

# Care Team Ministry

## Newsletter March 2025



Hello,

Thank you to all who participated in our first Quarterly Connection of the year! We truly appreciate your enthusiasm and engagement and apologize for the rough start we encountered. Your patience and understanding were greatly appreciated.

Please take a moment to review the ADRC information from the webinar which is attached with this newsletter. A link to the webinar recording is on page 2. The webinar focused on the Dane County ADRC, but most counties have similar.

Check out additions to our own website for previous 2025 newsletters and webinar link.

Ash Wednesday and Lent are right around the corner. As we enter the season of Lent, we hope this time brings reflection and growth for everyone. Remember to bring your Care Partner a free devotional from church if available. We also have some conversation starters on the topic of Lent on page 3.

Once again, thank you for your dedication to your Care Partner and Team! Keep working on those self-care ideas.

Judi and Melissa

Learn to say no -  
Saying no sometimes means  
giving someone else the  
chance to say yes.



Save the Date

Quarterly Connection 2  
Dementia Toolkit

**May 13**

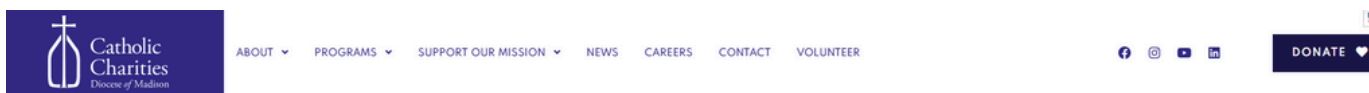
12:00 to 1:30 PM

Venue: Midvale Community  
Lutheran, Madison

Click below to check out our website to see new options.  
Scroll almost to the bottom until you see...



[Catholic Charities Care Team Ministry](#)



## Newsletters & Webinars

January 2025 Newsletter

DOWNLOAD

February 2025 Newsletter

DOWNLOAD

February 2025 Webinar

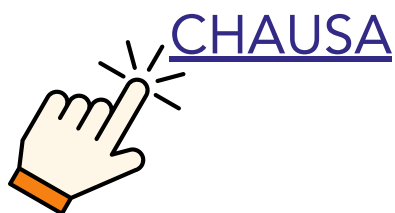
VIEW VIDEO

QC 1 webinar recording can be accessed on our website or by clicking on the link below

[ADRC webinar](#)



Here are some more examples of free Lenten resources online.



[CHAUSA](#)

### Visual Reflections on Issuu

[Slow and Simple: Ash Wednesday](#)

[Slow and Simple: First Week of Lent](#)

[Slow and Simple: Second Week of Lent](#)

[Slow and Simple: Third Week of Lent](#)

[Slow and Simple: Fourth Week of Lent](#)

[Slow and Simple: Fifth Week of Lent](#)

[Slow and Simple: Holy Week](#)

### Audio Reflections

[Slow and Simple: Ash Wednesday](#)

[Slow and Simple: First Week of Lent](#)

[Slow and Simple: Second Week of Lent](#)

[Slow and Simple: Third Week of Lent](#)

[Slow and Simple: Fourth Week of Lent](#)

[Slow and Simple: Fifth Week of Lent](#)

[Slow and Simple: Holy Week](#)

# Lenten Conversation Starters



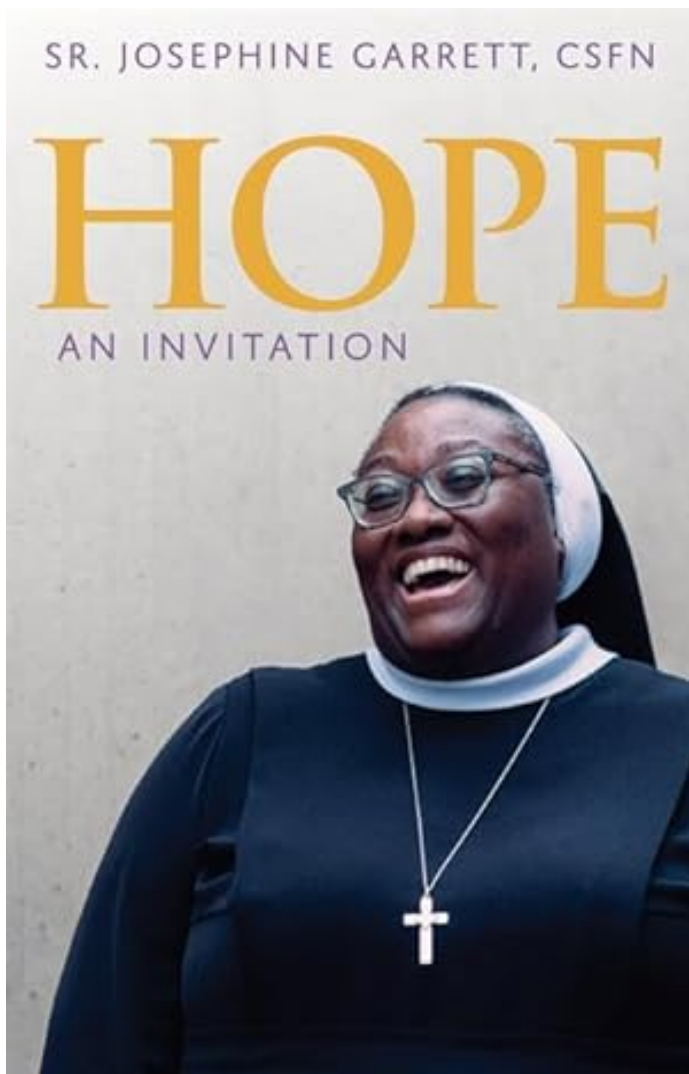
<b>Date</b>	<b>Day</b>	<b>Conversation Starter</b>
Feb 26	Ash Wednesday	What does receiving ashes on Ash Wednesday mean to you?
Feb 27	Thursday	How do you plan to observe Lent this year?
Feb 28	Friday	What is your favorite Lenten tradition and why?
March 1	Saturday	How can you incorporate more prayer into your daily routine during Lent?
March 2	Sunday	What did fasting mean to you, and how did you practice it?
March 3	Monday	What are some ways we can give back to your community during Lent?
March 4	Tuesday	How do you find time for reflection and meditation?
March 5	Wednesday	What is the significance of the 40 days of Lent?
March 6	Thursday	How do you stay committed to your Lenten promises?
March 7	Friday	What role does prayer play in your life?
March 8	Saturday	How do you prepare for Easter during Lent?
March 9	Sunday	What are some meaningful Lenten traditions in your family?
March 10	Monday	How can you practice gratitude during Lent?
March 11	Tuesday	What is your favorite Lenten hymn or song?
March 12	Wednesday	How do you find strength in your faith during challenging times?
March 13	Thursday	What are some ways you can simplify your life during Lent?
March 14	Friday	How do you stay focused on your spiritual goals during Lent?
March 15	Saturday	What does the practice of almsgiving mean to you?
March 16	Sunday	How did you involve your children in Lenten activities?
March 17	Monday	What is the significance of Holy Week in your faith?
March 18	Tuesday	How do you find peace and quiet for prayer and reflection?
March 19	Wednesday	What are some ways you can show kindness to others during Lent?
March 20	Thursday	How do you stay connected to your faith community during Lent?
March 21	Friday	What is your favorite Lenten scripture passage and why?
March 22	Saturday	How did you balance work, family, and spiritual commitments during Lent?
March 23	Sunday	What are some creative ways to observe Lent with children?
March 24	Monday	How do you find inspiration for your Lenten journey?
March 25	Tuesday	What does the practice of repentance mean to you?
March 26	Wednesday	How do you stay motivated to keep your Lenten resolutions?
March 27	Thursday	What are some ways you can deepen your prayer life during Lent?
March 28	Friday	How do you reflect on the sacrifices made during Lent?
March 29	Saturday	What is the significance of Palm Sunday to you?
March 30	Sunday	How do you prepare your heart for Easter?
March 31	Monday	What are some ways you can practice forgiveness during Lent?



# BOOK NOOK



## HOPE: An Invitation by Sr Josephine Garrett Csfm



### **Called to a new depth of hope**

In recent years, we have gone through a lot as a world, as a country, and as a Church. In so many ways we are collectively sitting before reality that we didn't want to see, and that we now can't avoid. This book provides reflections on hope at a time when we are each being called to a new depth of hope, to discover the courage to not go back, but to press ahead into the unknown.

In this book, Sr. Josephine Garrett, CSFN, reflects on the great problem and the great gift of hope. Our world needs hope. Our country needs hope. Our Church needs hope. Cheap hope will not do. Hope that has not been tried will not do. The hope we need is the kind that can look at the worst of circumstances, at the most difficult people and "hold unwaveringly to our confession that gives us hope, for he who made the promise is trustworthy" (Heb 10:23).

We need a hope that shines in the darkness

<https://www.amazon.com/Hope-Invitation-Josephine-Garrett-Csfm/dp/1639660402>