



CAPITAL REGION CATHOLIC

**What to Expect Online or In Person:**

- Lenten Introduction session
- Penitential Practices
- Almsgiving & Service
- Accountability amongst the Body of Christ
- Examination of Conscience and Stations of the Cross Prayer
- Meditating on Jesus's Sacrifice for us on earth and on the Cross
- A fully in-person service event and social in the month of March (more details to come)



# LENT YOUNG ADULT SERIES



**Young adults of all seasons and circumstances are welcome!**

If you have children, please note that to attend in person you will need childcare - or you can attend online for simplicity and ease.

**When: Weekly on Wednesdays at 7:00pm  
February 21st - March 27th**

**Where: Hybrid format  
Online via zoom link emailed to registrants  
- AND -**

**In-Person in the St. Thomas School Library  
42 Adams Pl, Delmar**

**REGISTER HERE**

