

Lenten Resolution: Let the Lord's Face Shine Upon Me

St. Augustine gave us advice on how to let the Lord's face shine upon us. He proposed giving alms, opening our hearts to the word of God, fasting, and rushing to Church. Think about it, at Church, the Lord's face truly shines upon us from the tabernacle, from the proclamation of Scripture, from those around us, and especially at the elevation of the Sacred Host, and Precious Blood.

At the beginning of Lent, let us take the advice of St. Augustine, letting the face of our Lord shine upon us daily, living more and more in God, living *En Theos*, living life enthusiastically. Fight the temptation to be lukewarm, do something more this Lent; going to an extra Mass during the week, pray the rosary every day, a holy hour with the Eucharist every week, more time with Scripture, or more with spiritual reading.

Here are 5 great Ideas! Try to add one of these simple, practical faith builders to improve your spiritual life this Lent.

1. **Go an extra day to Mass:** The Sacrifice of the Mass is the source and summit of our faith and our very lives! Find a daily Mass that fits your schedule or attend daily Mass on your day off. Just 30 minutes of your day!
2. **Pray the rosary:** As Catholics, we know – we do not merely believe – we know, that the rosary is the most powerful recitation we can make when we desire a miracle or some other grace from God. By reflecting on Our Most Holy Mother's experiences and the life of Jesus, we become more like the woman who bore all things for the sake of obedience to God's will. Find a new rosary for a new life of devotion to Our Holy Mother.
3. **Spend a holy hour with the Eucharist** – *"You Affect the Lives Of Every Person In The World During Your Holy Hour."* From the quotes of our Popes and Saints concerning Holy Hours of adoration, we can see how much importance they placed on adoration for a healthy spiritual life. The power of each Holy Hour that we make can be gleaned from these writings. These writings tell us that our Holy Hour is more powerful than anything in this world outside of Mass. Check out *Our Catholic Prayer website* to learn more about the value of a holy hour.
4. **Read Scripture:** Many people resolve to read the entire Bible each year. Too few Christians have actually followed through with this though. What kind of reading plan is best? The one you're going to finish! If you get behind, it's okay, just pick up where you left off. Or just do five minutes a day and pray, "Lord, make this a delight to me." Does sticking to a plan sound intimidating? Have you tried it before and failed? People can make an impossible plan possible. Grab a couple friends and commit to a plan together. Read the daily readings on myParish App or at usccb.org.
5. **Journey with a Saint:** Use this fun Saint name generator, <http://saintsnamegenerator.com> to learn about a new Saint and include them in your journey of faith throughout the year.

As Lent gets underway, let's begin it in the faith and confidence that belongs to those who believe in Jesus Christ as you receive God's special blessing: *"May The Lord bless you and keep you! The Lord let his face shine upon you and be gracious to you! The Lord look upon you kindly and give you peace!"* Within our heart let us hear these words every day.

A Few Lessons For Living

by John Paul II

The words of John Paul II have long inspired Christians throughout the world. People of faith often turn to his wisdom in trying or difficult times. In his gentle yet unflinching manner, the pope offered wisdom on such topics as the importance of forgiveness, how to respond to suffering in a Christian way, the necessity of unity in the Christian family, and the responsibilities of living as a Christian in this world. Below is a small sampling of inspirational lessons that encourage us to draw closer to God, helping us to live as faithful Christians in a sometimes challenging world.

The Gift of Peace: Become friends to those who have no friends. Become family to those who have no family. Become community to those who have no community. If we want peace, we must reach out to the poor. May the rich and poor of the world recognize that we are all brothers and sisters. May we all share what we have with one another as children of the one God, who loves everyone and who offers to everyone the gift of peace.

Suffering as Offering: A basic principle of our Christian faith is the fruitfulness of suffering and, hence, the call of all those who suffer to unite themselves with Christ's redemptive sacrifice. Suffering thus becomes an offering, an oblation; this has happened and still does in so many holy souls... In Jesus they find the strength to accept pain with holy abandon and trusting obedience to the Father's will. And they feel, rising from within their hearts, the prayer of Gethsemane: "But let it be as you would have it, Father, not as I."

Every Life Is a Gift: Stand up for the life of the aged and the handicapped; stand up against attempts to promote assisted suicide and euthanasia; stand up against abortion. Stand up for marriage and family life. Stand up for purity. Resist the pressures and temptations of a world that too often tries to ignore a more fundamental truth: that every life is a gift from God our Creator and that we must give an account to God of how we use it, either for good or evil.

Faith Is Demanding: How can we profess faith in God's Word, and then refuse to let it inspire and direct our thinking, our activity, our decisions, and our responsibilities toward one another? Faith is always demanding because faith leads us beyond ourselves. Faith imparts a vision of life's purpose and stimulates us to action.

The Center: Prayer is not one occupation among many, but is at the center of our life in Christ. It turns our attention away from ourselves and directs it to the Lord. Prayer fills the mind with truth and gives hope to the heart.

Life Is a Talent: Life is a talent entrusted to us so that we can transform it and increase it, making it a gift to others. No person is an iceberg drifting on the ocean of history. Each one of us belongs to a great family, in which we can have our own place and our own role to play.

The True Face of Jesus Christ: Jesus says to us: "I am sending you to your families, to your parishes, to your movements and associations, to your countries, to ancient cultures and modern civilization, so that you will proclaim the dignity of every human being, as revealed by me, the Son of Man." If you defend the inalienable dignity of every human being, you will be revealing to the world the true face of Jesus Christ, who is one with every man, every woman, and every child, no matter how poor, no matter how weak or handicapped.

May Our Faith Be Strong: May our faith be strong; may it not hesitate, not waver, before the doubts, the uncertainties that philosophical systems or fashionable movements would like to suggest to us. May our faith be certain. May it be founded on the Word of God; on deep knowledge of the Gospel message, and especially of the life, person, and work of Christ; and also on the interior witness of the Holy Spirit.

Every Area of Our Lives: There cannot be two parallel lives in the existence of the faithful: on the one hand, our so-called spiritual life, with its values and demands; and on the other, our so-called secular life, that is, life in a family, at work, in social relationships, in the responsibilities of public life, and in culture. Every area of our lives, as different as they are, enters into the plan of God, who desires that these very areas be the places where the love of Christ is revealed and realized for both the glory of the Father and service of others.



2019 Lenten Regulations

FASTING AND ABSTINENCE

In order foster a spirit of repentance and unite ourselves more closely to Christ, Church law requires the observance of Abstinence and Fasting (CIC - Code of Canon Law, 1249-1253).

1. Abstinence: All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent.

2. Fasting: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted, but liquids are allowed. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday).

PRAYER

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to strengthen their knowledge of the faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are strongly encouraged.

1. Sacrament Reconciliation: Lent is a privileged time for celebrating the Sacrament of Reconciliation. The faithful should be reminded that they are obliged to confess their sins at least once a year (CIC 989). Public parish penance services are strongly encouraged.

2. Lenten Mass Schedule: The faithful are urged to attend Mass on weekdays as often as possible, especially during Lent.

3. The Stations of the Cross are celebrated on Fridays during Lent and parishioners are encouraged to participate.

4. Easter Duty: All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season: Easter Sunday through Pentecost. In the United States, the Easter duty may be fulfilled through Trinity Sunday. Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the year. However, "Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion." (Catechism, no. 1385)

ALMSGIVING

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church. The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words Jesus Christ who said, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.



Lent 2019

Ash Wednesday, March 6th

6:00 p.m. – *Tuesday, March 5th* – Vigil Mass (St. Anne)

9:00 a.m. – *Wednesday, March 6th* – Mass (Sacred Heart)

6:00 p.m. – Misa en Español (Sagrado Corazon)

Ashes will be distributed at all Masses

Lenten Weekday Schedule

Tuesday

Mass – 8:00 a.m. (Sacred Heart)

Wednesday

Mass – 8:00 a.m. (Sacred Heart)

Thursday

Mass – 8:00 a.m. (Sacred Heart)

Friday

Mass – 8:00 a.m. (Sacred Heart)

Stations of the Cross – 5:30 p.m. (English & Spanish)

Friday Night Lenten Dinner – 6:30 p.m. (Parish Hall)

Saturday

Confessions – 3:00 p.m. (Sacred Heart)

Mass – 4:30 p.m. (Sacred Heart)

Sunday

Mass – 8:15 a.m. (St. Anne, Cottonwood)

Mass – 10:00 a.m. (Sacred Heart)

Mass – Noon (En Español, Sagrado Corazon)