

LENT SERIES FOR MIDDLE SCHOOL & HIGH SCHOOL



OVERFLOW: LIVING THE SACRAMENTAL LIFE

This series from YDisciple, using videos and guided discussions, follows the journeys of two young people, Mario and Hannah, as they discover what it means to live a sacramental life. Throughout the series, they'll interview experts who range from priests to therapists to founders of non-profits, diving deep into the reality of grace and how it's made available to us in Confession and the Eucharist.

Middle School Meetings:

Wednesdays | 6:30-8PM

ANS Convent

February 28

March 6

March 20

March 27

High School Meetings:

Sundays | 5:30-7PM

ANS Convent

February 18

March 3

March 17

March 24

Dinner will be available for the first 20-30 minutes, followed by prayer and discussion. Students do not have to commit to each meeting, but please RSVP so we can properly plan. Questions? Contact Anna Albrittain at aalbrittain@sacredheartlaplata.org or 240-901-2254.



Watch the series
trailer here.



RSVP for either
series here.

