

St. Joseph the Worker Parish Lent 2026 "Come Back to Me"



Worship

Ash Wednesday Feb. 18th
8am Mass & Distribution of Ashes
12:15pm Prayer Service and
Distribution of Ashes
7pm Mass & Distribution of Ashes

Stations of the Cross
Fridays at **3:30pm**

Daily Mass
Monday - Friday **8am**

Confession
Saturdays, **3-3:45pm** &
Mon. Mar. 30th, 12-1pm &
6-7pm

Deanery Penance Service:
To be announced

Adoration of the Blessed Sacrament
Tuesdays, **6-7pm** (Chapel)
Wednesdays, **8:30-12pm** (Chapel)

Holy Hour & Rosary
Thursdays, **6pm** (Chapel)

Holy Week

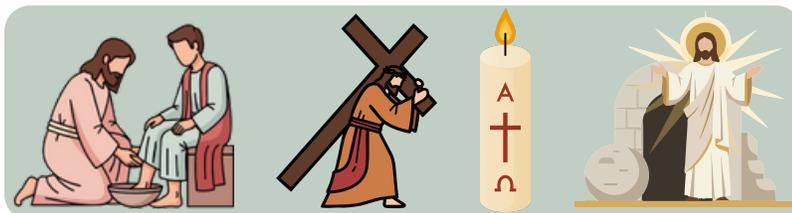
Sacred Triduum ~ The remembrance of the Lord's saving death and resurrection - one liturgical celebration encompassing three days.

Holy Thursday
April 2nd
Solemn celebration
of the Lord's Supper
at **7pm**
(No morning Mass)

Good Friday April 3rd
Stations of the Cross
at **3:30pm**
Solemn celebration
of the Lord's Passion
at **7pm**
(No morning Mass)

Holy Saturday April 4th
The Easter Vigil at **7pm**

Easter Sunday April 5th
Mass at **8am & 10am**



Lenten Spiritual Growth Opportunities

- Lenten Adult Enrichment program** ~ This year's program is **Luke: The Story of Salvation Fulfilled**. In this 4 week study, Jeff Cavins and Dr. Jeffrey Morrow will show you the beautiful Biblical roots for Mary, the Rosary, and the Mass that are found in Luke. You will witness key moments in salvation history including the Annunciation, the Nativity, his public ministry, and Jesus' suffering, death, and glorious Resurrection. The sessions will be held on Thursday mornings at **9am** and evenings at **7pm** (with a dinner option at **6:30pm**) on **February 19, 26, March 5, & 12**. Each session will include a question and answer session with Bishop Christian. Please see the enclosed flyer for more information. We also encourage you to use the Lenten resources on our parish website <https://www.stjoenash.org/lenten-resources>
- Lenten Reflection Book** ~ The pocket-size **Little Black Book** will be available to parishioners on the weekend before Lent once again this year. Reflections will be based on the Passion narrative in the Gospel of Mark. Spend just six minutes a day with this little book, letting God speak to you! A **Little Purple Book** for children ages 6-12 will also be available. This year's theme once again is "Signs & Symbols of our Faith".
- Rice Bowls** ~ This traditional custom of sacrificing some portion of one meal a week and donating the savings to Catholic Relief Services for feeding the poor remains a powerful Lenten practice. Rice Bowls will be available the weekend before Lent.
- Spiritual Audio Resources** ~ FORMED (<https://watch.formed.org/audio>) provides a wide variety of audio resources on religious topics such as: conversion stories, prayer, Mary, the saints, defending the faith and much more.

Ideas on how you can use FORMED to enrich your Lenten experience this year



Dear Parishioners of St. Joseph the Worker Parish,

The season of Lent is fast approaching, and St. Joseph the Worker Parish is excited to offer great resources to help make this Lent a grace-filled and fruitful season. Through the very best Catholic content offered by our parish's subscription to FORMED and other programs offered by St. Joseph, we want to help you and your family grow your faith during this Lenten season. While FORMED provides thousands of movies, children's programs, e-books, audio, parish programs and studies in English and Spanish, we wanted to provide some recommended options to help guide you based on your interest and available time.

You can navigate to these programs from our parish website at:

<https://www.stjoenash.org/formed>

If you haven't already signed up, it is easy to get started on FORMED: Go to

<https://formed.org/signup>, enter our parish zip code or name to select our parish and then enter your name and email.

This Lent we are recommending the following:

How to Lent: A 4-episode video series that aims to equip Catholics with tools to understand and practice the pillars of Lent: prayers, fasting and almsgiving. Each episode is less than 15 minutes <https://watch.formed.org/how-to-lent>

The Heart of Prayer: a study of prayer with Bishop Andrew Cozzens. The Heart of Prayer reveals the beauty and transcendence of our prayer life, drawing from Scripture and the saints to offer guidance that is practical and down-to-earth. Hear the voice of God calling to you in your life of prayer this Lent. This series will be released on Ash Wednesday but you can use this link to sign up to view it when it is released [The Heart of Prayer Sign Up Link](#)

Foretold: a 9-part Lenten video series with Dr. Sean Innerst weaving together Old and New Testament stories that reveal Jesus as our salvation from the beginning of time. These stories will teach you how to see God's providence at work in your everyday life. <https://app.formed.org/app/collections/1096357>

Restore: Lent with Sr. Miriam James Heidland, SOLT. An 8-part series will take you on 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. Each week, Sr. Miriam will lead 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, almsgiving, and sacrifice. <https://app.formed.org/app/collections/765133>

Living Lent as a Family: This 4-part series was made to provide families with a resource for discussions on liturgical living during Lent. <https://app.formed.org/app/collections/763166>

Fearless: A 7- part Lenten video series hosted by Chris Stefanick to accompany you on your Lenten journey with a special guest each week. Time and again, the people of God are called to 'be courageous' and 'be not afraid.' Yet, we live in a time where fear seems to guide our very existence. <https://app.formed.org/app/collections/1125460>

