

Spiritual Life – *Mrs. Jennifer Winnewisser*

February 17th, **Ash Wednesday** marks the beginning of the holy season of Lent. We will be holding a virtual prayer service during period 1, starting at 8:20 sharp. Unfortunately we cannot distribute ashes but we will listen to scripture readings, prayers, and songs to guide our hearts in reflecting on this sacred time. Be on the lookout for the link to join the service. All students are expected to attend and parents are welcome!

Lent is a 40-day season journeying to the grand celebration of Easter, the Resurrection of Jesus Christ from the dead. The 40-day period represents the 40 days Jesus was in the desert, fasting, praying and dealing with the temptations of Satan. Lent invites us to also take time to pray, fast and give of ourselves with intentional focus on the life of Christ, his ministry, sacrifice and resurrection.

During Lent, the daily prayers at school will focus on the readings of the day with reflection on our Lenten journey. Our overall prayer for the Bishop community is that your Lent experience may be solemn, healing, and fruitful as we continue to work toward growing in deeper relationship with the Risen Christ.

Jennifer Winnewisser
Director of Campus Ministry & Spiritual Life
(805) 967-1266, ext. 123
jwinnewisser@bishopdiego.org