

## CHURCH OF ST. TIMOTHY

### Ascension Lenten Companion 2021 Lent

The Ascension Lenten Companion is a self-guided prayer resource consisting of a daily journal and a weekly video which the participant watches on-line.

The following is the suggested video viewing.

- |                 |                        |            |
|-----------------|------------------------|------------|
| • Ash Wednesday | Wednesday, February 17 | 7 minutes  |
| • Week 1        | Sunday, February 21    | 7 minutes  |
| • Week 2        | Sunday, February 28    | 7 minutes  |
| • Week 3        | Sunday, March 7        | 8 minutes  |
| • Week 4        | Sunday, March 14       | 8 minutes  |
| • Week 5        | Sunday, March 21       | 8 minutes  |
| • Holy Week     | Sunday, March 28       | 16 minutes |

See opposite page for instructions to access on-line videos.

The Lenten Companion is self-guided. There will be no formal group organization by the Church of Saint Timothy. However, participants may choose to gather weekly with others to view the video and discuss what they have learned through the prior week. Participants involved in group gatherings will be responsible for organizing their gatherings.

Enjoy your Lenten Companion!

# Lenten Companion

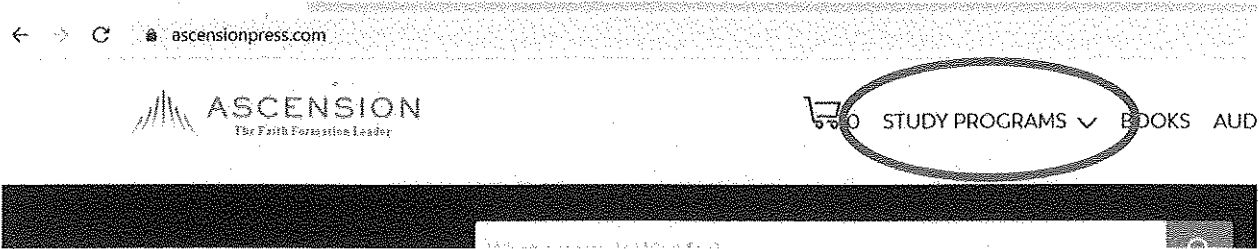
## 2021 Lent

### Instructions to Access On-Line Videos

1. Go to: <https://ascensionpress.com>

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2. Pull down the "Study Programs" scroll bar. Click on "Adult Faith Formation"



3. Click on the following box...



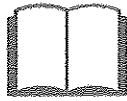
The Ascension Lenten Companion: Year B

4. Scroll through page to the following. Click on "Watch Videos"

What does *The Ascension Lenten Companion* offer?



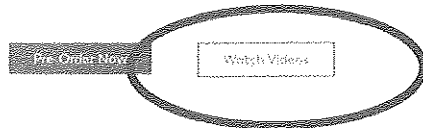
Ash Wednesday,  
Lenten Kick-off video



Full-color Lenten companion with daily  
reflections, prayers and illustrations



6 weekly supplemental Lenten reflection videos



5. Choose the appropriate week

#### VIDEO PLAYLIST

- The Ascension Lenten Companion: Year B - Ash Wednesday
- The Ascension Lenten Companion: Year B - Week 1
- The Ascension Lenten Companion: Year B - Week 2
- The Ascension Lenten Companion: Year B - Week 3
- The Ascension Lenten Companion: Year B - Week 4
- The Ascension Lenten Companion: Year B - Week 5
- The Ascension Lenten Companion: Year B - Holy Week