



# JOYFUL NOISE

OFFICE OF FAMILY MINISTRIES & OUTREACH  
ARCHDIOCESE OF KINGSTON

**“Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.”**

**- Pope Leo XIV**

In recent days, you’ve likely had at least a few conversations about what you’re “giving up” as we start our Lenten season. While “giving something up” seems ubiquitous with Lent, it’s actually not mandatory aside from fasting and abstinence on Ash Wednesday and Good Friday. Every Friday during the year is also a day of abstinence, but Canadian Catholics may substitute for special acts of charity or piety instead. If these rules seem confusing [click here](#) to watch a video about what is *actually* mandatory for Lent and why we adopt certain (manageable) practices. While actual requirements remain quite low, we are still encouraged to increase our fasting, along with almsgiving and prayer, as good spiritual means to prepare our hearts for the Resurrection at Easter. If your temperament is one that thrives on routine and structure, consider adding the 5 practices championed by the Norbertines of St. Michael’s Abbey to your Lenten routines. [Click here](#) for their 5 recommended practices.

Maybe it isn’t more rigour that you need right now, but greater peace and healing in the midst of a difficult season. Sr. Miriam James reminds us that Jesus wants to receive us exactly as we are. [Click here](#) for week 1 of Sister’s virtual Lenten Retreat. Finally, remember that heaven is full of saints cheering you on in your journey towards sanctification. [This month](#), we can look to St. Joseph (no stranger to [desert journeys](#)) as our companion and guide. March is traditionally dedicated to him, with the Solemnity of Saint Joseph celebrated on March 19.

+JMJ+ Taylor

**Lent Continues** We are in the 40 days of prayer, fasting, and almsgiving in preparation for Easter (April 5). It’s not too late to (re)start your Lenten observances. Erica at [Be a Heart](#) has updated her free Lenten guide for 2026, which includes ideas on how to celebrate the feast days that fall during Lent and Holy Week. [Click here](#) for the download.

**“The Fall” Catechesis Workshop Mar 7** Our next workshop will focus on the second movement of the Kerygma. All catechists and pastors are encouraged to attend. [Click here](#) for the poster.

**Feasting in Lent** [The Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary](#) (Mar 19) and [the Solemnity of the Annunciation of the Lord](#) (Mar 25). [Click the hyperlinks](#) for ways to celebrate!

**New CCCB Statement says No “MAiD” for mental illness** [Click here](#) to learn more about the Feb 4 statement strongly supporting Private Member’s Bill C-218.

**Celebrating the Archdiocese of Kingston’s 200<sup>th</sup> Anniversary** [Click here](#) to learn more about our anniversary year, see important dates, and access resources centered on the theme: “To know Christ and the power of His resurrection” (Phil 3:10).

**Have a question or need support? Want to share about your parish’s ministry initiatives? Just want to chat?**



**LET’S STAY IN TOUCH**

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