

Hello!

We hope your Lent is unfolding in a prayerful and fruitful way. As we enter March together, we're grateful for the compassionate presence you continue to offer our Care Partners—and for the many ways you accompany them through this season of reflection. As a reminder, if you haven't already done so, grab a daily Lenten devotional for your Care Partner.

Inside this month's newsletter, you'll find:

- Our first Quarterly Connection of 2026 will be held March 24, and will be online due to unpredictable weather this time of year. More details are on page 2. We'll be focusing on the ever-important topic of falls prevention, with a presentation from Ashley Hillman of Safe Communities. No registration is needed—We'll send the Zoom link shortly before the event.
- And speaking of events...
- Save the date! Our Annual Retreat will be held on September 22. After hearing that last year's retreat will be tough to top, we're starting early!
- Finally, we're thrilled to announce that a new Parish Social Ministries Coordinator will be joining us on March 10. A fuller introduction will come in the April newsletter, but if you are able, please stop in and say hello to her on March 16. You'll find an invitation on page 3.
- Back by popular demand! A new edition of Lenten Conversation Starters to help spark meaningful reminiscing with your Care Partner—check them out on page 4.

Thank you for all the ways you continue to bless this ministry with your presence, prayer, and care. May these Lenten days draw you closer to Christ and to the people you serve.

Care Team Tools for Preventing Falls



Falls are not inevitable! Falls can be prevented AND there are effective ways to increase resiliency if one experiences a fall. Learn about why we should care about falls in the first place, strategies to prevent one, and local resources to tap into!

Tuesday, March 24, 1-2pm

via Zoom: <https://bit.ly/4rWLg5i>



Presenter: Ashley Hillman, Director
of Program Partnerships at Safe
Communities

PLEASE JOIN US
& WELCOME

Marisa

MARCH

16

3:00-4:00 PM

MEET OUR NEW
PARISH SOCIAL MINISTRIES
COORDINATOR!

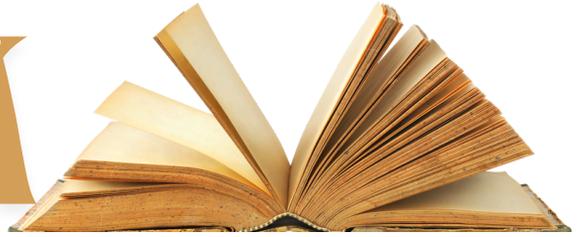
CATHOLIC CHARITIES ADULT DAY CENTER
5401 FEN OAK DRIVE MADISON



21 Lenten Conversation Starters

1. What's the first childhood memory you have of Lent or Ash Wednesday?
2. Did your family have any unique Lenten traditions that weren't "official," just things you always did?
3. When you think of Lent growing up, what smell or sound comes to mind first?
4. How did your family explain "giving something up" during Lent, and what did you usually choose?
5. Was there a particular food you always ate—or avoided—on Fridays during Lent?
6. Do you remember the first time you went to Stations of the Cross? What stood out to you?
7. What did the Triduum look like for your family?
8. Did your church have Wednesday Lenten suppers or midweek services? What were they like?
9. What's one Lenten tradition you miss that you wish would make a comeback?
10. Did your family have a particular decoration or symbol you used in the house during Lent—like a bare cross, purple cloth, or prayer corner?
11. What hymn or song instantly puts you in a Lenten frame of mind?
12. Did your church ever do the "burying" or "hiding" of the Alleluia? How did that feel as a kid?
13. What was Holy Week like in your home? Quiet? Busy? Emotional?
14. Do you remember your first experience of the Easter Vigil or Easter sunrise service?
15. Did your parish or congregation have any distinctive Lenten foods—like fish fries, soups, or potlucks?
16. What's the most meaningful thing you ever gave up—or added—in a Lenten season?
17. Was there a particular priest or pastor whose Lenten homilies/sermons really stuck with you?
18. Did your family do any acts of service or almsgiving during Lent? Which ones do you remember most?
19. What's one Lenten tradition you've carried with you into adulthood?
20. Is there a Lenten practice you've created on your own—one that wasn't part of your family or church but now feels important?
21. Looking back, how has your understanding of Lent changed from childhood to now?

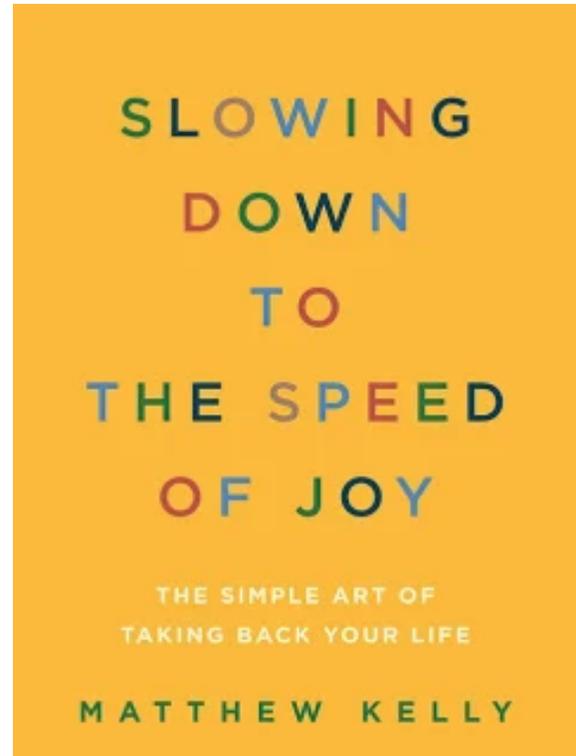
BOOK NOOK



"I WAS LIVING MY LIFE LIKE A FERRARI WITH NO BRAKES."

Matthew Kelly spent thirty years rushing from one thing to the next. Leaving one thing early, arriving at the next thing late, squeezing as much as was inhumanely possible into each day — always striving for more, better, and faster.

But then something changed.



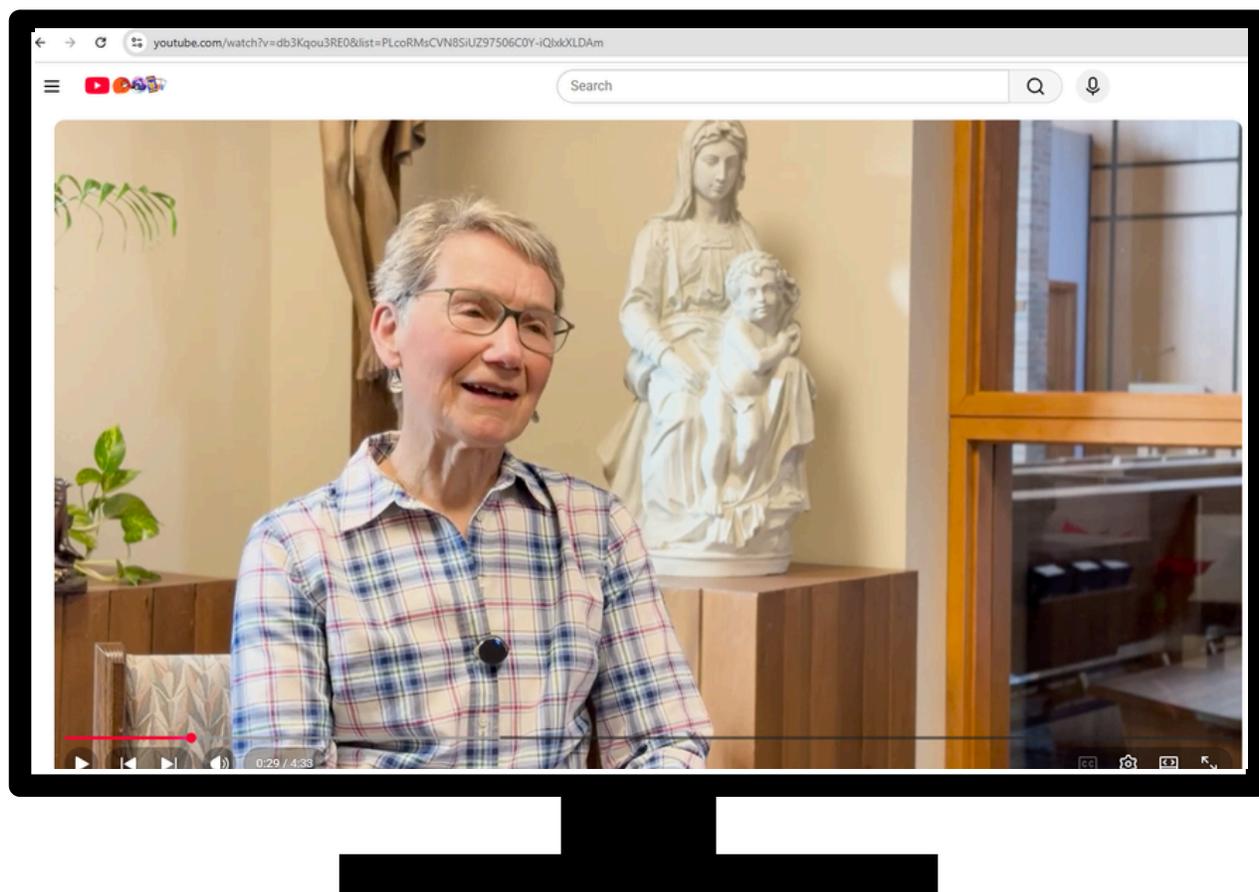
SLOWING DOWN TO THE SPEED OF JOY is a deeply personal book. It provides a rare and intimate look at the author's own struggles with busy and urgent. By revealing his own vulnerabilities, Kelly provides us with the practical insights and timeless wisdom necessary to banish busy and urgent from our own lives.

The faster you go the more likely you are to crash, but we just keep going faster. We think if we get all the urgent stuff done, we will have time for what's important. But we never do.

Busy is not your friend. Only a toxic friend leaves you feeling anxious, overwhelmed, discouraged, exhausted, stressed, inadequate and resentful. It's time to take our lives back from this tyrant.

The speed and busyness of our lives stand in direct opposition to what we say matters most. It's time for a new strategy. It's time to embrace the speed of joy.

Remember to share our wonderful Care Team video. This resource is perfect for use in your parish to highlight our ministry and inspire others to join our efforts. If you're interested, just ask us how to get started!



[CLICK HERE](#)