



LENTEN

Enrichment

Lent is an important season in the church's liturgical year – it is the time when we take stock of where we are in our faith and prepare for the death and resurrection of our Savior. Often, we lose sight of the point of this season because we get caught up in ourselves – how hard it is to fast, how bad we are at fasting – and we end up just waiting for the season to be over at Easter. Because of this, we often arrive at Easter with our lives no different than they were on Ash Wednesday. These Lenten Series are being offered to enrich our lives as we prepare for Jesus' death and resurrection and experience true transformation in our lives during this powerful season.

◆

Restore: A Guided Lent Journal for Prayer and Meditation offered at St. Frances Cabrini

Mondays | February 23, March 2, 9, 16, 23 and 30 from 6:30 – 8:00pm
in the Mother Cabrini Room

Thursdays | February 19, 26, March 5, 12, 19, and 26 from 12:30 – 2:00pm in the
Msgr. Maino Room

We invite you to take a healing journey with Sr. Miriam James Heidland, SOLT, as she helps you turn away from what wounds you and toward God who heals you and makes you whole. In this beautiful, guided journal for prayer and meditation, Sr. Miriam invites you to meet the tenderness of God's mercy, the power of His love, and the restoration of your heart and life as you practice prayer, fasting and almsgiving. Each group session will include prayer, a video presentation and small group discussion. Journals are \$10.00.

To Register: Therese at ttardiff@qvdomine.org or 313-436-0201

◆

Made for Heaven offered at St. Constance

Mondays | February 16, 23, March 2, 9, 16, 23 and 30 from 1:00 – 2:30pm
in the Parish Social Hall

Journals are \$10 and will be available at the first gathering.

We invite you to join Fr. Agustino Torres, CFR on a multimedia Lenten journey inspired by St. Francis. The Made for Heaven journal features stunning original art by Valerie Delgado of Pax. Valerie, along with daily meditations on the passage from scripture, reflection questions, prayer, and space to journal. In six transformative weeks, you will learn how to allow the Holy Spirit to move in your heart through a new theme each week. Each group session will include prayer, a video presentation and small group discussion.

To Register: Roseanna Rogers rrogers@st.constance.com



LENTEN

Enrichment

The Book of the Prophet Isaiah Lenten Series offered at St. Alfred

The first of six sessions will begin at 6:00pm on Thursday evening, February 12 in the church.

Powerful advocate for social justice, advisor to kings – Isaiah embodied the notion of “speaking truth to power.” The book’s words are timeless and are offered 25 times in the Sunday readings for 2026. From its vision of God to its prophetic announcement of Immanuel; from the book’s interpretation of God’s covenant with David to its political counsel, Isaiah is a central text for Bible students. Learn about the prophet and his prophecies in this in-depth study of one of the Bible’s most beloved books. Contact the Parish Office with questions.



Restore: A Guided Lent Journal for Prayer and Meditation offered at St. Mary Magdalen

Mondays | February 16, 23, March 2, 9, 16 and 30 from 10:00 – 11:30am in the Parish Rectory

Journals are \$10 and will be available at the first gathering.

We invite you to take a healing journey with Sr. Miriam James Heidland, SOLT, as she helps you turn away from what wounds you and toward God who heals you and makes you whole. In this beautiful, guided journal for prayer and meditation, Sr. Miriam invites you to meet the tenderness of God’s mercy, the power of His love, and the restoration of your heart and life as you practice prayer, fasting and almsgiving. Each group session will include prayer, a video presentation and small group discussion.

Creados para el cielo offered at St. Mary Magdalen

Viernes | febrero 20, 27, marzo 6, 13, 20 y 27 from 6:30 – 8:00pm en la Iglesia, siguiendo las estaciones del Vía Crucis.

Cada viernes de Cuaresma en St. Mary Magdalen se ofrecerá la reflexión "Creados para el cielo". Iniciando el viernes 20 después del Vía Crucis. Los libros cuestan \$10.00 y estarán disponibles en la oficina de la parroquia el fin de semana del 14 y 15. Le invitamos a que nos acompañe en esta jornada de cuaresma del P. Agustino Torres, inspirado en San Francisco. El folleto ofrece imágenes originales y meditaciones diarias basadas en la sagrada escritura, oraciones, Meditaciones, preguntas a manera de un diario guiado semanal, donde aprenderá a permitir al Espíritu Santo que se albergue en su corazón en cada tema semanal. La presentación incluye un video y presentación para la reflexión grupal.

To Register for English/Spanish: Armando Bravo abravo@qvdomine.org or 313-437-8505