



# NEW TO THE CATHOLIC FAITH

Welcome! We are so glad you are here today. Whether you are looking for a quiet place to reflect for a few minutes or thinking about the big questions of life, we hope this is a space where you feel supported.

## What is Lent?

We are currently in the season of Lent, the time when Catholics—and many other Christians—prepare their hearts and minds to remember and commemorate the suffering, death and resurrection of Jesus Christ.

It is a time to intentionally return to the big questions of faith: who am I in relation to God? How is God calling me to fuller life? What does it mean to be imperfect, but yet perfectly loved by God? On the back are some opportunities to explore more.

### \*Human

Looking for a way to explore questions around belonging, meaning and purpose? Try **\*Human**, a virtual and in-person resource that invites you to a deeper exploration of what it means to be human.



### Alpha

Do you have big questions about life, faith and the Christian message? Try **Alpha**, a judgement free space where you can wrestle with these foundational questions. Find an Alpha near you by scanning the QR code.

### Hallow

Wondering about prayer? Where to start or how it works? Check out the **Hallow** app.

