

# On a Journey Together

## LENTEN PRAYER AND SPIRITUAL OPPORTUNITIES

### EMPHASIZE PRAYER

**1. Prayer at the Table**—put some simple reminder of the season on your table (perhaps a cross, bare branches, a violet candle).

**2. Spiritual Reading**—Visit the St. Monica Bookstore for Lenten spiritual reading opportunities. Lenten scriptures and other suggested reading at [www.usccb.org](http://www.usccb.org), [www.stmonica.net](http://www.stmonica.net), [www.la-archdiocese.org](http://www.la-archdiocese.org), [www.olacathedral.org](http://www.olacathedral.org).

**3. Personal Devotions** (morning / midday / evening prayer; use “Magnificat” or “Living With Christ”).

**4. Pray the rosary** (either alone or together as a family—also at daily mass, before the 6:30 AM liturgy, or after the 8:00 and 12:10).

**5. Attend Eucharistic Adoration** on Friday, March 5th from 7:00 AM until Midnight in the Spirituality Ctr. Chapel.

**6. Contemplative Prayer** with Dr. Jim Finley on February 18th, March 4th, and March 18th (1st and 3rd Thurs.) at 7:30 PM in the Trepp Ctr.

**7. Early Morning Contemplative Prayer** with Dr. Jim Finley from 5:30-6:30 AM followed by mass at the Spirituality Center on Feb. 17th, 24th, March 3rd, 10th, 17th, 24th, and 31st.

**8. YMA Vespers** every Tuesday evening at 7:30 in the Spirituality Ctr.

**9. Christian Meditation** group every Wednesday evening at 7:30 PM in the Spirituality Center with Marie McAdam (818-906-3904 or [desertwisdom@earthlink.net](mailto:desertwisdom@earthlink.net)).

**10. Use the Faith-Sharing Questions** on the website or in the bulletin each week.

**11. Pray for the RCIA candidates** and catechumens who have been discerned to receive the sacraments of initiation at Easter. The Lenten journey is a very special prayerful time for them and they appreciate the support of the community. If you or someone you know are interested in becoming Catholic or completing the sacraments please email Sr. Catherine at [srcatherine@stmonica.net](mailto:srcatherine@stmonica.net) or call 310-566-1536.

**12. Read YMA's Lenten Journal** (available for purchase in the Duval Ctr.).

**13. Lenten Taize Prayer at the foot of the Cross** - Beginning Feb. 24th, every Wednesday evening of Lent at 6:00 PM, and every Saturday at 5:00 PM.

### ACTIVITIES & EVENTS

**1. Participate in Lenten Soup Suppers and Stations of the Cross**  
--soup served at 6:00 PM every Friday in the Pastoral Center (PC), followed by Stations at 7:00 PM in the Church.

**2. Attend daily mass** (6:30 AM, 8:00 AM, and 12:10 PM).

**3. Receive the Sacrament of Reconciliation** (weekdays at 5:30 -6:00 PM, and Saturdays from 4:30 to 5:00 PM).

**4. Attend the Communal Reconciliation Service** on Tuesday, March 30th, at 7:30 PM in the Church.

**5. Attend the Religious Education Congress** (March 19 – 21) at the Anaheim Convention Center ([www.recongress.org](http://www.recongress.org)).

**6. Attend the St. Monica Parish Mission** with Fr. Richard Leonard, SJ, March 13/14 and March 15, 16, & 17 after the 12:10 PM Mass and at 7:30 PM.

**7. Attend the Senior Adult Ministry** annual retreat and luncheon on Friday, March 5th. The retreat will be from 10:30 AM to 11:30 AM, and the luncheon will follow 12:10 PM mass and take place in the Auditorium. Call Veronica Gray at 310-566-1546 to reserve a space.

**8. Join one of the Foundations small faith-sharing groups** (contact [foundations@stmonica.net](mailto:foundations@stmonica.net) or call 310-566-1500, ext. 440).

**9. Our annual tradition of a community Seder Dinner** continues on Saturday, March 27th, at 6:30 PM in the Auditorium.

**10. 5:30 PM Daily Mass at a local parish (Mon-Fri)**. St. Anne, Santa Monica; St. Augustine, Culver City; Corpus Christi, Pacific Palisades; St. Paul the Apostle, Westwood.

### VOLUNTEER

**1. Visit the sick** (convalescent homes, hospitals, the homebound); call 310-566-1500.

**2. Serve in a ministry** (stop by the Welcome Table for info).

**3. Support education** by assisting with the annual SMASH Dinner & Auction.

**4. Work with the homeless** and others in need in our community through St. Monica Peace and Justice Ministries (contact Delis Alejandro at 310-566-1531).

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