

What is Lent?

- **Lent is one of the five liturgical seasons in the liturgical year.**
- **During this time the People of God are called to commemorate and reflect on the Lord's passion through spiritual preparation, conversion, and penance.**
- **This Holy Season is an invitation to renew our baptismal call. To live as Sons and daughters of God and disciples of Christ, our Lord and savior.**



Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through Christ Our Lord..... Amen