

# Our Lady of Lourdes Health Promotions Ministry Presents:

## Meatless Mondays:

### Another Way To Meaningfully Observe Lent

As we prepare for this upcoming Lenten season of reflection, penance, and spiritual renewal we can use this time to challenge ourselves in new ways to deepen our relationship with God. The meaningful practices of abstaining from meat on specific days, often extends beyond the traditional Fridays. Meatless Mondays, in particular, have gained popularity as a way to deepen the Lenten experience and foster a mindful connection to faith. Although we as Catholics fast on Fridays by only eating Fish as our protein, pushing ourselves and observing this extra day of mindful intention through our food will make our Lenten Season even more impactful.

#### **Why Meatless Mondays?**

Abstaining from meat on Mondays throughout Lent serves several purposes such as spiritual discipline, solidarity with the less fortunate, environmental stewardship and of course honoring our temples.

#### **Participating in Meatless Mondays during Lent is simple and enriching:**

**Plan Ahead: Prepare delicious and nutritious plant-based meals that everyone in your household can enjoy. We have provided a Lenten Tool Kit which includes grocery list, habit tracker to keep us accountable, tips, and a few recipes to help! See the QR code that will take you to the Health Promotions Ministry's Health Corner.**



**Reflect and Pray:** Use the time you would normally spend preparing meat dishes to slowly mindfully eat reflect, pray, and meditate while you enjoy the abundant plant-based meal the Lord has provided!



OUR LADY of LOURDES Catholic Church



# Men of LOURDES You're Invited!

The retreat is run by a team of men from the parish sharing witness talks on their faith journeys. The format includes group discussions, prayer, opportunity for Reconciliation, and quiet time.

**Where:**

Ignatius House  
Jesuit Retreat Center  
6700 Riverside Drive  
Sandy Springs GA

Facilities are handicap accessible.

**When:**

Starts Friday May 9 at 4:30  
Ends Sat May 10 at 3:30

Meals and snacks will be provided.

**Fees:**

The suggested fee is \$210 for an overnight stay or \$120 if commuting. Feel free to contribute more if you have the means to help others in need.

Do not let the fees keep you from coming - if you need help, scholarships are available. Reach out to the Office Administrator, Carol Ann Pinar [cpinard@lourdesatlanta.org](mailto:cpinard@lourdesatlanta.org)

**Registration:**

Use this QR code to register online or fill out the information below and bring it to the Church Office with a check for your fees.



<https://forms.gle/R5e5VAnU5u15s6zY8>

Full Name \_\_\_\_\_ Overnight or  
Commuting \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_ **Emergency Contact:**

Zip Code \_\_\_\_\_ Name \_\_\_\_\_

Parish \_\_\_\_\_ Phone \_\_\_\_\_

Scholarship Needed (Y/N) \_\_\_\_\_ Email \_\_\_\_\_

**Questions/information please contact:**

Mike Chillman - [mchillman@gmail.com](mailto:mchillman@gmail.com) - (678) 522-0374