

## ***Lent 2018***

***Wednesday, Ash Wednesday, February 14, began Lent 2018. It is for Christians the beginning of spiritual journey. It is always a day of prayer and penance. A day when fasting and abstinence is observed. Fasting is to be observed by Catholics, those ages 18 through 59. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence from meat is obligatory for all Catholics age 14 and older. Lent is much more than that or not eating meat on Fridays (of Lent for those 14 and older) and *Fishfries* . It is a time of conversion, grace, and new direction. What is the way? What are we to do? We are to pray. We are to fast from what we do not really need. We are to share. We are to do more rather than less. Why not plan on going to daily Mass, participating in our parish's Lenten devotions (Eucharistic Holy Hour, Stations of the Cross, Sacrament of Reconciliation)? You might plan on reading the Bible, spiritual literature, the lives of the Saints, and praying the Rosary with family and friends. Take more time for personal prayer. Participate in the Rice Bowl Lenten Project...sharing in order that others might have enough. Join our faith community, and nearly 14,000 Catholic communities across the United States, in a life-changing Lenten journey of encounter with CRS Rice Bowl. There is even a CRS Rice Bowl app that can be downloaded. Pray these 40 days truly help us to be a salvific Lenten journey to the glory of Easter and new life in the Lord. One further thought, consider meditating daily, as a Lenten help the words used in imposition of ashes on Ash Wednesday: "Remember you are dust, and to dust you shall return." "Repent and believe the Gospel." *Blessings on our Lent 2018!*  
*Father John Terzano, Mother of Sorrows Parish, Peninsula****