



Holy Family 2023 Lenten Program

*Engage * Reflect *Share * Open Our Hearts

Lent is a time to take stock of where we are on our spiritual journey. It is a moment to check our spiritual bearings and take any action that will keep us moving in the right direction.

Take time this Lent to engage with scripture and reflect on different aspects of your spiritual life with Open Our Hearts. Look at how you live out your faith at home, in your parish, and in the world. Connect at a deeper level with the Sunday gospels and take time every day to reflect and pray.

Holy Family will offer weekly small-group in-person or virtual sessions that include scripture, prayer and reflections along with concrete ways to live out that faith. The parish will supply the Open Our Hearts book by RENEW to participants and the first meetings start after Ash Wednesday 2/22/23

Participation options are as follows:

- Monday Afternoons with Mary Ann Prieto and Kate Maria at 1pm in the Parish Conference room starting 2/27/23
- Thursday evenings – In-person from 7pm to 8:15 in the Parish Conference Room. Parishioners Cathy Clarke and Carl Procario-Foley will lead the sessions that start on Thursday 2/23
- Saturday Mornings - Virtually with Deacon Don at 10am via Zoom. Don will share the Zoom link and the first Lenten session will start on Saturday, February 25th.
- Deacon Ray will be offering a Spanish language option and sign up is at the 12:30 Mass. Programa de Cuaresma 2022

Register by filling out the [form here on the Holy Family website](#) or sign up at the masses on the weekend of 2/12 and 2/19, or by email or phone Cathy Clarke at bcpk15nr@yahoo.com (914)738-8077.