

Lenten Virtues for Women: *discover fresh ways of Prayer, Fasting, and Almsgiving*

7:00 to 9:00 p.m.

Wednesday evenings

March 9 & 23; April 6

St. Andrew Apostle Church
Wheaton, Maryland

Talk, with discussion
and fellowship.



Free presentations followed each evening by an hour of Eucharistic Adoration.

St. Andrew Apostle Catholic Church Women's Ministry

11600 Kemp Mill Road / Silver Spring MD 20902

Corner of Arcola Ave and Kemp Mill Rd: enter from Kemp Mill Rd where you see a green awning on the side of the main entrance. Park in the lot and enter under the awning.

Register at <https://standrewapostle.org/lenten-virtues-for-women-registration-2/>

Our focus in this series of talks will be the traditional Lenten practices of prayer, fasting, and almsgiving to enter into Lent with Christ. Rose Folsom will provide education and inspiration for reflection, with plenty of small group discussion, followed by time in personal prayer during Eucharistic Adoration.

March 9: Prayer is Lent's Solid Foundation

Prayer is the foundation of our Lenten practice, and of the whole Christian life.

Rediscover what a good prayer life looks like and how you can up-level your prayer this Lent.

March 23: Fast-track to Successful Fasting

For Jesus, fasting is a crucial part of imitating Him. But fear not. Rose shares what finally made it possible for her to fast and how it can work for you, too. Really.

April 6: The Win-Win Spirituality of Almsgiving

The book of Tobit says, "Almsgiving ... purges all sin." The New Testament says it makes us a true daughter of the Most High. And even better news! There are more ways to give alms than you may have known about.

Rose will help us uncover ways that best suit our circumstances and talents.

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Rose Folsom is a convert, author, and spiritual director who has helped thousands of Catholics develop a deeper connection with God through learning how to grow in virtues like prayer, forgiveness, and patience. While studying the writings of St. Thomas Aquinas, she discovered how much of it was on the virtues. To share this goldmine of practical wisdom with others, she started VirtueConnection.com in 2014. On her website, Rose publishes a weekly article on how to grow in virtue; is a regular contributor to CatholicMom.com; and has presented at Catholic women's conferences, including diocesan conferences in Washington, DC; Harrisburg, PA; and Superior, WI. She leads meditations every year at a Lenten women's retreat near Front Royal VA, still open for registration at <http://www.legacylife.photo/>