

Lent 2026 in the Bread of Life/ Pan de Vida Family of Parishes

Lenten Discipleship Challenge

Lent During Lent, you can sign up to receive daily meditations written by parishioners throughout the Bread of Life/ Pan de Vida Family of Parishes in your email. To subscribe, go to <https://tinyurl.com/LentChallenge2026>.



More Than a Prayer

A Lenten Series on the “Our Father”

Presented by Fr. Satish Joseph, Ph.D.

The “Our Father” is more than just a prayer that Jesus taught his disciples. The prayer is also an insight into the thought, life, prayer, theology and spirituality of Jesus. Through reflections, group discussions, communal dinners, and prayers, this six-week series will lead us not only to a deeper understanding of the Lord’s prayer but also give us deeper insights into the heart of Jesus. This has implications for Christian discipleship today.

Days: Fridays of Lent (February 20, 27; March 6, 13, 20, 27) Dinner included

Time: 6:30 – 8:00 pm

Location: Immaculate Conception Church Basement

Participants: All are welcome. \$10 Registration required. Only 120 seats available.

Register at <https://www.icparishdayton.org/events>



Stations of the Cross

Thursdays: St. Anthony at 6:30 pm (English)

Family Stations of the Cross (English)

- Monday February 23, 2026: St. Helen at 6:30 pm
- Thursday February 26, 2026: Holy Angels at 6:00 pm. Followed by pizza supper in the Holy Angels School cafeteria. RSVP for the pizza by February 24 at www.tinyurl.com/HASStations2026



Retreats

Men’s Lenten Retreat (English)

Saturday, March 7 from 8:00 am–1:00 pm at St. Anthony Rectory and Church

RSVP by March 5th: <https://tinyurl.com/MensLentRetreat2026>

Women’s Lenten Retreat (English)

Saturday, March 14 from 8:30 am–12:00 pm at St. Anthony Rectory and Church



Lenten Bible Study

All are invited to join us for “Angels in the Bible”, a Little Rock Scripture Study, for 6 weeks.

Our study will be offered 2 different times:

- Holy Angels, Tuesday, 7:00 pm, beginning February 24
- St. Anthony, Thursday, 9:30 am, beginning February 26

There is a short video each session and then discussion. Cost of book \$12.

(Scholarship available)

Register by February 16 at franphillips9150@gmail.com or call St. Anthony office at 937.253.9132.



Lenten Reconciliation Service

Communal Penance Service (English)

Tuesday, March 24: St. Anthony at 6:30 pm