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zeal, and growth in faith for our students; below, some of our students share their experiences at SEEK!

--Jency Clement, FOCUS team member

"I sought to deepen my relationship with Christ at SEEK. I couldn't have imagined beforehand the infinite love that Jesus would pour into the conference, through the conversations, the keynote speakers, and most of all His presence. This experience revealed my true identity as a child of Christ and all of ours--we are the light of the world, loved and chosen to spread the good news!"

--Sophia Parmigiani, Freshman

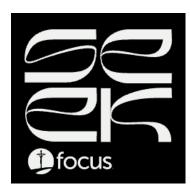
"I seriously enjoyed meeting and getting to meet new people and rekindling with old friends throughout SEEK. Just seeing over 20,000 College Catholics with such a fire in their souls with Christ gives me peace that the future of the Catholic Church is in good hands." - Karl Ocampo, Senior

"At SEEK, I experienced a restoration of truth in my identity as a daughter of God, and was filled with hope and courage to continue to say yes to the call He has for me. The Lord shared new parts of his gracious heart with me through special encounters with Him and others in mass, talks, and adoration."

- Kayla Stephens, Senior

"Coming into SEEK, I was trusting with great hope that God would transform me in some way, though I couldn't even guess at how exactly and in what ways. As I'm reflecting on my time at SEEK, I get chills at how SEEK awakened in me a stronger desire to give more to God: sharing His goodness in evangelization; growing from boyhood into manhood; and caring for those materially and spiritually impoverished, possibly too as a vocation. My fear had held me back from being the person I ought to be, and though I'm still afraid, I'm now also being pushed forward by a stronger love for God and for others. I'm incredibly grateful that I got to take this elevator ride to holiness and to the true life that God called me to."

- Marc Nguyen, Junior



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LENT 2024 FEBRUARY IH - WED., MARCH 28TH

Ash Wednesday Masses & Distribution of Ashes

8:00 AM, 12:10 PM, 5:30 PM, 7:30 PM at Newman

12:30 on UCBerkeley Campus in the Pauley Ballroom Bishop Barber officiating

JOIN A LENTEN FAITH SHARING GROUP

This Lent, parishioners are invited to participate in *Living the Eucharist*, a weekly small group faith sharing program that is part of the National Eucharistic Revival. The program is designed to help us get more out of Sunday Mass and live life more truly as missionary disciples. Paulist Seminarian is putting together groups now. Contact Zach Turner with your questions or to sign up. You'll find Zach outside after Mass or you can reach him as his email: zturner@calnewman.org

PICK UP A 'COPY OF THE WORD AMONG US.

and enhance your prayer life with the daily readings and prayers. Available in the lobby beginning Feb. 11

PARTICIPATE IN A RETREAT THIS LENT

Busy Person's Retreat

Feburary 14 - March 6. Meet weekly with a spiritual director to explore the ways that God is active in your life. Questions? Contact Fr. Ryan at

rcasey@calnewman.org. Sign up by filling out one of the forms in the foyer and returning it to the front desk or scan this QR code to access the online form.



Student Spring Retreat: Into the Wilderness



Friday, Feb. 23rd - Sunday, Feb 25th. Spend a weekend away from the bustle and busyness of campus life and reconnected with God and your true self as Lent gets underway. More info available on the Newman Slack Channel

Local Retreat Centers offering retreats during Lent & beyond

Jesuit Retreat Center of Los Altos



San Damiano Retreat Center in Danville

From Ashes to Glory: a Virtual Lenten Retreat with DAN SCHUTTE

This virtual retreat begins February 14th, Ash Wednesday, and runs for 21 sessions thru March 28th. Learn more by scanning the QR Code



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