

Dear Sacred Hearts Family,

**You're invited to "Follow in the Footsteps of Christ" this Lent by participating in a Small Group or grabbing coffee with a "Faith Friend."**

The past two years have been difficult for all of us. Many of us continue to feel disconnected and are struggling to find meaning amidst all the challenges we face in our world. That's where small groups can play a critical role in our lives – because we know that we cannot walk this journey alone. If you've been struggling to find meaning, to take the next step in your faith journey, or simply connect more with others, this opportunity is for you.

**What have people said about these groups in the past?**

- *"This experience has helped me to become more compassionate/sensitive to the struggles all are experiencing. We are a community."*
- *"It's enlightening to hear others reflect on Scripture - differing views show how God's words hit our hearts individually in accordance with His plan for each of us. It's also reassuring that others struggle sometimes, too!"*
- *"Small groups have given me more confidence in talking about our faith."*

**Who are these groups for?**

EVERYONE! Whether you know your Bible well or you don't. Whether you are Catholic or you are not. These groups are intentionally welcoming environments to build friendships and community, and grow in faith, knowledge and wisdom together. There is intentionally a spot on the registration card to sign up with a friend.

*If you don't feel ready to join a group, there's also an option to connect with a **Faith Friend** over coffee! This is just a chance to talk through your questions and pray with another parishioner in a casual, comfortable setting.*

Please see the card below to match a group to your schedule and reconnect with our faith community this Lent.

Email your top 2 choices or any questions to [sarah.king@sacred-hearts.org](mailto:sarah.king@sacred-hearts.org). May God bless you this Lent and always!

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## Sacred Hearts Lenten Small Group Sign-Up

*Small Groups will reflect on the upcoming Sunday Mass Readings throughout Lent, except as noted.\**

**Please indicate 1<sup>st</sup> and 2<sup>nd</sup> choices. Mark this box if you're interested in meeting with a Faith Friend.** ☐

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>__ 7:00-8:00pm</b> In-Person Co-Ed Group Study (begins 3/9)	<b>__ 8:30-9:30 pm</b> Virtual Men's Group Study	<b>__ 1:00-3:00pm</b> In-Person Women's Group	<b>__ 7:00-8:30pm</b> In-Person Co-Ed Group Study	<b>__ 6:30-7:30am</b> Virtual Men's Group	<b>__ 10:00-11:30am</b> Virtual Co-Ed Group Study
"Jesus, I Trust in You"— Finding spiritual happiness & avoiding spiritual desolation	Study TBD (more info to come!)		"The Search" – What are you seeking on this journey of life? How will you find fulfillment?	<b>__ 7:00-8:00am</b> In-Person Co-Ed Young Adult Group	"Lectio: Prayer – Finding Intimacy with God" (with Dr. Tim Gray)

Name \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_ Friend I'd like to be with \_\_\_\_\_

Return the bottom half of this sheet to the Parish Center by Sun. 2/27. Groups will begin meeting the first week of March (unless otherwise noted) - the group leader will follow up with you to finalize additional details.

**For questions or email sign-up contact Sarah King at [sarah.king@sacred-hearts.org](mailto:sarah.king@sacred-hearts.org) or 608-837-8509.**

## **More Information on the Studies:**

### ***“The Search: Finding the Meaning of Life”***



What is this journey in between the event we call “birth” and the one we call “death”? Is the journey taking you somewhere, or are you leading yourself to some kind of destination – a destination that could extend beyond your last breath? What do you want from your life during the in between? The questions are there. And, the answers are too.

*This study begins March 3<sup>rd</sup> and runs for seven weeks. Sessions will be held in-person at Sacred Hearts Parish. This is a great place to start if you’re new to the small group experience!*

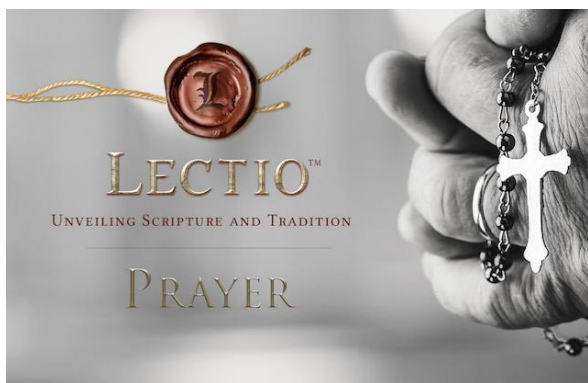
### ***“Jesus, I Trust in You.”***

We will be reviewing Scripture for the weekly upcoming Mass, and introducing concepts from our recent training with Fr. Timothy Gallagher including topics of spiritual happiness and avoiding spiritual desolation. We will be using the text “At Home with the Word,” and some references and excerpts from Fr. Timothy Gallagher’s book “Discernment of Spirits An Ignatian Guide for Everyday Living.”



*This study begins March 21, 2022, led by Jane and Al Rauch, and will run for 8 weeks. It will be held in person at Sacred Hearts Parish and is open to both men and women.*

### ***Lectio: Prayer Finding Intimacy with God with Dr. Tim Gray***



You are invited to join us this Lent for the Lectio Study Series. We will discover the profound importance, meaning, purpose, and beauty of Sacred Scripture and Tradition, as seen through the eyes of the Church and designed for adult faith formation. These studies cover a wide variety of topics including books and letters of the Bible, the lives and writings of the saints, Church teaching, and to help serve the formation of Catholics living out the call of the New Evangelization.

*This study begins March 5<sup>th</sup> and runs until April 9<sup>th</sup>, led by Marlin Vrbas. Six sessions are planned for Saturday mornings at 10:00 am, and an online virtual format is planned.*