- In-person Mass
- Virtual Programs: Children's Program (CP); Junior & H.S Youth Group
- Lent
- Special Events: Children and family gatherings in the season of Lent, Solidarity Sunday, Stations of the Cross
- Holy week
- Easter
In-person Mass
here is in-person Masses on Sundays at 9am, 11am and 5pm. AND Wednesdays at 7pm until June. Advance registration is required. Please be sure read the updated Covid Protocols for our Mass attendance. https://www.eventbrite.com/e/christ-the-king-university-parish-celebration-of-the-eucharist-registration-109481791547?aff=ebdsoporgprofile

Children’s Program (CP)
The Sunday Children’s Program (CP) resumes during the academic year and will be offered virtually at 11:30am over zoom. CP invites children ages 4 to 6 to take part in activities including prayer, song singing and a variety of crafts related to the Sunday Gospel reading. Please email Maija Wilson if you would like to participate.

Parent and Baby Group
An opportunity for parents and their babies to create community. We share struggles and triumphs, read stories and sing songs related to the Gospel, and learn from a variety of early years specialists. This year, the group meets every Tuesday, VIRTUALLY from 10:00-11:00am over ZOOM. For more information please contact, Maija Wilson at maija.wilson@kings.uwo.ca.

H.S. Youth Leadership Opportunities (Ages 14-17):
Special Events for the Season of Lent with take place. A Lenten Gathering will take place on April 3rd at 2:30-4:30PM, for Confirmation candidates and High School students. Please register to receive the materials you will need for this session! Follow our monthly schedule (above).

Junior Youth Group (Ages 8-12)
This month join our high school and university volunteers at Youth Group on Sunday, March 20th from 2:30-3:30pm. Please register to receive the materials you will need for this session. Packages will be handed out on March 13th and throughout the week prior to this special gathering. Follow our monthly schedule (above) for dates and times AND be sure to take a look at the weekly YOUTH BULLETIN: https://www.kings.uwo.ca/campus-ministry/get-involved/children-and-family-programs/

Special Family LENT & EASTER Projects:
As we prepare our heart for Easter we are looking for families to tell us their experiences of Lent and Easter at home. If you are interested in learning more please email Maija Wilson! Other opportunities through Christ the King Parish include:

1) THINK FAST - Every Lent, we raise funds through our Share Lent campaign to support integral human development projects in the Global South (Africa, Asia, Latin America and the Middle East). These projects contribute to the resilience of communities facing the challenges of climate change and a global pandemic. This year, Development and Peace is raising funds by organizing their 3rd annual virtual (and our 34th annual) THINKFast. The fast takes place Thursday March 10th, at 4pm EST to Friday March 11th at 4pm EST. We will gather at different times online during the fast for prayer, song, social justice activities and games. To REGISTER, go to: https://us02web.zoom.us/meeting/register/tZEsde-pjOuGNj_xhoDXwW_bo1EzkxouUqq

2) Sunday, April 3 = Solidarity Sunday; H.S. Lenten Day of Reflection 1:30-3:30pm

3) Friday, April 8 = Stations of the Cross: 7:00pm
The season of Lent begins on Ash Wednesday, March 2nd and takes place for forty days, until Paschal Triduum: starting the eve of Wednesday, April 13 until the eve of Saturday, April 16. It is a time to prepare our hearts and reflect deeply on the three pillars of our Christian faith: Pray, Fast and Almsgiving.

**What is Lent? Some resources for the whole family:**

**Catholic Kids Media is a great youtube channel. Ash Wednesday and the Season of Lent:**
https://www.youtube.com/watch?v=axNEQaBKI9g

**Lent is 3 Minutes:**
https://www.youtube.com/watch?v=Xo1mjuy1NA0

**Other things to check out during this season of Lent:**

**Catholic Icing Lady: Giving up Something for Lent with Kids**
https://www.youtube.com/watch?v=dVlQ6Z2oPXs&list=PLj5bBaY28EpgN2-T4xvmljMSFpRsg1nN

**Crafts to Prepare for Lent**
https://www.youtube.com/watch?v=jyItcLzyU

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

(Matthew 6:16-18)