

How to make the most of Lent!



“I’ve gotten the ashes, now what?”

Sacred Heart Fleming Island

Lenten Mission 2025

Join us as Deacon Greg Kandra shares insight into the three Lenten spiritual practices of fasting, prayer, and almsgiving and how they can deepen our Lenten journey and our relationship with God.

Dates: March 10th, 11th, and 12th, 2025

Times: 8:30 AM (following daily mass)

6:00 PM (repeat of morning session)



Deacon Greg Kandra is an author, speaker, blogger and award-winning journalist. He spent nearly three decades in broadcast journalism, most of that time at CBS News, where he was honored with every major award in broadcasting, including two Peabody Awards, three Emmy Awards and four awards from the Writers Guild of America. A popular speaker and retreat leader, Deacon Greg was invited by the Vatican to speak at the international Jubilee for Deacons in 2016. Deacon Greg was ordained a deacon for the Diocese of Brooklyn in 2007. He and his wife live in Apopka, Florida.