During Lent, Stations of the Cross are Tuesday nights at 6:30pm, starting February 20th.

**Journey to Easter With Exodus Lent** 

40 days to grow closer to God, become a better man, and live differently. Freedom begins on Ash Wednesday. For more information contact Brian Thompson 812-270-2685 or deacon Charlie 812-985-2275

Fasting: Eating one full meal & two smaller meals

- Ages 18-59

- Ash Wednesday & Good Friday

**Abstinence: To abstain from meat** 

- Ages 14+

- Ash Wednesday & Fridays during Lent

Does NOT include: physically, mentally, or chronically ill individuals, & pregnant or nursing women