

# Lent



We invite you to journey this season of Lent by making a commitment to participate in fasting, almsgiving, prayer, and through opportunities listed below offered at Risen Christ Catholic Parish.

- **Daily Mass** – Monday – Friday; 6:30am, 8:00am, and 12:15pm
- **Stations of the Cross** – Friday nights during Lent; 7:00pm in the Church
- **Risen Christ Outreach – Blue Bags** – Specific Mass each weekend during Lent – Donate non-perishable food items
  - **K o C Fish Fry** – Friday nights; February 16 & 23, and March 2;
    - 5:00pm-7:00pm in the Parish Hall
- **Soup Nights** – Our Religious Education Youth will host 2 soup nights on Wednesdays, February 21 and March 7 at 6:00pm in the parish hall. Stay on March 7 for an interactive, self-guided “Stations of the Cross” from 6:30pm – 7:30pm in the gym.
- **Mobile Food Pantry** – Assist with distribution of food for those in need – Second and fourth Thursdays of each month from 3:00pm – 5:00pm.
- **Parish App** – Download our Parish App – Search for “Risen Christ Catholic Parish” in your app store. Access daily readings, prayers, parish information, and more.
  - **Eucharistic Adoration** – Commit to an hour of adoration each week
  - **Parish Lenten Project – Corporal Works of Mercy Bag Collection**  
The Religious Education students will be making “Corporal Works of Mercy Bags” filled with items for the homeless. Please take a card (similar to an Angel Tree ornament) from the tables in the back of the church after Mass the weekend of February 17/18, and return your items to the church the weekend of March 3/4.

Risen Christ Catholic Parish, 3060 South Monaco Parkway, Denver, CO 80222, 303-758-8826

## Lenten Regulations:

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. The norms on *fasting* are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not equal a full meal. The norms concerning *abstinence* from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

[www.risenchristchurch.org](http://www.risenchristchurch.org).