



LENTEN VIDEO SERIES (Online via Flocknote and Catholic Relief Services)

The three pillars of Lent are prayer, fasting and almsgiving. In order to enhance your experience of Lent we are offering the following enrichment opportunity.

We are excited to offer a six week video series on the topic of the Eucharist in Scripture through Formed.org throughout Lent. St. Louise provides all of our parishioners with access to this paid platform for free. Within these messages, you will also receive links to the CRS Rice Bowl program to help deepen your experience of almsgiving through this long standing program.

The videos can be viewed from any internet-enabled computer or mobile device at your convenience.

To participate in this advent faith formation opportunity on the Eucharist and education around the CRS Rice Bowl program complete the following steps:

Step One: Visit flocknote.com/lent2021 and then log in to Flocknote and join the “Lent 2021” group. If you don’t have a Flocknote profile, no problem, just create one after you visit the web page above.

Step Two: If you have not done so already, please register for your free account with Formed.org

1. Go to formed.org/signup
2. Select your parish (St. Louise)
3. Register with your name and email address
4. Check that email account for a link to begin using Formed

Beginning Ash Wednesday (February 17) you will receive an email with a link to the video on the Eucharist scheduled for that week as well a link to connect you with stories about where your money and prayers go through the CRS Rice Bowl program. We hope these opportunities will enhance your Lenten experience by deepening your personal understanding of and relationship with God in the Eucharist as well as your experience of Almsgiving..

Questions? Contact Katie at katie@stlouise.org.