

# A DISCIPLE'S

# February CHECKLIST



Seek opportunities to build relationships, proclaim the Good News of Jesus Christ and His kingdom, and invite people into the life of the Church.



Connect people to the Church and one another as they grow in friendship and habits of discipleship.



## Evening Prayer Services

Join us at 5:00 pm in church at Christ King each Wednesday evening throughout Lent for prayers inspired by vespers with a nod toward the music of Taize. These evening prayer services provide time for prayer and quiet contemplation in the midst of our all-too-hecktic lives.



## Ash Wednesday-Lent Begins

February 17 is Ash Wednesday. Attend Mass and pray on the need to return to God's mercy and goodness in your life.

Are you not sure of, or don't remember, the fasting rules for Ash Wednesday and Lent? Go to [focusequip.org](http://focusequip.org) and search for the blog "An Illustrated Guide to Lenten Fasting and Abstinence."



## Feast of the Presentation of the Lord

Also known as Candlemas, the Feast of the Presentation of the Lord is Tuesday, February 2. Want to know more about this Feast? Go to [wordonfire.org](http://wordonfire.org) and search for "Why the Feast of the Presentation is More Important Than You Think."

February 2 is also Groundhog Day. If you're interested in learning about how Candlemas and Groundhog Day are connected, visit: [buildfaith.org/candlemas-groundhog-day/](http://buildfaith.org/candlemas-groundhog-day/) and read how!



## Stations of the Cross

Looking to add prayer to your Lent? Visit [focusoncampus.org](http://focusoncampus.org) and search for the blog post "An Illustrated Guide to the Stations of the Cross" and add this prayer to your Fridays in Lent.



Equip disciples for a life of mission in the prayer and sacramental life of the Church.



Send disciples to the mission field to love, serve, and form others, both inside and outside of parish life.



## The Gift of Sunday

As we work to emerge from the pandemic, let us make Sunday worship the priority in our lives. Let us renew our commitment to Christ, deepen our understanding and appreciation of Sunday worship and invite a friend, a neighbor or a family member to make God the priority in their lives too. Together, let us reclaim Sunday as the Lord's Day! Read the theological reflection "The Gift of Sunday" and use the study guide for personal or small group reflection. Visit [archmil.org](http://archmil.org) and search for "The Gift of Sunday" then click on "Reflection".



## Natural Family Planning

The Archdiocese offers a new, free course to help equip you with information on this natural, scientific, holistic approach to fertility care. If you're interested, register at: [archmil.regfox.com/online-nfp-workshop](http://archmil.regfox.com/online-nfp-workshop).



## CRS Rice Bowl

Join Christ King and St. Bernard communities—and more than 12,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl, calendar, and recipes from church entrances on the first weekend of Lent, February 20/21.



## Lenten Almsgiving

Lent is a time of increased prayer, fasting, and almsgiving. In particular, almsgiving is both a gift of our resources and our time. Gain ideas on how to reach those in the peripheries at [ToGoForth.org](http://ToGoForth.org).