



Mater Dei Catholic High School

Campus Ministry News

February 2023

A Lenten Prayer

God our heavenly Father, may humility guide my efforts to be reconciled with you and live forever in your abundant grace. Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day. Amen.

Lenten Activities

On Wednesday, February 22, the season of Lent begins. The time of Lent is used as a period of preparation to celebrate the Lord's Resurrection at Easter. The following ideas are ways to help you and your family immerse yourselves into the season.

- * Each morning, scroll through the contacts on your phone. Randomly stop and say a prayer for whichever person you land on.
- * Spend a few minutes with Scripture each day.
- * Attend daily Mass once a week.
- * Attend or pray the Stations of the Cross every Friday.
- * Invite a friend to attend Mass with you.
- * Join the Bible study group at church.
- * Attend Adoration of the Eucharist.
- * Go to confession.
- * Pray the Rosary once a day.
- * Spend time volunteering as a family
- * Introduce children to a charity and explain to them how and why to donate to it
- * Create a jar to collect change to donate
- * Donate food to a food bank
- * Give a smile to someone you pass who may be living on the street (instead of ignoring them)
- * Follow new charities on social media and engage with their posts
- * Support a business that advertises in your parish bulletin
- * Give up coffee (or only brew it at home)
- * Give up certain social media sites, or limited them to certain days/time of day
- * Park in the back of the parking lot and say a prayer as you walk to the grocery store

(Modified from Hallow.com)

Upcoming Events

Retreats:

March 11-12: Quest (Freshman & Sophomores) at St. Dominic's-Breese.

June 10-12: TEC (Juniors & Seniors) Location to be determined.

All School Masses at Mater Dei:

February 22: Ash Wednesday Mass at 9:40 a.m.

May 3: May Mass at 9:40 a.m.

Daily Mass & Reconciliation

The classes during period 4/5 at Mater Dei will be celebrating daily Mass in the chapel during Lent. Each day 2 classes are scheduled to plan the Mass by selecting the songs, writing the petitions and having students read during the Masses.

On Wednesday, March 8th, the Mater Dei students, faculty, and staff will have the opportunity to participate in Reconciliation. Priests from the area will join us to provide Reconciliation and celebrate the daily Masses.

Service Awards

Ms. Colleen McDermott invites you to submit nominations for the Christian Discipleship Award, which is presented to one senior; and the Christian Service Award, which is presented to one freshman, one sophomore, and one junior. Since their creation in 1997 by the Mission Effectiveness Committee of the Mater Dei School Board, these awards recognize students for their unselfish service to school, church, and community.

To obtain a nomination form, please contact Ms. Colleen McDermott (cmcdermott@materdeiknights.org), OR visit our website (www.materdeiknights.org, "Faith" menu, "Service" page, "Service Awards" tab). Nominations will be accepted until March 30. Thank you for helping us recognize students who dedicate themselves to serving others!