



ST. ANTHONY'S PARISH

The Catholic Parish of East Falmouth on Cape Cod

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This Week's Liturgy

From Sadlier (our textbook company).

This page offers a reflective look on this week's readings for Mass. Included are prayers, reflections and activities for all ages.

[Sadlier We Believe](#)

Lent

From BrokenHalo.com

A quick video on what Lent is, why we wear ashes on Ash Wednesday, and what we do during the Lenten season.

[Lent in 2 Mins.](#)

Lent

Often we give something up during

Faith Formation Update January 27, 2016

Dear Faith Formation Families,

We are now approaching the last week before the Lenten season begins. Lent is a time for us to walk along a path of conversion, turning away from sin and focusing on Christ. Through practices such as prayer, fasting, abstinence from certain vices (such as sweets, heavy foods, smoking, etc.), among other things, we strive to better ourselves. Take this week to prepare yourselves for this season of conversion.

News & Updates

Faith Formation Classes

Our younger Faith Formation classes will be held as normal this weekend. **Sunday classes will meet from 9:50AM-10:50AM** and **Monday classes will meet from 4:15PM- 5:15PM.**

Confirmation classes will not be meeting this week.

Ash Wednesday

Next **Wednesday, February**

10 at 5:30 PM we will be

hosting an Ash Wednesday

service for all of our Faith

Formation students and their

families. This will be a simple ash distribution ceremony (no Mass and Communion). **We ask that students and their families sit with the rest their Faith Formation class.**

I also encourage you all to participate in the various other Lenten activities happening in our parish.



the Lenten season.
Here is a brief article that discusses giving up technology & social media for Lent (especially good for our high school students).

[Giving Up Technology](#)

Year of Mercy

From Loyola Press. This page offers many resources for the Year of Mercy. Included are prayers, activities, and articles related to the theme of mercy and, in particular, the Works of Mercy.

[Year of Mercy](#)

Student Mass

This Sunday we will have our next student hosted Mass. Students in **gr. 6** will serve as readers, greeters, gift bearers, and collection basket passers.

All Faith Formation families are welcome to attend!



Youth Night

On Friday, February 12 at 4:30PM, we will be hosting our first ever youth night for Middle School and High School students! We will be showing the 1956 classic film the Ten Commandments (suggested by one of our gr. 6 classes). We will be providing pizza, snacks, and refreshments to enjoy. Students are encouraged to bring with them blankets/sleeping bags/pillows to lay on while watching the movie. We are also in need of several parent volunteers!



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