



Traditional Catholic Lent Group

My name is John Burford. I'm a member of the St. Thomas More Holy Name Society and I'm leading a traditional Catholic Lent group for the fourth time this year. I'd like to invite you to join.

Each day, I'll send out a short message: a Lent-related Bible verse, the Collect from the Latin Mass for the day, a fasting-related saint quote, etc. Sometimes people ask questions, give practical tips, or encourage each other.

Last year, we had 26 penitents and used WhatsApp.

The goal is to provide structure, motivation, and accountability as we rediscover the penitential, holy Lent of our forefathers.

In union with Fr. Pagliarani's call for vocations, the intention for our Lenten rosaries and sacrifices this year is **“For a great increase in priestly and religious vocations, that God may raise up many holy men and women to serve His Church with purity, zeal, and fidelity.”**

Participants are asked to make the following commitments, which are based on Dom Gueranger's counsel in *The Liturgical Year*:

Prayer: daily Rosary. If possible, this should be done as a family and with the father leading.

Fasting: fast Monday-Saturday until 3 pm (no calories). Abstain from meat every day for all of Lent.

Almsgiving: tithe 10% of your income. Not all of it has to be to your local church.

Observe a spirit of retirement and separation from the world: This has traditionally meant things like:

- No attending parties, festivals, dances, the theater, or other public amusements.
- No weddings.
- Dressing more simply and wearing darker colors.

If you would like to join, please e-mail me your name and cell number at penitents@stmpa.net so I can add you to the group. If you have a question about any of the requirements, feel free to ask me. If you would like to invite anyone, please feel free. The group is open to men and women.