

Fast and Abstinence

The Bishops of the US prescribe, as minimal obligation, that all persons who are **14 years of age and older** are bound to abstain from eating meat on *Ash Wednesday, on all the Fridays of Lent and Good Friday*. Further, all persons **18 years of age and older, up to and including their 59th birthday**, are bound to fast by limiting themselves to a single full meal on Ash Wednesday and on Good Friday, while the other two meals on those days are to be light.

***Refrain from Meat on Ash Wednesday and
ALL Fridays during Lent***

The Legion of Mary will sponsor "Soup and Salvation" BEFORE Stations of the Cross

A time for prayer and a simple Lenten meal from 5:15P.M. to 6:15P.M.

Sacred Heart Church Fridays at 7:00PM February 20, 27 and March 6th

You may join us for Prayer and a Simple Lenten Meal 5:15P.M.-6:15P.M. in the rectory Conference Center (Basement)

St. Charles Borromeo Church Friday's at 7:00PM March 13, 20, 27

You may join us for Prayer and a Simple Lenten Meal 5:15P.M.-6:15P.M. in the Parish Hall

"Shhh... Listen to your heart. Do you hear that? Can you feel it? It's God calling.

God is always present in our lives, but we don't always pay Him the attention He deserves. In fact, in our humanness, we often ignore Him completely. We get caught up in the trials and tribulations of our own everyday lives, and we forget that the Holy Spirit dwells in us, guides us, and shepherds us. As a result, we tend to walk on our own. But the trouble with learning to walk on our own is that we sometimes stumble, we sometimes get lost, and we sometimes end up wandering aimlessly.

Jesus knows this! He understands us and wants us to follow Him. That is why He gifted His Church on earth with the season of Lent. Lent is more than a checklist of do's and don'ts; it is a journey of spiritual renewal led by Christ that brings us closer to God. It is a time of the year when, if we listen attentively, we can hear the Holy Spirit inviting us to a closer personal relationship with Jesus that will satisfy our hearts.

As a father, grandfather, and PREP teacher, I teach my children that Lent is special time of the year when God wants us to change our hearts. The essence of Lent, then, is a conversion of heart away from self that is achieved by centering our lives on the pillars of prayer, fasting, and almsgiving. And the sacrifices we each make this Lent in those realms are outward expressions of our desire to convert our hearts to Jesus. Practically speaking, we should view these sacrifices not through the negative lens of self-punishment but through the positive lens of making holy our intentions to free ourselves from attachments of a world that sometimes gets in the way of where we want to go.

Of course, we will never experience a change of heart unless we allow it to happen. We have to open our hearts to Jesus and allow Him to shepherd us. We have to follow Him. We have to follow Him all the way to the cross, where He did much more than just give up chocolate. The season of Lent helps us to do that. Christ humbled Himself and endured great suffering and ultimately sacrificed His life so that He could rise from the dead and offer us the gift of a new life and a new beginning! We should listen to our hearts. We should accept the gifts He has given us. We should accept the gift of Lent and use it for its intended purpose – to bring us closer to Him!"

Have a fruitful Lent and a Happy Easter!