

How to Prepare for Lent?

This week, February 18, 2018

1. Decide how you are going to
FAST, PRAY and GIVE ALMS
during this 2018 Lenten Journey. (see pamphlet)

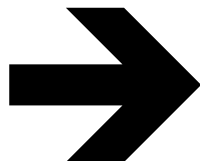
...then...

2. Go and speak to Fr Nicolaie about your decisions
and receive his blessing.

...then...

3. Write down the names of all the people you have
hurt and that have hurt you.
4. If you can, try to ask for the forgiveness of
anyone you know that you have hurt.
5. Ask Jesus to help you to forgive those who have
hurt you.

**but now
there is just one more thing you need to do**



On Sunday February 18, 2018

at 7:00pm

Go to St. Silouan's for

Forgiveness Vespers

When this is over, Lent has started!

Don't be left behind.

The way to Easter starts this year on



February 18 at 7:00pm



For extra Lenten resources please check
<http://stsilouan.org/ParishNews.html>

