



*The Lenten Season 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 is the opportunity to attend daily Mass (if possible). Fridays, we have Stations of the Cross at 7 pm. Evening Masses and Stations of the Cross are also offered at District (area) Churches at various times.*

*When it comes to **fasting**...cutting down on our food intake, we could refrain from eating between meals (especially junk food!) if not daily, on 1 or 2 days a week.*

*When it comes to **almsgiving**...each parish household has received a pledge letter/form. If family members would take turns in contributing towards their family's commitment, on a weekly basis, their 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 as noted in the bulletin. Here is one, final suggestion for your consideration. A week or so before Holy Week, 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 Mary 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 incredible gift of life 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.*