

# LITURGY BYTES

## These 40 Days ✝

Last Wednesday, February 17<sup>th</sup>, we began the Lenten season officially. However, as many have told me, the season never ended last year because of the pandemic and our new way of living. I am sure you can relate to those feelings, as I certainly do. The most important thing to keep in mind is Christ never lets us down. Keeping strong thoughts of our faith in our minds and hearts is key. Rejoicing (if you can) in what has been positive is another good place to start.

Perhaps changing up our usual Lenten practices could be a fun thing to explore this year. If you have not already, please be sure to pick up your “little black book” for daily Lenten reflections on the table in the atrium. It is a popular and helpful guide to assist in focusing our thoughts and prayers each day.

Let us think, for a moment, about some ways to reconnect with our faith. First, reconnect with God – meet Jesus again in the Sacred Scriptures. We relive the passion and death through the Stations of the Cross. We renew His constant presence each time we attend Mass and receive Holy Communion. If we can set a time of day to do one of those suggestions, it might evolve into a definite pattern. Second, reconnect with the poor – this season suggests we fast from our excess and give to the poor and marginalized in our society. Think about all we are blessed with and how we use our gifts to love and serve those in need in our society today. Take part in our annual “Eat Simply” drive sponsored by Parish Outreach. Third, reconnect with the Church – attend Mass during the week if you can. Remember, we are live streamed at 9 AM Monday through Thursday if you are unable to be here in person. Fourth, reconnect with ourselves – since Lent is the time for spiritual cleansing, try to get to confession to pave the way to be in the loving arms of our God and truly realize the great things that await us. A lot to think about today, so take it one day at a time!

Have a blessed, safe, and healthy week!

~~~~Michele Hahn

