



*The Lenten Season/Journey has arrived. This is a time to pause and reflect on the fact that Christ suffered and died as **the** "Human Apology" to His father for **our** sins. So, clearly, this is a time to express sorrow for sin. As the Ash Wednesday Gospel reminded us, we are invited to perform acts of prayer, fasting, and almsgiving during Lent.*

When it comes to prayer...there are the opportunities to attend daily Mass (8:30 am at St. Francis/9:30 here on Weds.). Thursdays, there's the Discovering Christ program. Fridays, we have Stations of the Cross at 7 pm. Evening Masses and Stations of the Cross are offered at District (area) Churches at various times. When it comes to fasting...cutting down on food intake, we could refrain from eating between meals (especially junk food!) if not daily, then on 1 or 2 days a week.

*When it comes to almsgiving...each parish household has received a pledge letter/card. If family members would take turns in contributing towards their families' commitment on a weekly basis, the monthly pledge for PSP would be a shared, family effort for Lent. Even the children could be a part of the effort. There could be a 'family plan' to complete the pledge **before** Easter!*

Aside from the above suggestions, one could make an effort to read the scriptures from daily Mass schedule, as noted in the bulletin. Here is one, final suggestion for your consideration. As done recently, a week or so before Holy Week (end of March), we could, once again, organize a 'Bucket Brigade' to help spruce up our church before the holiest of all weeks, Holy Week. I am sure this labor of love falls on the same few individuals year after year. Maybe we could all 'chip in' some time to help them, as a personal, Lenten-exercise. Even I know how to push a sweeper! I would be glad to lead the charge. If interested in joining, give me or Jean a call to get organized.

*What I have written above represents a plan of action for one's 'Lenten Journey.' If it does not quite fit your lifestyle, so be it. But **do** come up with **some** kind of a plan. Our spiritual growth doesn't just happen accidentally. God has given each of us the gift of life, a brain, and a free will to go with it.*

How we choose to live it... is up to us. He's waiting for us to respond.

Your vicar, --fr.t.

