AM

LENTEN RESOURCES

To access Word on Fire ENGAGE, log into your Flocknote account at flocknote.com/spiritofchrist. Either click Login or Sign Me Up if you haven't logged in before. Once you are logged in, then on the left menus, click on "My Dashboard."



This is FORMED's new logo, but Spirit of Christ still has a membership for all of our parishioners. They have many talks and movies to form you during lent. See below to access these materials.

Already have a FORMED Account?

1. Visit FORMED.org
2. Click Sign In
3. Enter your email
4. Click the link in your email
5. You're in! No more passwords!

Want to create a new FORMED account with your parish or group?

1. Visit FORMED.org
2. Click Sign Up
3. Select "I Belong to a Parish or Organization"
4. Find your parish by name or zip
5. Enter your email - and you're in!



You've got Word on Fire ENGAGE!

Your parish has given you complete access to Bishop Barron's Word on Fire ENGAGE video library! Visit WoFDigital.org from Flocknote to watch any of the videos whenever you want without ever having to login.

[Visit WoFDigital.org](https://WoFDigital.org)

Other Catholic apps from your App store:

- ✚ Laudate. Prayers, readings, Vatican documents, bible links and more.
- ✚ Hallow. Has interactive prayers, programs and more.
- ✚ Amen. Prayers, readings, bible links and more.

Evening Prayer

(also called Vespers) is part of the Liturgy of the Hours, also known as the Divine Office. In the Liturgy of the Hours, the Church fulfills Jesus' command to "pray always" (Luke 18:1; see also 1 Thessalonians 5:17). Through this prayer, the people of God sanctify the day by continual praise of God and prayers of intercession for the needs of the world.

The Liturgy of the Hours includes several specified times of prayer. The most important times, called the "hinge hours," are Morning Prayer (which takes place upon rising) and Evening Prayer (which takes place as dusk begins to fall). The other hours are the Office of Readings (a service with a biblical reading and a reading from the Fathers or Church writers or a reading related to a saint which may take place at any time of day), a Daytime Prayer (which may take place at Midmorning, Midday, or Midafternoon), and Night Prayer (said before going to sleep).

Here are a couple of ways to get a copy of the texts

- The book "The Liturgy of the Hours" is available from <https://catholicbookpublishing.com>
- Download the free app Laudate from your app store. Then click on Liturgy of Hours

Other Ways to Fast

- Fast from judging others; Feast on Christ dwelling in them.
- Fast from pessimism; Feast on optimism.
- Fast from thoughts of illness; Feast on the healing power of God.
- Fast from words that pollute; Feast on phrases that purify.
- Fast from anger; Feast on patience.
- Fast from worry; Feast on Divine Providence.

- Fast from unrelenting pressures; Feast on unceasing prayer.
 - Fast from negatives; Feast on positives.
 - Fast from hostility; Feast on nonresistance.
 - Fast from bitterness; Feast on forgiveness.
 - Fast from anxiety; Feast on hope.
 - Fast from yourself; Feast on a silent heart.
- (Tim Unsworth, U.S. Parish)