

LITURGY BYTES

What Are You Doing for Lent?

Now that we are approaching the second week of Lent, have you chosen your Lenten practice for this year?



Our parish's Little Black Book, distributed a few weeks ago, is a wonderful guide and easy to follow. Most of the suggestions or recommendations require a spirit of discipline on our part. If we make time for spiritual reading or prayer, or even attend Mass more than just on Sunday, these opportunities need to be definite parts of our daily living. Sounds good when I spell it out. However, we all know that keeping up with those "good intentions" is much more difficult.

Recently, the Holy Father declared the year of St. Joseph, the Foster Father of Jesus. We celebrate his feast day on March 19th. I started to read about St. Joseph and learned some interesting points about his life that I was not aware of. These "unknown points" made me think of other heroes and heroines of the Church that could also offer some assistance during this year's Lenten journey. Therefore, I propose the idea to do some extra reading about your favorite Saints, and see if their example of following our Lord radiates in your heart as to something you could embrace. I have always been struck by the Franciscan Saints: Francis and Clare and the spiritual friendship they shared. Both, coming from wealthy homes, gave up all their comforts to embrace Christ's message to "come, follow me" which they did in a very beautiful and inspiring way. I will definitely revisit their stories this Lent. I hope I have piqued your interest to search out those Catholic Hall of Famers - the Saints - this Lenten season!

Have a healthy, blessed, safe, and peaceful week! ~~~ *Michele Hahn*