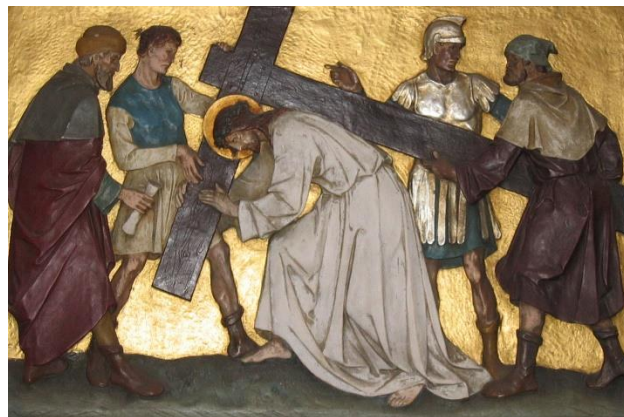


PRAYER



In this Year of the Eucharist, as declared by Bishop Thomas Daly, please consider attending **at least one daily Mass** each week during Lent. For your convenience, daily Mass is offered:

Monday through Friday - 7:00 a.m. & 12 Noon
Saturday - 9:00 a.m.



The **Stations of the Cross** will be held each Friday during Lent at 5:30 p.m. Please join us as we walk with Jesus along his path to Calvary.

PENANCE



The Season of Lent is an important time to free ourselves from sinful actions and attitudes aided by the grace of the **Sacrament of Penance**. Confessions are heard according to the following schedule:

Wednesday & Saturday at 1:00 p.m.

First Friday at 11:30 a.m.

First Saturday at 9:00 a.m.



Fasting from food and abstinence from things like meat, sweets, and alcohol are important tools in our spiritual arsenal. In fact, the Church asks us to **intensify our personal penance** during Lent as a way to battle spiritual evils. Our self-restraint becomes a powerful weapon as we march along to the goal of eternal life.

ALMSGIVING



One of the traditional practices of Lent is the giving of alms. This is a good time to evaluate how well we are being **good stewards of our treasure**. During this time of pandemic, online giving has been a welcome tool to fulfill our call to give back to God a portion of our financial resources. Simply log on to our Cathedral website at www.SpokaneCathedral.com and click on the **round blue giving icon**. Gifts to the Poor Fund are especially appropriate during the Season of Lent.

