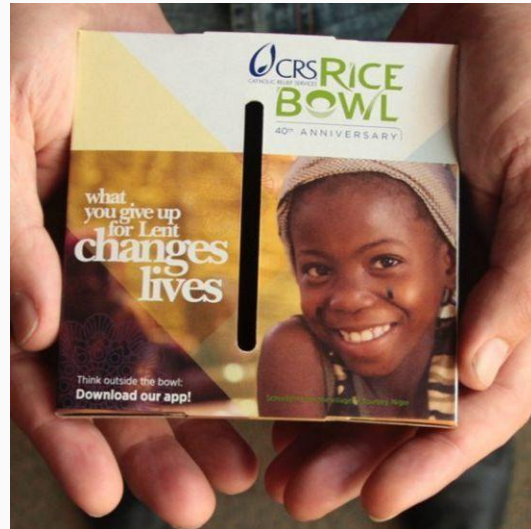






### **Prayer** **"Mini-Jesus Bags"**

Each our of CCD students will receive a "mini-Jesus bag" to help remind them to pray for those on their list of special intentions (the first of which is prefilled to include "the poor and suffering around the world" - a tie into our program's CRS almsgiving collection).



### **Almsgiving** **Catholic Relief Services**

All of our CCD students will receive a Catholic Relief Services "rice bowl" box to help raise money for those in desperate need around the world - and close to home. Please encourage your family members to share what they have with those who are less fortunate.

### **CRS Lenten Prayer**

*God of Hope, you journey with us through the desert. You challenge us to become more like Christ. During this Lenten season, may our prayers, fasting and almsgiving give us the courage to go forth and share our gifts with the world. May our encounter with you allow us to bring hope to our global family. Amen.*

### **Opportunities for You and Your Family This Lent Here at OLS**

CHECK OUR BULLETIN AND WEBSITE FOR MORE DETAILS

# JOIN US THIS LENT

## IN PRAYER, FASTING, AND ALMSGIVING

*"Yet even now," declares the LORD, "return to Me with all your heart" - Joel 2:12*

Wednesday  
February 18<sup>th</sup>

### ASH WEDNESDAY

Mass Times:  
7:00am  
9:30am (School Mass)  
12:00 noon  
and 7:00pm

### + Every Day + Holy Mass +

MONDAY- FRIDAY: 7:00am and 12:00pm

SATURDAY: 8:30am and 12:00pm

SUNDAY OBLIGATION:  
5:30pm Saturday Vigil  
8:00 am, 10:00am, 11:30am

### TUESDAYS

February 24<sup>th</sup> - March 31<sup>st</sup>

#### Afternoon Guided Scripture Reflection

12:45-1:45pm  
in the Kateri Room

RSVP to [lent@olschurch.com](mailto:lent@olschurch.com)

### WEDNESDAYS

February 25<sup>th</sup> - March 25<sup>th</sup>

#### BACK TO BASICS Lenten Dinner Series 6:30pm-8pm

6:30pm Soup Dinner  
7:00pm Talk and Discussion  
7:45pm Sung Evening Prayer

RSVP: [basics@olschurch.com](mailto:basics@olschurch.com)

### FRIDAYS

Starting February 20<sup>th</sup>

#### Pray the Stations of the Cross

7:00pm - 7:45pm  
in the Upper Church

No RSVP needed

Friday  
March 6<sup>th</sup>

#### Family Stations of the Cross and Pasta Dinner

6:00pm Dinner  
7:00 pm Stations

See bulletin for RSVP info

Saturday  
March 14<sup>th</sup>

#### Saint Patrick's Day Evening Celebration (A Lenten Respite!)

See website for more  
info and to RSVP!

Wednesday  
March 25<sup>th</sup>

#### Night of Penance and Adoration

starts at 7:00pm  
in the Upper Church

No RSVP needed

## **Renew Your Faith This Lent**

Are you looking for something new to help you enrich your faith life this Lent? Well, look no further! OLS' Back to Basics series is for you. Join us on Wednesday evenings for a light supper, a short video, some small group conversation and evening prayer. Come to all five or as many as you can. (Mrs. Noll is giving up her Happy Hour Wednesdays this Lent to attend and hopes to see you there!)

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# Back to Basics

Join our Lenten series at Our Lady of Sorrows  
and return to what is essential for your faith!

~ Wednesday evenings, starting February 25th ~

Are you busy or overwhelmed? Feeling distant from God? Then join us this Lent to reconnect with your faith! **Back to Basics** is a simple weekly gathering focused on the essentials that gave life to the early Church — community, sung prayer, fasting, and almsgiving.

## So, what does Back to Basics look like?

On **Wednesday evenings from 6:30–8:00pm**, we'll share a meal in community, view a video teaching from Father Columba CFR that dives into Lent's core pillars, share conversation, and end the night anchored in sung Evening Prayer.

We will gather **February 25<sup>th</sup>, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>**. Our time together on March 25<sup>th</sup> **will include Confessions** in lieu of table conversation to prepare our hearts for The Triduum.

## Our Wednesday Flow:

### 6:30 PM — Start with a Soup Supper

A communal meal in the Lenten style of fasting and simplicity. (Soup will be served until 7:30, so if you're working late, you'll still get fed!)

### 7:00–7:15 PM — Short Teaching

A focused video diving into Lent from Fr. Columba Jordan, CFR, and the spiritual disciplines he outlines: daily prayer, daily fast, and weekly almsgiving.

### 7:15–7:40 PM — Small Group Conversation

Guided discussion at each table to help you connect the week's teaching to your own life.

### 7:45–8:00 PM — Sung Evening Prayer

We end the night with the beauty of the Church's liturgical prayer — reverent and deeply grounding.

## Common Questions & RSVP:

### Q: Who is this for, exactly?

A: Everyone! If faith is new or old, if you're a "regular" or you don't know another soul at this parish - we'd love to have you.

### Q: Do I have to come every Wednesday?

A: You'll get more out of it if you do, but we know life is busy. We'll be here to welcome you back should you need to miss a week.

### Q: How do I register?

You can email  
[basics@olschurch.com](mailto:basics@olschurch.com)  
or scan this code:





## Mark 10 Mission Videos for Lent

The good folks at the Mark 10 Mission have done it again and have created new videos for kids explaining the meaning of Lent. (In lieu of having your kids fast from screen time, consider switching their screen time to good, faith-based content this Lent. Just an easy idea.)

In this Celebration of the Word from The Mark 10 Mission, children are invited to begin the holy season of Lent by stepping into the wilderness with Jesus and discovering the true meaning of Lent: a season of prayer, fasting, repentance, and growing closer to God. This child-centered Catholic prayer resource helps children understand why Lent lasts forty days, why Jesus fasted in the desert, and how sacrifices offered with love can bring us closer to Christ.

[Video: What is the Meaning of Lent?](#)

[Video: What is Lent?](#)

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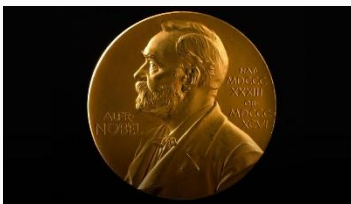
## CCD Next Week

### Monday

February 23rd - Suggested Lesson: 24 (*Lent*)

### Tuesday

February 24th - Suggested Lesson: 24 (*Lent*)



### Gospel Reflection Sticker

Each week, all of our in-person CCD students will receive a sticker with an image relating to our Sunday Gospel reflection when they first enter the church. This week's sticker featured the image of a woman in front of a giant snow pile. **Each week, a great dinnertime follow-up question after CCD is: "Why did Mrs. Noll give you a sticker with X on it?"** The answer to this past week's question is: *In Sunday's Gospel (abbreviated for the Children's Lectionary), Jesus tells his followers to make peace with others before approaching the table of the Lord with an offering, highlighting the importance of reconciling with others who have wronged us. During our opening on Tuesday, we discussed Nelson Mandela's long years in prison following his arrest for speaking out against apartheid in South Africa and how, upon his release, he refused to punish those who had persecuted him and even invited one of his former jailers to his inauguration as his special guest. Our sticker of the Nobel Peace Prize is meant to reinforce the need for being a peacemaker who doesn't hold grudges.*

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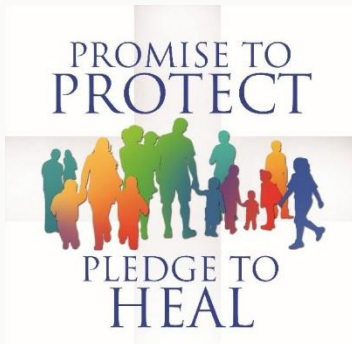
## Homeschooling Connection

### Week of February 22nd

#### *Lesson 24: Lent*

In addition to the assigned lesson for this week, be sure to discuss your family's Lenten plans together. How will you approach the three pillars of Lent: prayer, fasting and almsgiving?

**Please stop by our office after you attend Mass in the coming weeks to pick up your children's Mini-Jesus Bag and a Catholic Relief Service "Rice Bowl" box so that they can join their CCD peers in our prayer and almsgiving initiatives.** (You remember, where you got your books for homeschooling.) Participating in our various CCD initiatives is an important way for your children to stay connected to our CCD program even while homeschooling!



## Just Over a Month Left Empowering God's Children Lessons

There's still a little over a month to be counted among those parents who have had the important conversations with their kids about this year's Empowering God's Children lessons: *Boundaries: You Have Rights!*, and *Secrets, Surprises and Promises*. If you haven't done so already, please talk to your children about these critical topics. You can access

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this year's two lessons at the links below:

**Lesson 3 - Boundaries: You Have Rights!**

[Grades K-2 Lesson Three](#)

[Grades 3-5 Lesson Three](#)

[Grades 6-8 Lesson Three](#)

**Lesson 4 - Secrets, Surprises and Promises**

[Grades K-2 Lesson Four](#)

[Grades 3-5 Lesson Four](#)

[Grades 6-8 Lesson Four](#)

After you have talked with your kids in whichever way that you feel is most appropriate given your family's individual dynamics and circumstances, please let us know that you've participated in this important mission by completing this simple, 3-question survey by April 1st: [Empowering God's Children Parent/Guardian Acknowledgement Google Form](#). Thank you!

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## **Saint / Feast of the Week**


### **Ash Wednesday**

Ash Wednesday marks the beginning of Lent and sets the tone for this sacred season of renewal. On this day, Catholics receive ashes on their foreheads in the shape of a cross, accompanied by the words, “Remember that you are dust, and to dust you shall return,” or “Repent, and believe in the Gospel.” The ashes—made from the blessed palms of the previous year’s Palm Sunday—are a visible reminder of our need for God’s mercy and our call to turn our hearts back to Him. Ash Wednesday is a day of fasting and abstinence for Catholics, inviting us to begin Lent with humility and intention.

For families, Ash Wednesday can be a beautiful opportunity to talk about fresh starts and God’s forgiveness. If possible, attend Mass together and discuss the meaning of the ashes afterward. (There is one remaining Mass at OLS this evening at 7:00 pm.) You might also light a candle at home and invite each family member to share one way they hope to grow closer to God during Lent. Because the day emphasizes simplicity, eat a very small, simple, and meatless meal together and offer special prayers for those who are suffering or in need.

Above all, help your children understand that Ash Wednesday is not meant to be gloomy, but hopeful. The ashes remind us that we belong to God and that He lovingly calls us back to Him. It is the first step on our journey toward Easter joy—a journey we walk together as a Church and as a family.

**40 SIMPLE LENTEN IDEAS FOR KIDS**



**PRAYER**


- Say a short prayer every morning.
- Thank God for three things every night.
- Pray one Our Father slowly and carefully.
- Pray for someone who is sick or sad.
- Pray for your teacher or classmates.
- Pray before homework or schoolwork.
- Say a prayer for people who are hungry.
- Spend one quiet minute with God.
- Pray for someone you find difficult.
- Read one Bible verse and reflect on it.
- Pray a decade of the Rosary.
- Say a prayer while you brush your teeth.
- Pray the Hail Mary three times each day.
- Start your day with the Sign of the Cross.

**FASTING**

- Give up complaining.
- Turn off screens for 30 minutes.
- Skip dessert or treats after dinner.
- Give up arguing or talking back.
- Give up your favorite video game.
- Give up negative words.
- Choose water not sugary drinks.
- Don't wear your favorite clothes.
- Stop yourself from interrupting.
- Give up extra snacks between meals.
- Give up your favorite kind of music.
- Give up your favorite breakfast food.
- Turn off all devices after dinner.

**ALMSGIVING**

- Share a toy or game with someone else.
- Help your teachers without being asked.
- Donate coins to a charity or church.
- Write a kind note to someone.
- Act kindly to those who feel left out.
- Give away clothes or toys you don't use.
- Help a sibling or friend with homework.
- Do an extra chore for your family.
- Make a card for someone who is sick.
- Write thank you notes to teachers.
- Save money to give to someone in need.
- Help clean up without complaining.
- Invite someone to play who is alone.



www.thereigionteacher.com

## Need Help Brainstorming Lenten Ideas for Kids?

We hope you'll join our program-wide prayer and almsgiving initiatives this Lent, but there are so many additional possibilities to make the Lenten season meaningful for kids. Take a look at the list, from [www.thereigionteacher.com](http://www.thereigionteacher.com), for some easy, but powerful ways to teach your kids about prayer, fasting and almsgiving this Lent. (And if you are wondering, the CCD catechists have been asked to refrain from passing out sweet snacks until the end of Lent to support the "fasting" pillar of the season.)

Ash Wednesday  
FOR FAMILIES

*Catholic Icing*



TRADITIONS &  
RESOURCES

## ***Catholic Icing's Ash Wednesday Traditions Suggestions for Families***

Stumped about what to make for a dinner that is simple AND meatless tonight? Look no further. Catholic Icing's got you covered! Click [HERE](#) for an easy to understand overview of Lenten regulations here in the US as well as some great Ash Wednesday traditions to start with your kids.



In the Liturgy of the Word, the Church feeds the people of God from the table of his Word. Previewing the readings before Mass is then a bit like looking over the menu before you get to a restaurant: you have a better idea of what you can expect so that you can enter into the experience more fully prepared.

And like a good discussion during a meal, discussing the readings and how they can be applied to your family's daily life helps your family to truly go out and proclaim the gospel after leaving the church.

Here are a few resources to help your family delve deeper into the Liturgy of the Word:

[First Sunday of Lent](#)


[Loyola Press: Sunday Connection](#)




[Sadlier: This Week's Liturgy](#)

**Living Faith Kids** Pause + Pray + Play with Scripture Every Day

# KIDSCALENDAR

FEBRUARY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>FOURTH SUNDAY IN ORDINARY TIME</p> <p><b>Q</b> What will the peacemakers be called? (SEE FEBRUARY 7)</p> <p>Matthew 5:1-23a</p> <p>1</p>	<p>THE PRESENTATION OF THE LORD</p> <p>2</p>	<p>SAINT BLAISE, BISHOP AND MARTYR</p> <p>SAINT ANSGAR, BISHOP</p> <p>3</p>		<p>SAINT AGATHE, VIRGIN AND MARTYR</p> <p>5</p>	<p>SAINT PAUL MINI AND COMPANIONS, MARTYRS</p> <p>6</p>	<p><b>A</b> Children of God</p> <p>7</p>	
<p>FIFTH SUNDAY IN ORDINARY TIME</p> <p><b>Q</b> Who does Jesus say is the light of the world? (SEE FEBRUARY 12)</p> <p>Matthew 5:13-16</p> <p>8</p>		<p>SAINT SCHOLASTICA, VIRGIN</p> <p>10</p>	<p>OUR LADY OF LOURDES</p> <p>11</p>	<p><b>A</b> You are.</p> <p>12</p>		<p>SAINTS CYRIL, MONK, AND METHODIUS, BISHOP</p> <p>ST. VALENTINE'S DAY</p> <p>14</p>	
<p>SIXTH SUNDAY IN ORDINARY TIME</p> <p><b>Q</b> Whom is Jesus talking to in the Gospel today? (SEE FEBRUARY 16)</p> <p>Matthew 5:17-37</p> <p>15</p>	<p><b>A</b> His disciples</p> <p>16</p>	<p>THE SEVEN HOLY FOUNDERS OF THE SERVITE ORDER</p> <p>17</p>	<p>ASH WEDNESDAY</p> <p>18</p>			<p>SAINT PETER DAMIAN, BISHOP AND DOCTOR OF THE CHURCH</p> <p>21</p>	
<p>FIRST SUNDAY OF LENT</p> <p><b>Q</b> How long did Jesus fast for? (SEE FEBRUARY 25)</p> <p>Luke 6:27-38</p> <p>22</p>	<p>SAINT POLYCARP, BISHOP AND MARTYR</p> <p>23</p>		<p><b>A</b> 40 days and 40 nights</p> <p>25</p>		<p>SAINT GREGORY OF NAREK, ABBOT AND DOCTOR OF THE CHURCH</p> <p>27</p>		
			<p><b>Word of the month:</b></p> <h2>Repent</h2> <p>To turn away from sin and turn toward God.</p>				

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## Catechist Magazine February Calendar Download

### Catholic Trivia

**Question:** Which saint used athletic imagery similar to the Olympic Games when describing the Christian life?

- A) St. Peter
- B) St. Paul
- C) St. Augustine
- D) St. Francis of Assisi

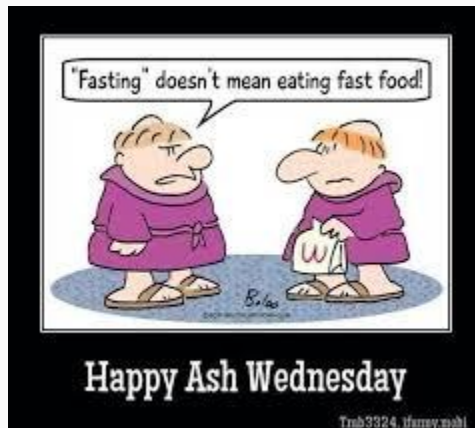
**Correct Answer: B**

In his letters, especially in 1 Corinthians 9:24–27, Saint Paul compares the Christian life to running a race to win a prize. He writes, *"Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified"* reminding believers that faith requires discipline, perseverance, and focus—much like Olympic athletes training for gold.



Just as Olympians train with dedication and sacrifice, Lent invites us to spiritual training—through prayer, fasting, and charity—so that we may “run the race” toward our eternal reward in Heaven.

## Joke of the Week



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