

Lent at the Family of Five Parishes



Almsgiving

Our Family of Five Lenten Almsgiving projects this year will benefit our Family of Five Parishes **Prison Ministry** and **Catholic Relief Services-CRS Rice Bowl**. Your financial gifts to these important local and global programs are concrete expressions of your love of God and neighbor.

To learn more about Prison Ministry, reach out to Deacon Tom Hunt at 414-961-0332 or thunt@ffpmke.org.

To learn more about Catholic Relief Services and the CRS Rice Bowl, visit: crsricebowl.org

Other local organizations to consider working with:



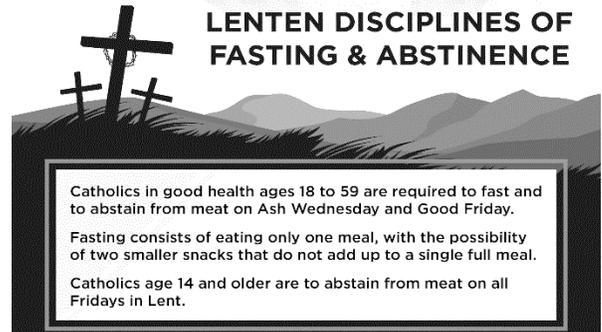
St. Vincent de Paul Society
Kinship Community Food Center
Father Gene's Help Center
Open Door Café
Your Favorite Charity



Fasting

As Pope Francis reminds us, "Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else." Fasting reminds us of our hunger for God.

No matter what our stage in life is, we are all encouraged to make one act of sacrifice a week for others during the season of Lent. For example, fast from getting your normal coffee order one day a week or spend less time on social media in order to spend more time with family.



Prayer

Little Black Books

Take six minutes a day to pray! Pick up your copy of the book in the back of any of our churches.

Stations of the Cross

Wednesdays and Fridays of Lent at 11:40am at Old St. Mary
Fridays of Lent after the 5:15pm Mass at the Cathedral
Good Friday at 7:00pm at Three Holy Women-Holy Rosary

Laetare Sunday Vespers

Pray Vespers with our priests on March 30 at 4:00pm at the Cathedral of St. John



Eucharistic Adoration and the Rosary

Thursdays of Lent after the 12:05pm Mass at Old St. Mary with reposition at 1:30pm



Other Opportunities

Waiting Together book groups: March 3, 10, and 17
1:00pm at Three Holy Women-St. Rita
& 6:00pm at Old St. Mary

"The Door Is Always Open" – Open Door Café Tile Project
March 11 & 13

March 7 – Catholic East Fish Fry at Three Holy Women-Holy Rosary Church 4:00-8:00pm

Holy Week Schedule

Tuesday, April 15 – Chrism Mass

7:00pm at the Cathedral of St. John

"Spy" Wednesday, April 16

Confessions from 5:00 - 8:00pm at Old St. Mary

Holy Thursday, April 17

Confessions from 7:00am - 1:00pm at Old St. Mary

Mass of the Lord's Supper

7:00pm at the Cathedral of St. John

10:00pm *Night Prayer at the Altar of Reception at the Cathedral of St. John, Adoration until Midnight*

7:00pm at Three Holy Women-St. Hedwig

Adoration to follow after procession to St. Rita until 10:00pm

Good Friday, April 18

Liturgy of the Passion

12:00 noon at Old St. Mary

1:00pm at Our Lady of Divine Providence-St. Casimir

3:00pm at the Cathedral of St. John

6:00pm at Ss. Peter and Paul

7:00pm in Spanish at the Cathedral of St. John

Holy Saturday, April 19

8:30am Office of Readings & Morning Prayer at the Cathedral of St. John

1:30pm Blessing of Easter Food at St. Hedwig Church

Easter Vigil with Archbishop Grob

8:00pm at the Cathedral of St. John

Lenten Way 2025 – Door of Mercy

Matthew 25:36...in Prison and you visited me

This year, our Lenten Almsgiving will focus on prison ministry, families of the incarcerated, and re-entry programs locally and worldwide. In this Jubilee Year 2025, “Pilgrims in Hope,” Pope Francis has designated a set of Holy Doors at Rome’s Rebibbia Prison. Pope Francis invites us to contemplate the belief of a Holy Door, a “Door of Mercy,” in which anyone who enters will experience the love of God who consoles, pardons, and instills hope.

March 11

Restorative Justice: “Healing Through Dialogue and Accountability”

Presenter: Judge Mary E. Triggiano – Director of Andrew Center for Restorative Justice and Clinical Professor of Law

Place and Time: Cathedral Atrium – 6:00 PM

Address: 831 N Van Buren (between Cathedral and Parish Office or 812 N Jackson St. (enter through the prayer garden)

Biography:

Judge Mary E. Triggiano is the Director of the Andrew Center for Restorative Justice and a Clinical Professor of Law at Marquette University Law School. She teaches Restorative Justice and the Restorative Justice Clinic and is the former Chief Judge for Milwaukee County Circuit Court.



March 19

“Vengeance or Justice”

Presenter: Adam Procell – Founding Partner at Paradigm Shyft LLC

Place and Time: Cathedral Atrium – 6:00 PM

Address: 831 N Van Buren (between Cathedral and Parish Office or 812 N Jackson St. (enter through the prayer garden)

Biography:

Via a life sentence handed down three days after his 15th birthday for a gang-related homicide, Adam Procell spent nearly a quarter century behind bars. During his incarceration, he renounced his gang affiliation and published “Anatomizing the Gang Culture.” Adam is a founding partner at Paradigm Shyft, a strategic reentry consulting firm, and is working to unify Milwaukee’s reentry services through a shared reentry resource model called “Home to Stay.” Additionally, he wrote Act 233, a law requiring the state to establish a community reentry center, and serves as an adjunct instructor at Marquette University. He is also a TEDx speaker, highlighting his work within the trenches of change.



March 25

“Living in a New Kind of Normal”

Presenter: Carol Kent – Founder of Speak up Ministries and mother

Place and Time: Cathedral – 6:00 PM

Address: 812 N Jackson St. (main entrance to the Cathedral)

Biography:

Carol Kent is a bestselling author and an international speaker for conventions, retreats, conferences, and fundraising events. She’s the executive director of Speak Up, Inc., which includes the Speak Up Conference, an event committed to helping people develop their speaking and writing skills, and Speak Up MasterMind and Intensive Coaching Groups for speakers, writers, and leaders.



Your financial contributions will help support the prison ministry here at the Cathedral, local re-entry programs, and La Sagrada Familia prison ministry in the Dominican Republic. You can participate in one of the Seven Corporal Works of Mercy, where the Catholic Church embraces kindness and charity aimed at relieving the physical suffering of others, as in “Visiting the Imprisoned.” You will find envelopes at each parish’s entryway, or you can donate online; 100% of your financial gift will go to support these ministries. If you need any further information, please contact Deacon Tom Hunt at (414) 961-0332 or email thunt51@sbcglobal.net.



Thank you for your generosity,
Deacon Tom and the Prison Ministry Team