

**Young at Heart**  
A Ministry of  
Our Lady of Lourdes Parish  
for ages 50+

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Every Second  
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Month**

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*Army*

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*Marines*

**Austin M. Goodin**  
*Marines*

**Fr. Paul A. Halladay**  
*Major US Army*

**Kenneth L. McAlman**  
*1st Lt. US Army*

**Captain Alex Milesenko**  
*Army*

**Corie Demetri Mitchell**  
*Army*

**Kevin O'Rourke**  
*Coast Guard*

**Sam Schoolfield Jr.**  
*Marine Reserves*

**Sam Schoolfield Sr.**  
*Marines*

**Jerrick Thompson**  
*Army Reserves*



*If you or someone  
you work with or  
know would like to  
become a bulletin  
sponsor for one or  
more quarters, please  
contact the church  
office at  
251-479-9885.*

**7th Sunday  
Ordinary Time**

**2019  
Feb  
24**

## Mass Schedule

**Saturday**  
Vigil Mass 5:30 pm

**Sunday**  
Mass 8:30 am 11:00 am

**Monday**  
Communion Service 8:00am

**Tuesday**  
Mass 5:30 pm

**Wednesday**  
Mass 8:00 am

**Thursday**  
Mass 8:00 am

**Friday**  
Mass 8:00 am

**The First Friday of each month**  
Adoration of the Blessed Sacrament  
immediately follows Mass.  
Exposition lasts until 12:30 pm  
The First Saturday of each month  
there is a Mass at 8:00 am.

**At All Regular Masses The First  
Weekend of each month , Adoration  
will immediately follow the Mass.**

**The Sacrament of Reconciliation  
is offered Saturday 4:30–5:15 pm  
or by appointment by calling the  
church office.**

**1621 Boykin Blvd.  
Mobile, AL 36605  
251-479-9885**

**Church Email:  
ollparish@att.net  
Pastor's Email:  
padredudziak@gmail.com**



# OUR LADY OF LOURDES

**CATHOLIC PARISH**

**Rev. Marcin Dudziak Pastor**  
**Deacon Ed Connick**

*Our Parish*  
**COMMUNITY**

**February 24, 2019**  
*Seventh Sunday in Ordinary Time (C)*  
1 Sm 26:2, 7–9, 12–13, 22–23  
1 Cor 15:45–49  
Lk 6:27–38

## Finding Strength in the Cross

Arturo Mari, the photographer who followed St. John Paul II from the first to the last day of his pontificate, was once asked which of the millions of photos he took of the pope captured him best. He cited the ones of the pope holding his crozier, resting his head on it as he prayed during so many Masses around the world. This silver pastoral cross accompanied St. John Paul everywhere (at right) and was his constant companion in all of his sufferings.

It shows Jesus hanging from a cross that is literally bowing under the weight of his body. You can feel the pull of gravity drawing the victim down in desperation. The photos show St. John Paul resting his forehead on the back of the cross, lost in prayer.

The papal photographer said this image more than any other summed up the pontiff because, before becoming a public figure who changed world history, he was a man of prayer, deeply loving Jesus. He was a man immersed in prayer who spent hours on his knees in order to have the strength to stand with and for those who most needed him.

This is a lesson for us. In order to live the beatitudes, we need to lean on Jesus and find our strength in him. Resting ourselves on the empty side of the crucifix is the best place to learn to love like him and be strong like him.

—Fr. Mark Haydu, LC

### For Reflection

*Do I believe in the patience and love of Christ on the cross as the best show of strength?*

*[Jesus said,] "Give to everyone who asks of you, and from the one who takes what is yours do not demand it back."*

*Luke 6:30*

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**www.ourladyoflourdesparish.com**

**Monday**  
FEBRUARY 25  
*Weekday*  
Sir 1:1-10  
Mk 9:14-29

**Tuesday**  
FEBRUARY 26  
*Weekday*  
Sir 2:1-11  
Mt 9:30-37

**Wednesday**  
FEBRUARY 27  
*Weekday*  
Sir 4:11-19  
Mk 9:38-40

**Thursday**  
FEBRUARY 28  
*Weekday*  
Sir 5:1-8  
Mk 9:41-50

**Friday**  
MARCH 1  
*Weekday*  
Sir 6:5-17  
Mk 10:1-12

**Saturday**  
MARCH 2  
*Weekday*  
Sir 17:1-15  
Mk 10:13-16

**Sunday**  
MARCH 3  
*Eighth Sunday in Ordinary Time*  
Sir 27:4-7  
1 Cor 15:54-58  
Lk 6:39-45

**Our Lady Of Lourdes Parish**

Liturgy Committee

Altar Society

*Pray the Rosary and read the Bible daily.*

**Knights of Columbus**  
-and-  
**Ladies Auxiliary**  
**#8740**

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Spring  
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**March 2019** Adoration of the Most Blessed Sacrament follows each of the First Weekend Masses and lasts for 30 minutes.

Adoration of the Most Blessed Sacrament follows each of the First Weekend Masses and lasts for 30 minutes.

| Sun   | Mon   | Tue  | Wed  | Thu  | Fri  | Sat  |
|---|---|--|--|--|--|--|
|   |   |  |  |  | <b>1</b><br>Mass 8:00 am<br>Adoration 8:30 am—12 noon  | <b>2</b><br>1st Saturday Mass 8:00 am<br>1621 Drawing 9:00 am<br>Reconciliation 4:30 pm—5:15 pm<br>Vigil Mass 5:30 pm<br>Baptism Emma Thompson |
| <b>3</b><br>Mass 8:30 am & 11:00 am   | <b>4</b><br>Communion Service 8:00 am                                     | <b>5</b><br>Altar Society Meeting Cancelled<br>Mass 8:00 pm<br>Daughters of Mary Cancelled<br>Men of St. Joseph Cancelled                          | <b>6 Ash Wednesday</b><br>Mass 8:00 am<br>Mass 6:00 pm<br>No Bible Study | <b>7</b><br>Mass 8:00 am   | <b>8</b><br>Mass 8:00 am<br>Stations of the Cross 5:30 pm<br>Fish Fry following Stations of the Cross  | <b>9</b><br>Reconciliation 4:30 pm—5:15 pm<br>Vigil Mass 5:30 pm   |
| <b>10</b><br>Mass 8:30 am & 11:00 am<br>Knights of Columbus Breakfast 9:30am                          | <b>11</b><br>Communion Service 8:00 am                                    | <b>12</b><br>Young at Heart 12 Noon<br>Mass 5:30 pm<br>Daughters of Mary 6:00 pm<br>Men of St. Joseph 6:00 pm                                      | <b>13</b><br>Mass 8:00 am<br>Mass 6:00 pm<br>Liturgy Committee 6:30 pm   | <b>14</b><br>Mass 8:00 am<br>Catholic Culture Class 6:00pm         | <b>15</b><br>Mass 8:00 am<br>Stations of the Cross 5:30 pm<br>Fish Fry following Stations of the Cross | <b>16</b><br>Reconciliation 4:30 pm—5:15 pm<br>Vigil Mass 5:30 pm<br>St. Patrick's Party in the Parish Hall following 5:30 Mass                |
| <b>17</b><br>Mass 8:30 am & 11:00 am<br>Knights of Columbus Meeting & Ladies Auxiliary Meeting 9:45am | <b>18</b><br>Communion Service 8:00 am                                    | <b>19</b><br><b>St Joseph Spouse of the Blessed Virgin Mary</b><br>Mass 8:00 am & 5:30 pm<br>Daughters of Mary 6:00 pm<br>Men of St. Joseph 6:00pm | <b>20</b><br>Mass 8:00 am<br>Bible Study 6:00 pm                         | <b>21</b><br>Mass 8:00 am<br>Family Life Function for F.D. 6:00 pm | <b>22</b><br>Mass 8:00 am<br>Stations of the Cross 5:30 pm<br>Fish Fry following Stations of the Cross | <b>23</b><br>Reconciliation 4:30 pm—5:15 pm<br>Vigil Mass 5:30 pm  |
| <b>24</b><br>Mass 8:30 am & 11:00 am  | <b>25</b><br><b>The Annunciation of the Lord</b><br>Mass 8:00 am & 6:00pm | <b>26</b><br>Mass 5:30 pm<br>Daughters of Mary 6:00 pm<br>Men of St. Joseph 6:00pm   | <b>27</b><br>Mass 8:00 am<br>St. Vincent de Paul 6:00 pm                 | <b>28</b><br>Mass 8:00 am<br>Catholic Culture Class 6:00pm         | <b>29</b><br>Mass 8:00 am<br>Stations of the Cross 5:30 pm<br>Fish Fry following Stations of the Cross | <b>30</b><br>Reconciliation 4:30 pm—5:15 pm<br>Vigil Mass 5:30 pm  |
| <b>31</b><br>Mass 8:30 am & 11:00 am  |   |  |  |  |  |  |

|   |                    |  |                     |
|---|--------------------|--|---------------------|
| <b>2019</b>   |                    | <b>2018</b>  |                     |
| <u><b>Regular &amp; Holy Days Collection</b></u>  |                    |  |                     |
| Last Week   | \$2,244.00         | Total Regular & Holy Days Collection   | \$252,338.00        |
| 2019 Total Regular Collection   | \$27,937.00        | Total Parish Projects Collection   | \$53,968.00         |
| <u><b>Parish Projects</b></u>   |                    | <b>2018 Final Total Parish Contributions</b>   | <b>\$306,306.00</b> |
| 2019 Total Parish Project Collection  | \$2,663.00         | <b>Parish Projects Completed in 2018 with Parishioner Donations:</b>   |                     |
| <b>2019 Total</b>   | <b>\$30,600.00</b> | <b>Altar Steps</b>   |                     |
| <u><b>Parish Projects 2019</b></u>  |                    | \$11,750.00  |                     |
| In the coming weeks, our 2019 Pastoral Finance Council will finalize a list of possible projects which will be presented to the Parish by the President of the Council, Ken Kleinschrodt. Your generous donations last year resulted in a safer church campus and Sanctuary items that point us to Christ at each Mass. Thank you. Please pray for the Pastoral Finance Council as they begin their new term. |                    | <b>Monthly Project Collection Including Additional Donations for Exterior Lighting &amp; Exterior Cameras System</b> |                     |
|   |                    | \$18,974.00  |                     |
|   |                    | <b>Window Murals</b>   |                     |
|   |                    | \$15,400.00  |                     |
|   |                    | <b>Vestments and Altar Cloths</b>  |                     |
|   |                    | \$1,644.00   |                     |
|   |                    | <b>Statue of The Blessed Mother &amp; Tabernacle</b>   |                     |
|   |                    | \$2,700.00   |                     |
|   |                    | <b>High Altar Adoring Angels &amp; Pedestals</b>   |                     |
|   |                    | \$3,500.00   |                     |

## Prayer List

Rhonda Adams, Tim Anderson, Dale Andrews, Karen Andrews, Richard Anthony, Margaret Arns, Clara Autrey, Vivian Bacot, Philip Banagan, Bob Balzli, Anita Barclay, Katherine Berger, Dorothy Bertagnolli, Don Bertagnoli, Robert Bertagnolli, Bodeem Blankenship, Blake Blackston, Bethany Ann Boltz, Clement Boney, Toni Boney, Wayne Boone, Logan Bowers, Sara Bratt, Kateria Brewer, Miranda Brown, Jason Brown, Jean Brown, Paul Burch, Sr., Pat Burch, Lorrie Burgess, Conrad Burkhardt, David Burris, Marguerite Burris, McKenzie Butterwick, Boatie Campbell, Wendi Campbell, Ami Cheatham, Mary Myers Clark, Garrett Colvin, Evelyn Cooper, Helen Couch, Anita Cowart, Claudia Daniel, Patricia Davis, Susie DeWitt, Teresa Dezenburg, Lemuel Dickinson, Daniel Dorrierty, Roberta Dukes, Dodie Dumas, John Edwards, Josh Ellis, George Erickson, Johnny Finch, Lynne Floyes, Raymond Floyes, Eilyn Fowler, Louise Frontz, Randy Fuller, Janet Gafford, Tim Frontz, Logan Frye, Ron Garrick, Ashley Girty, Guillermo Gomez, Marilu Gomez, Joyce Goodman, Walter Grimes, Greg Hampton, Irene Guess, Margaret Guess, Colleen Hill, Kate Hodge, Diana Holifield, Keith Holified, Randy Hooks, Buddy Hulkan, Alaina Hulsey, Chrissy Irby, Elyssa Jacobs, Erin Jackson, Henry Johnson, Joshua Johnson, J.S. Johnson, Kaleb Johnson, Ginny Johnston, Mary Ann Keith, Billy Kenny, Patrick Kenny, Marshall Kern, Ed Kimbrough, June King, James King Jr., Philip Larson, Polly Lartigue, Alfred Leonard, Matthew Lewis, Diane Little, Nancy Cowart Little, Beth Ellen Lloyd, John Loden, Fred Lorge, Joan Lorge, Paul Lyle, Mary Martin, Amanda McDonald, Charles McDonald, Lisa McDonald, Shirley McDonald, Donna Magaldine, John Martin, Trissie Martin, Kamden McKeough, Stephanie Melton, Helen Merchant, Dolores Merren, May Merren, Alana Voivedich Mey, Louis Meyers, Priscilla Miller, Archie Moore, Margaret Moore, Marcie Morrow, Cindy Mount, Garrett Mount, Ernestine Murrill, Blake Myers, Michael Myles, Paul Naylor, Tiffany Neese, Wally Neese, Margaret Noel, Ella Rose Norris, Kelly North, Mike Nunnery, Darlene O'Rourke, Carol Padgett, Agnes Parker, Summer Patterson, Alex Paneda, Lita Paneda, Barbara Phillips, Randy Phillips, Dana Pickel, Sue Pitt, Tracey Ransom, Rennie Pitt, Jr., Kelly Powell, Elizabeth Purcell, Holley Reese, Serina Reeves, Gerald Resso, Belinda Richard, Terri Richey, Jimmy Robinson, Marlen Rodriguez, Robert Salva, Jun Santiago, Richard Santiago, Michelle Saynor, Laura Lee Seargent, Grayson Scott, Patsy Sealy, Simon Schum, Stevie Shaw, Kay Shaw, Briley Shirah, Dorothy Simon, Larry Snow, Allison Spillman, Curtis Steiner, Rita Steiner, Sally Stokely, Todd Stringfellow, Chuck Sullivan, Ronald Summerlin, Cecilia Taylor, Charles Taylor, Barbara Thomas, Eddie Thomas, Gwen Thomas, Rita Tillman, Robert Todd, Belinda Tomplait, Cecil Tucker, Dede Unger, Tyler Upton, Nita Van Devender, Norma Villanueva, Anna Visperas, Rudy Visperas, Ida Vrazel, Gerald Vrazel, Frances Ward, Wayne Ward, Gary Warner, Albert Washington, Sallie Washington, Brad Wells, Mark Westbrook, Ralph Wheat, Marlene Whisenant, Leroy Wiese, Stephen Weise, Kenny Wiggins, Buddy Wilder, Heather Willamor, Bubba Williams, Kelly Wilson, Shelly Wilson, Agnes Worley, Ashley Wypick, Carol Ziebert, Christopher Zimmerman.

2019 Numbers Available for  
1621 Club

|             |             |             |             |             |             |
|-------------|-------------|-------------|-------------|-------------|-------------|
| 41          | 278         | 537         | 748         | 1036        | <b>sold</b> |
| 42          | 312         | <b>sold</b> | 749         | 1037        | 1309        |
| <b>sold</b> | <b>sold</b> | <b>sold</b> | <b>sold</b> | 1038        | <b>sold</b> |
| 64          | 329         | <b>sold</b> | 755         | <b>sold</b> | 1350        |
| <b>sold</b> | 339         | 548         | 764         | 1045        | 1398        |
| 115         | 342         | 553         | 771         | 1078        | 1417        |
| 128         | 343         | <b>sold</b> | 781         | 1082        | 1418        |
| 135         | 345         | 563         | 788         | 1096        | 1421        |
| 136         | 355         | 565         | 795         | <b>sold</b> | 1426        |
| 138         | 364         | 574         | 800         | 1112        | 1438        |
| <b>sold</b> | 378         | 578         | 825         | 1127        | 1441        |
| 147         | <b>sold</b> | <b>sold</b> | 835         | 1134        | 1456        |
| 148         | 389         | 616         | <b>sold</b> | 1139        | 1458        |
| 155         | 392         | 626         | 861         | 1175        | 1459        |
| 171         | 396         | 630         | 895         | 1176        | 1471        |
| 174         | 457         | 634         | 905         | 1185        | 1486        |
| <b>sold</b> | 458         | <b>sold</b> | 938         | 1194        | 1496        |
| 183         | 462         | 648         | 939         | 1213        | <b>sold</b> |
| <b>sold</b> | <b>sold</b> | 650         | 940         | <b>sold</b> | 1514        |
| 212         | 477         | 659         | <b>sold</b> | 1248        | <b>sold</b> |
| <b>sold</b> | 480         | 692         | 950         | 1261        | 1526        |
| <b>sold</b> | 485         | 695         | 952         | 1263        | <b>sold</b> |
| 226         | 490         | <b>sold</b> | 971         | 1265        | 1537        |
| 227         | 492         | <b>sold</b> | 985         | 1269        | <b>sold</b> |
| 231         | 493         | 714         | 988         | 1274        | 1540        |
| 243         | 494         | 730         | <b>sold</b> | <b>sold</b> | 1546        |
| 247         | <b>sold</b> | 734         | <b>sold</b> | 1292        | 1560        |
| <b>sold</b> | 516         | 735         | <b>sold</b> | 1297        | 1565        |
| 261         | 524         | 744         | 1033        | <b>sold</b> | 1577        |
|             |             |             |             |             | 1580        |

**Get Your March #'s Now!  
Drawing is this Saturday!**

**Call the Church Office to get your numbers!**

## Week-At-A-Glance

|                          |                  |
|--------------------------|------------------|
| <b>Monday</b>            | <b>02/25/19</b>  |
| Office Hours –closed     | Working Remotely |
| Communion Service        | 8:00am           |
| <b>Tuesday</b>           | <b>02/26/19</b>  |
| Office Hours –closed     | Working Remotely |
| Mass                     | 5:30 pm          |
| Daughters of Mary        | 6:00pm           |
| Men of St. Joseph        | 6:00pm           |
| <b>Wednesday</b>         | <b>02/27/19</b>  |
| Office Hours –closed     | Working Remotely |
| Mass                     | 8:00 am          |
| Prayer Group             | 8:30 am          |
| Bible Study              | 6:00 pm          |
| <b>Thursday</b>          | <b>02/28/19</b>  |
| Office Hours –closed     | Working Remotely |
| Mass                     | 8:00 am          |
| Family Life              | 6:00 pm          |
| <b>Friday</b>            | <b>03/01/19</b>  |
| Office Hours –closed     | Working Remotely |
| Mass                     | 8:00 am          |
| <b>Saturday</b>          | <b>03/02/19</b>  |
| 1st Saturday Mass        | 8:00am           |
| 1621 Drawing             | 9:00 am          |
| Reconciliation           | 4:30 pm—5:15 pm  |
| Vigil Mass               | 5:30 pm          |
| Baptism of Emma Thompson |                  |



**SATURDAY  
FEBRUARY 23**

**5:30 PM  
+HARTLEY BRABNER**

**SUNDAY  
FEBRUARY 24**

**8:30AM  
+FOR PARISHIONERS**

**11AM  
+ BUD & RENA WACKER**

**11AM**  
**+ BUD & RENA WACKER**

**MONDAY  
FEBRUARY 25  
8:00 AM  
COMMUNION SERVICE**

**8:00 AM  
COMMUNION SERVICE**

**TUESDAY**  
**FEBRUARY 26**

**5:30PM**  
**+MARY PACE**

**WEDNESDAY**  
**FEBRUARY 27**

**5:30PM  
+MARY PACE**

**FEBRUARY 27**  
**+ JANE CASTELIN**

**THURSDAY**  
**FEBRUARY 28**

**8:00 AM**

**+ JANE CASTELIN**

8:00 AM  
+MSGR. JAMES DORRILL

FRIDAY  
MARCH 1

8:00 AM  
+MARY PACE

8:00 AM  
+MSGR. JAMES DOUGLAS

**SATURDAY  
MARCH 2**

**8:00 AM  
+JANE CASETLIN**

**5:30 PM  
+HARTLEY BRABNER**

**8:00 AM**  
**+MARY PACE**

**SATURDAY  
MARCH 2**

**SUNDAY  
MARCH 3  
8:30 AM  
FOR PARISHIONERS**

**5:30 PM  
HARTLEY BRABNER**

11:00 AM  
+BUD & RENA WACKER  
*(S.I.) SPECIAL INTENTION*

**11:00 AM**  
**+BUD & RENA WACKER**

**(S.I.) SPECIAL INTENTION**



# OUR LADY OF LOURDES

CATHOLIC PARISH

## The 7 Deadly Sins

**PRIDE:** an excessive love of self or the desire to be better or more important than others.

**LUST:** an intense desire, usually for sexual pleasure, but also for money, power, or fame.

**GLUTTONY:** over-consumption, usually of food or drink.

**GREED:** the desire for and love of possessions.

**SLOTH:** physical laziness, also disinterest in spiritual matters or neglecting spiritual growth.

**ANGER OR WRATH:** uncontrolled feelings of hatred or rage.

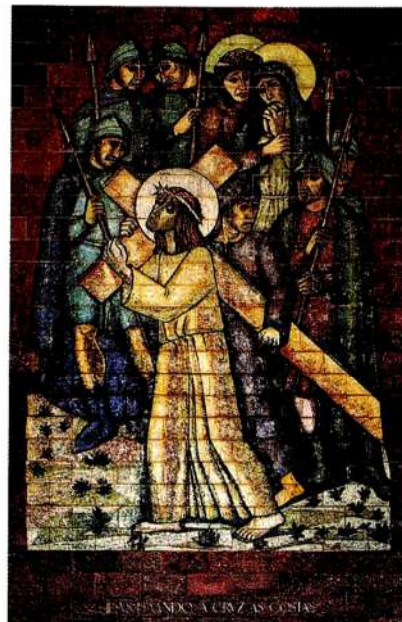
**ENVY AND JEALOUSY:** sadness or desire for the possessions, happiness, talents, or abilities of another.

### One Add-In

The next step in 1-1-1 Lent is to add one thing of God that you haven't been doing to your routine. Because we are all so busy, it's a good idea to not just pick an add-in, but to schedule a regular time when you put it on your calendar so you don't "forget."

Ideas for add-ins are pretty much endless, but some include:

- ▶ Go to Mass, in the middle of the week
- ▶ Attend the Stations of the Cross as a family
- ▶ Read a Gospel
- ▶ Volunteer at a social ministry
- ▶ Get up early to pray



SHUTTERSTOCK

### One Give-Up

Giving up something for Lent has been part of the Church almost since the beginning. While giving up sweets and alcohol are time-honored, consider giving up one thing that you really like or enjoy. Just make sure it is something that lets you feel the deprivation and is at least a little bit challenging. Make it difficult but doable.

- ▶ Fast from fault finding and nagging, and fast from a critical tongue or a closed mind.
- ▶ Give up impulse purchases.
- ▶ Give up an unhealthy habit, like smoking.
- ▶ Limit the time you watch TV or surf the web.
- ▶ Give up fast food and donate the money you save.



SHUTTERSTOCK

### The Lenten Prayer of St. Ephrem the Syrian

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love.

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

By Fr. James Shafer



# OUR LADY OF LOURDES

CATHOLIC PARISH

Our Lady of Lourdes  
2019 Lenten Retreat  
is scheduled for:

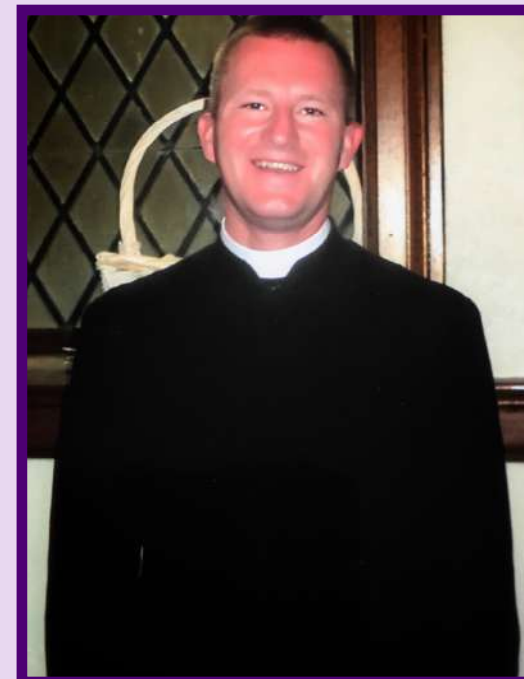
**April 5-12, 2019**

The theme this year will be:

*Incarnation, Life, Death, and the  
Resurrection - What For?*

Our Retreat Master will be:

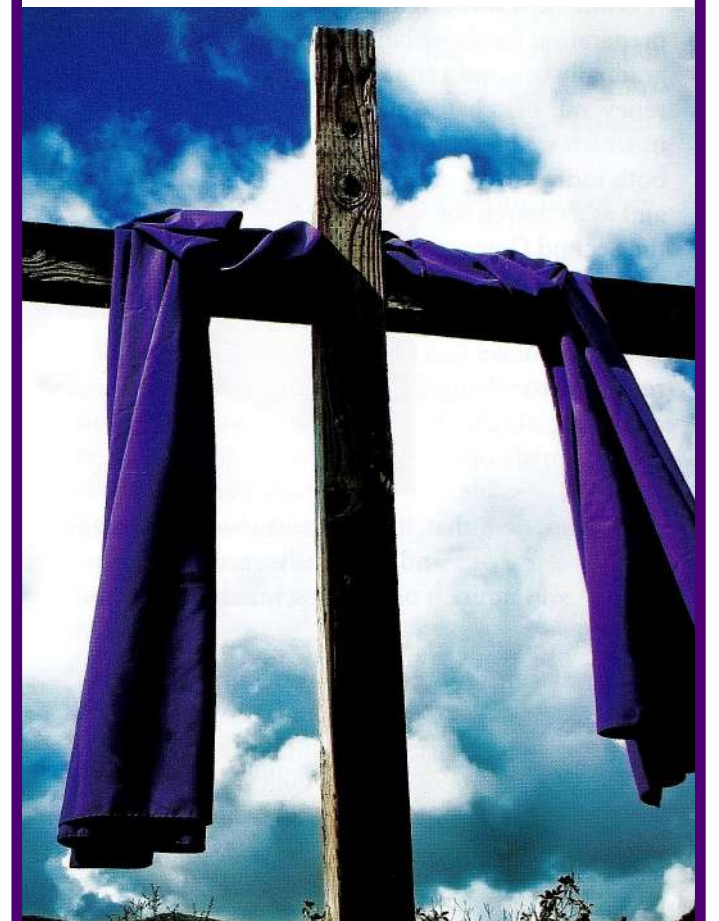
*Fr. Sebastian Kos*



Archdiocese of Hartford, CN

# LENT

## 2019



Lenten Retreat  
April 5- 12, 2019  
8 AM & 6 PM

Mass and Conference at Each Session



# OUR LADY OF LOURDES

CATHOLIC PARISH

## Our Lenten Retreat

Lent lies at the very heart of our Catholic faith. Each year, on Ash Wednesday, we begin our Lenten retreat. We are blessed with ashes, reminding us that we are dust, and to dust we will return. For the next 40 days we are led into the desert of our own hearts to look within, face our sins, and ask for God's mercy.

While Lent was originally intended as a time of preparation for those being baptized at Easter, it gradually became a time when all of us get ready to renew our own baptismal promises. It is the season in which we prepare both individually and as a Church for the Second Coming of our Lord and Savior. It is the season when we reflect on the dying and rising of Christ that has made our salvation possible.

Even more than that, it is the season when we enter into Christ's dying and rising as we seek to purify, cleanse, and nourish our bodies, minds, and souls.



SHUTTERSTOCK

DESIGNPICS

*"Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God, and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our baptism."*

— Pope Emeritus Benedict XVI

## From the Beginning

Lent has been a part of the Church year from the earliest days. At the Council of Nicea in 325, the bishops were already talking about the "40 days of Lent." By the end of the fourth century, St. Cyril of Jerusalem was presenting pre-baptismal instructions called Catechetical Lectures, and Pope St. Leo was teaching that the faithful must "fulfill with their fasts the apostolic institution of the 40 days."

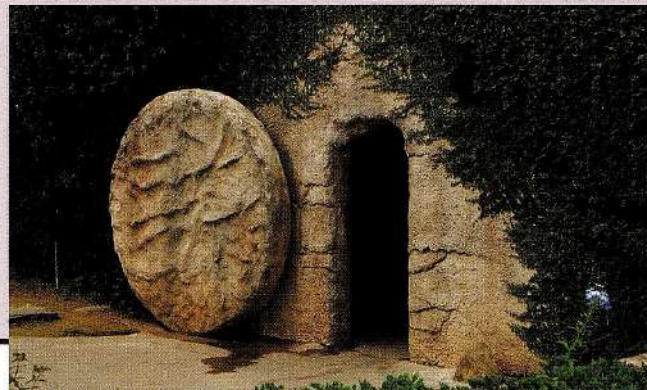
Forty days was chosen as the time of preparation because it was symbolic of the 40 days Jesus spent in the wilderness before embarking on his public ministry: "Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterward he was famished" (Matthew 4:1-2). Forty days also recalls the 40 years that the Israelites wandered in the desert before entering the Promised Land.

## Time of Joy

Lent is a time of sacrifice and discipline, but it should not be a time of sadness. Instead it should be a season of great joy. The first Preface for the Mass in Lent clearly reminds us of this:

For by your gracious gift each year your faithful await the sacred paschal feasts with the joy of minds made pure.

As Christians we are stirring up our faith and love for God and each other so that, on Easter, we are ready to meet the risen Lord refreshed and restored.



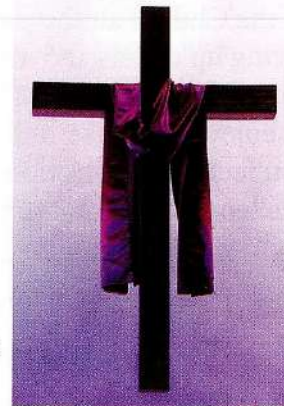
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# OUR LADY OF LOURDES

CATHOLIC PARISH

## KEEP IT SIMPLE SINNER

The best Lent is one in which we enter the season wholeheartedly. All too often people either take on too much or don't take on enough. The solution is to simplify our disciplines, focus our intentions, and concentrate more clearly on our spiritual goals.

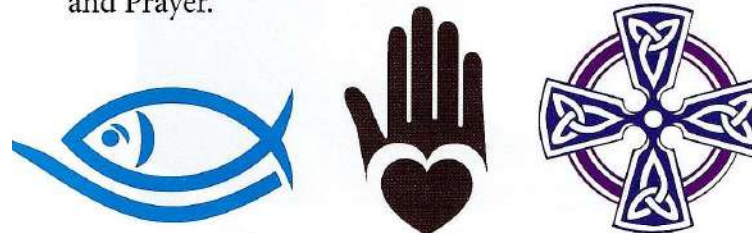


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## The Big Three

(Matthew 6: 3-4, 6, 17-18)

We aren't just spiritual beings. We are also physical entities, and the way to the soul is through the body. That's why Lenten discipline has historically centered on the "Big Three" of Fasting, Almsgiving, and Prayer.



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**FASTING** is not just a spiritual diet. By denying our bodies, our physical hunger reminds us of the hunger of our souls for God, our longing for a deeper relationship with Our Lord.

**ALMSGIVING** teaches us to separate ourselves from material possessions. By freely giving of our money and possessions, we learn to trust the Lord more deeply for our own daily needs.

Finally, an emphasis on **PRAYER** during Lent is a way to stir up our love and ardor by having a deepening conversation with the Almighty. Remember that the light of God's love shines more brightly in the darkness of the recognition of our own sinfulness.

To keep it simple this Lent, try the 1-1-1 Plan:

**one sin, one add-in, one give-up.**

1. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others.
2. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossibly busy schedule!).
3. Deny yourself something you really like or are attached to.

## One Sin

Most of us, if we are honest, know at least one area of sin to focus on during Lent. If you aren't sure, or are having trouble narrowing it down, use the traditional Seven Deadly Sins as a guide. (Contrary to what one may gather from all the emphasis on sex these days, there are six deadly sins besides lust!) In fact, some of the other deadly sins are even deadlier, especially pride, or self-love, which Saint Thomas Aquinas called, "the cause of every sin."

If you need help in identifying which sin to concentrate on this year, ask God in prayer to reveal it to you. If you still aren't sure, ask your family or close friends. Just be sure you are willing to listen to them and accept their assessment.

