

LENT 2024



As we journey during this Season of Lent, let us strive to grow more in faith, hope and love.

2/14
ASH WEDNESDAY

MASS
TIMES
7:30AM
12:15PM
7PM

Fasting & No Meat
Today

2/15

Take a gratitude challenge - send a thank-you note, text, or email each day to someone for whom you are grateful.

2/16 No Meat Today

Commit to starting & ending each day with prayer.

Join us for the Fish Fry and Stations of the Cross

2/17 Take a 40 Items Challenge.

Each day remove one item from your closet, pantry, etc...

After Lent donate these items to charity!

2/18 1ST LENTEN SUNDAY

At Mass offer your prayers for your family and friends.

Join the Indonesian Community's Lunar New Year Celebration!

2/19

Fast from social media.

Pick up a *box of cereal and/or shelf stable (boxed) milk* for the St. Vincent de Paul Pantry.

2/20

Fast from gossip and judgement.

Choose kind words and actions only.

2/21

Adoration 8a-5p

Spend your commute to work or school in silent prayer.

5:30pm Mass then the Lenten Soup Supper

2/22

Fast from apathy regarding the sufferings of others. Practice compassion and understanding instead.

2/23 No Meat Today

Keep bags of food, water, snacks, and socks to hand out when you see someone in need.

Fish Fry and Stations of the Cross

2/24

Pick up a *can of fruit* for the SVdP Pantry.

While at the grocery store, pray for the farmers & others who help bring food to your table.

2/25 2ND LENTEN SUNDAY

At Mass pay special attention to the intentions and pick one to pray for during the week

Invite a friend to the Parish Breakfast

2/26

Make a list of you love about Jesus, your family, and friends

Give thanks to God for them..

2/27



Try a new spiritual practice such as Adoration (Wed 8a-5pm), the Rosary, or Liturgy of the Hours.

2/28

Adoration 8a-5p

Donate to the Catholic Relief Services Rice Bowl.

5:30pm Mass then the Lenten Soup Supper

2/29

Fast from worry. Strive to trust in God.

3/1 No Meat Today

Surprise someone with the gift of flowers, a meal, or basket of goodies.

Fish Fry and Stations of the Cross

3/2

Pick up a *can of chicken and/or a jar of mayo* for the SVdP Pantry.

Send a note to a family member or friend who could use a reminder of how much Jesus loves them - include a bible verse/quote.

3/3 3RD LENTEN SUNDAY

At Mass offer your prayers for the OLA Church and Schools community.

3/4

Donate to or assist the Mercy Care Meal Kit Build this Friday.

3/5

Pray the rosary or do a good deed for someone you normally have a hard time helping.

Contemplate how much God loves that person.

3/6

Adoration 8a-5p

Pick up a *can of soup and/or vegetables* for the SVdP Pantry.

5:30pm Mass

3/7

Fast from using your phone at meals.

Enjoy your food and the company.

3/8 No Meat Today

Check out the many ministries of OLA and see how you can serve the parish.

Mercy Care Meal Kit Build

Fish Fry and Stations of the Cross

3/9

Pray for the strangers that you see today as you are going about your day.

3/10 4TH SUNDAY OF LENT

At Mass offer your prayers for the those who struggle with their faith.

3/11

Pick up *peanut butter and/or jelly* for the SVdP Pantry.

3/12

Learn about a social issue (child poverty, immigration, human trafficking, etc...) and donate time/money to an organization that helps.

3/13

Go to Confession tonight!

5:30pm Mass and Lenten Soup Supper

7pm Reconciliation Service

3/14

Fast from ignorance of faith.

Sign up for a book/bible study.

3/15

No Meat Today

Memorize a new prayer together as a family or with friends.

Fish Fry and Stations of the Cross

3/16

Sing "The Lent Song" with your family. (It can be found on YouTube.)

Join us for Bingo at 6pm!

3/17 5TH LENTEN SUNDAY

At Mass offer your prayers for peace in our world.

Read & discuss one of Jesus's parables with family or friends.

3/18

Fast from negativity.

When you find yourself being negative, think of three things you are thankful for.

3/19

Pick up a *can of tuna and/or tuna helper* for the SVdP Pantry.

3/20

Give sincere compliments to everyone you speak with today.

5:30pm Mass

3/21

When you hear the sirens of emergency vehicles, say a prayer for first responders and the people they are serving.

3/22

No Meat Today

Memorize John 3:16 with your family or friends.

Fish Fry and Stations of the Cross

3/23

10am Easter Egg Hunt

Have a Screen-free time period, e.g. 1 hour, 1 day



3/24 PALM SUNDAY

At Mass offer your prayers for the persecuted.

3/25

Pick up *mac & cheese, boxed pasta, and/or pasta sauce* for the SVdP Pantry.

3/26

Pray for the conversion of souls.

3/27

Have a period of silence and reflect on your blessings, e.g. 10 min, 20 min, etc

3/28 HOLY THURSDAY

"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

- John 13: 14-15

Mass of the Lord's Supper 7pm



3/29 GOOD FRIDAY

Spend the hours of 12-3pm in prayerful contemplation of the crucifixion of Jesus.

Tre Ore 12-3pm

It is finished.

Commemoration of the Lord's Passion 7pm



3/30 HOLY SATURDAY

Something strange is happening—there is a great silence on earth today, a great silence and stillness.

The whole earth keeps silence because the King is asleep.

- From an Ancient Homily on Holy Saturday

Be silent.

The Easter Vigil 7pm



Join us as we celebrate the Resurrection of the Lord!

Sunday, March 31

There is no 9am or 5:30pm Mass today.

English Masses | 7:30am, 9:30am*, 11:30am

Indonesian Mass | 1:30pm

Spanish Mass | 3:30pm

* If you attend the 9:30am Mass, please do not arrive prior to 9am to ensure the safe exit of those attending the 7:30am Mass.

Lent 2024 | Parish Engagement Council | Our Lady of the Assumption Catholic Church | 1406 Hearst Drive NE, Brookhaven, GA 30319

We hope you have enjoyed this Lenten Challenge. Please email your Lenten experiences (with photos if possible) to astephens@olachurch.org.