

March 2022 Virtual Tea  
Lynda Rozell, Tin Can Pilgrim

Connecting Catholic Women – ADW

Cheryl Holley, President

Michelle Dorsey, Zoom Manager

Sharon O'Brien, Facilitator

JACKSON CENTER, OHIO

Welcome

March 2022 Virtual Tea

Connecting Catholic Women – Archdiocese of Washington (ADW)  
Cheryl Holley, President

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# Meeting Notes – Michelle Dorsey

*We are so glad to connect with you. We want you to know...*

1. We record the presentation but not the question and answer section.
2. We mute everyone once the program begins.
3. We invite you to insert your name and parish, if relevant, under your picture!
4. We will look for your questions in the Chat function.
5. We hope you enjoy your Afternoon Tea with us!

# Opening Prayer

Three o'clock prayer of Divine Mercy

You expired, O Jesus, but the source of Life gushed forth for souls and an ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You. Amen.


A photograph of a beach with waves crashing onto the shore under a cloudy sky. The text is overlaid on the image.

Lynda Rozell  
Living Lent Well

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<https://tincanpilgrim.com>

<https://tincanpilgrimbook.com>



March  
2022

# LIVING LENT WELL

Lynda Rozell  
Author and Travel Blogger



# UNION WITH GOD

The Purpose of Lent



# PRAYER

## THE FOUNDATION

- Commitment
- Simplicity
- Consistency

## POPE FRANCIS' FASTING LIST

Do You Want to Fast this Lent?

- Fast from hurting words and say kind words
- Fast from sadness and be filled with gratitude
- Fast from anger and be filled with patience
- Fast from pessimism and be filled with hope
- Fast from worries and have trust in God
- Fast from complaints and contemplate simplicity

Saint Mary of the Angels, Chicago

## POPE FRANCIS' FASTING LIST

Do You Want to Fast this Lent?

- Fast from pressures and be prayerful
- Fast from bitterness and fill your hearts with joy
- Fast from selfishness and be compassionate to others
- Fast from grudges and be reconciled
- Fast from words and be silent so you can listen

Saint Mary of the Angels, Chicago

# FASTING

Purification  
Private

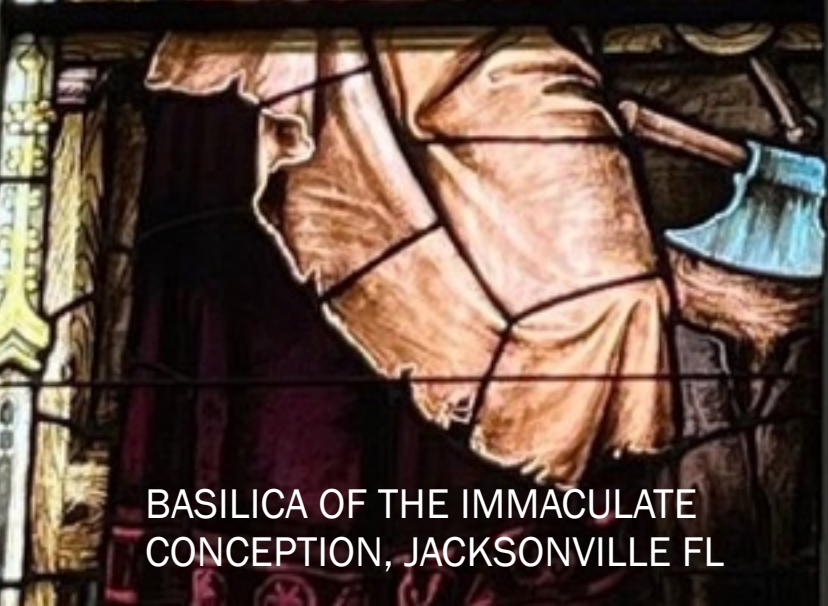
- Beyond chocolate
- Mortify yourself, not others
- Fast from something good to strengthen your self control to avoid sin



*Life's truth and beauty may be found not so much in possessing as giving, not so much in accumulating as in sowing and sharing goodness*

– Pope Francis' Lenten Message

- IN UNION WITH HIS GIFT
- OFFERING OUR SMALL GIFTS: TIME, TALENT, AND TREASURE



BASILICA OF THE IMMACULATE  
CONCEPTION, JACKSONVILLE FL

# GROWTH

The goal is union with God and we approach Him through the Cross. As we grow closer to Jesus, we grow more like Him.

## HUMILITY

- Chesterton: How come the angels can fly?
- The foundation of all virtues
- Ideas for growing in humility this Lent: prayer and practice

GALATIANS 6:9 LET US NOT GROW  
TIRED OF DOING GOOD

## TRUST

- “Thy will be done”
- Focusing on the goodness of God
- Prayer and practice: Divine Mercy Chaplet; Litany of Trust; living trust in challenging moments

PROVERBS 3:5 TRUST IN THE LORD  
WITH ALL YOUR HEART

# MERCY

Begin again! Pray Psalm 51: Renew within me a steadfast spirit (51:12)

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15

# Journeys with a Tin Can Pilgrim



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16  
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# QUESTIONS?

Subscribe at <https://tincanpilgrim.com/>

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# NEXT CCW – ADW VIRTUAL TEA

APRIL 24, 2022

Care for our Common Home  
Registration opens this Tuesday.

NIGHTLY ROSARY – EVERY NIGHT  
AT 8 PM EASTERN

605-468-8016 INSERT CODE 357090 PRESS #  
ALL ARE WELCOME OF ANY OR NO FAITH

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19

# Connecting Catholic Women – ADW

[ArchdioceseCCW@gmail.com](mailto:ArchdioceseCCW@gmail.com)

<https://www.councilofcatholicwomen-adw.com/>

<https://www.facebook.com/WashACCW>



# Fundraiser

# Details

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21

# CLOSING PRAYER

St. Joseph, pray for us

SPECIAL THANKS

Lynda Rozell, Tin Can Pilgrim

*Each of you for connecting with us!*