

+ LENT 2019 ST THERESE OF LISIEUX PARISH

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2019

***"For the creation waits with eager longing
for the revealing of the children of God" (Rm 8: 19)***

Dear brothers and sisters, the "lenten" period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin (cf. Mk 1:12-13; Is 51:3). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

From the Vatican, 4 October 2018

Feast of Saint Francis of Assisi

We are invited to read the complete letter of his Holiness a copy is posted in the church.

MAKE SMART GOALS FOR LENT **K.I.S.S: KEEP IT SIMPLE SERVANTS**

SMART GOALS

S

SPECIFIC

State exactly what you want to accomplish.

M

MEASURABLE

Use smaller, mini-goals to measure progress.

A

ACHIEVABLE

Make your goal reasonable.

R

REALISTIC

Set a goal that is relevant to your life.

T

TIMELY

Give yourself time, but set a deadline.

With 3 PILLARS: Pray, Fast, Almsgiving

For examples

1 - You can join us every day. We say the liturgy of the hours every morning 30 minutes before Mass. at 8:30 am book are available

2- You can sign up to adore the LORD during the exposition of the Blessed Sacrament every Friday from 10:00 am to 7:00 PM follow by the stations of the cross

Penitential psalms

3- You can pray with 7 Penitential Psalms: 6 – 32- 38 – 51 – 102- 130 – 143

4- Go to confession before Easter.

5- You can come in Church every day at 3:00 pm to say the Divine Mercy chaplet follow by the Stations of the Cross.

6- You can Adopt someone to pray for; it you could be a priest, a religious sister etc.

7- Share wisely your time, talent, and treasure with the needy

+ LENT

Let's **E**liminate **N**egative **T**hinking

FAST & ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Read Mt 25

Corporal Works of Mercy

- Feeding the hungry
- Sheltering the homeless
- Clothing the naked
- Visiting the sick
- Visiting the imprisoned
- Giving drink to the thirsty
- Burying the dead

Spiritual Works of Mercy

- Converting sinners
- Instructing the ignorant
- Advising the doubtful
- Comforting the sorrowful
- Bearing wrongs patiently
- Forgiving injuries
- Praying for the living and dead

Remember the **Kiss** principle: **K**eep it **S**imple **S**ervants
Do your **best** God will do the **rest**