

Bulletin Announcements for the 6 weeks of Lent, as well as Feb. 15th

February 15: Preparing for Lent

The season of Lent begins on Ash Wednesday, February 18th. Each one of us needs cleansing and healing in our lives and so the 40 days of Lent are a call to enter this time of “purification and enlightenment.”

However, before we turn our attention to faults, failures and making sacrifices, we want to focus on God’s love and review the ways in which He has blessed us. Our starting point in preparation for the season of Lent is to realize and remember what God has done for us, recently or even looking farther back. And, of course, we want to be thankful! For the next several days, set aside some quiet time to think of five different things each day for which you are thankful to Jesus. The list could include such things as your spouse, health, children / grandchildren, food, a warm house etc. Remembering and thanking God for His generous love is the best way to enter Lent, and, to continue this practice throughout Lent.

February 22nd - 1st Sunday of Lent: The Primary Focus of Lent: God’s Love

Our relationship with God should always begin with a realization of His deep, deep Love for us and how He continues to pour out this love upon us daily in very concrete ways. This is always the starting point in our relationship with Him! And gratitude flows naturally as we ponder this love. During the 40 days of Lent, let us start by recalling some of God’s blessings the past few days. Name five things for which you are thankful, such as taking time for a conversation with someone, reading a book with a child, a beautiful sunset, etc.

The next step is that we realize that we fail in response to this Love and that is what we examine with Jesus’ help in order to eliminate any of our personal failures that would block our ability to receive His Love. Repentance means to turn away from sin and then turn toward God. Let us seek the beauty of a deeper friendship with Jesus, which brings peace and joy, and turn our backs to the ugliness of sin, which brings turmoil, discontent and ultimate misery. A great way to start is to acknowledge the sin and then be set free from it by speaking it out in the Sacrament of Confession. We can’t be set free from sin unless we first acknowledge that it is there.

March 1 – 2nd Sunday of Lent Remembering God’s Goodness and Acknowledging Our Sin

An important component of our Lenten journey is to realize and remember what God has done for us. Jesus proved His love for us as He gave His life for us on the cross that we might spend eternity with Him in perfect bliss. The foundation of our Lenten practices needs to be based upon thanking Jesus for His kindness, generosity and self-sacrificial love. Take time to look back over the day to see where you have experienced His kindness and generosity.

Repentance is a major focus during the season of Lent. Repentance means to turn away from sin and then turn toward God. A good way to enter into the spirit of repentance is by making a good confession. Jesus instituted the Sacrament of Reconciliation because we need healing from the effects of personal sin after Baptism. The Sacrament of Reconciliation is a Sacrament of Healing, as Jesus – the Divine Physician – restores our soul to innocence, freedom and a peaceful calm.