

St. Louis Catholic Church

Tuesday, March 8

Greetings to all on this FAT Tuesday. Eat, drink and be merry for tomorrow we fast. Lent does begin with Ash Wednesday. Hopefully, on most days I am going to try to give a small reflection or suggestion on the meaning of this Holy Time. If any of you want to share a thought or saying, please feel free to send it to me and I might incorporate it and will certainly give credit to you.

How can we make this a personal grace filled 40 days?

- 1) Get your forehead marked with ashes and display them all day long. We tell people that we are Catholic; that we are mortal and that we want to change. We become a visible sign to our world that there is something beyond ourselves.
- 2) We are blessed at St. Louis to have 3 daily Masses. 6:15 a.m., 8:15 a.m. and 12:00 Noon. Find time to come and be fed daily or several times daily by the word and the Bread of Life.
- 3) Ash Wednesday is a day of fast--one main meal--and abstinence--no meat. The Fridays of Lent are all days of abstinence. Maybe fast from some special food for the whole 40 days.
- 4) Fast can also be from gossip, judging, condemning and any other sin that prohibits God's light from shining.
- 5) Pray every day. Set time aside. Turn off the distractions for 10-15-30 minutes or an hour. Pray to God. Read and reflect on the scripture.
- 6) Come spend up to an hour in the Bread of Life Adoration Chapel--come into the Church. Parents when you drop off or pick up children, stay for Mass in the morning or come early and make a visit to the Blessed Sacrament in the afternoon.
- 7) Find service for you and your family to do to help others. 24 Hours for the Lord is our Lenten program to be the Hands of Christ. Call the office or read the card sent to you last week.
- 8) Go as a family to Planned Parenthood for an hour of peaceful prayer and vigil--40 Days for Life is an opportunity to promote the sacredness of life from womb to tomb. Call the office if you want to find an available hour that is not covered or just go on your own.
- 9) Ask yourself; what should Lent mean to me? It is springtime for our souls. Am I living in a way that reflects God's life within me? Am I salt and light to others? Am I ready to meet the Lord if death should come unexpectedly?
- 10) Go to confessions--Tuesdays and Thursdays 5:00-6:00 p.m. 4 days during the week there are scheduled confessions. Call a priest if you would rather make an appointment.

11) During Lent we will again be called to support the Bishop's Annual Appeal. Let's reach 100% participation in this our 40th Anniversary. God called us to be light in West Tennessee. Let each of us--individuals and families--say "yes" and participate. Sometimes we deny our Catholicity when we fail to share our time, talents and treasure.

12) Pray the Rosary daily.

13) Pray for and encourage relatives and friends who are inactive or who have left the Church Christ founded to come home.

14) Stations of the Cross are every Friday evening at 5:30 p.m.

This is just a start and a few ways to make the best of this Holy opportunity. Pray--Fast--Almsgiving (money and self). Prayer is for the good of the soul. Fasting is for the good of the body. Almsgiving is for the good of your neighbor. It is also a way to fulfill Christ's command. Love God with your heart, mind, and soul. Love your neighbor as yourself.

God Bless You,
Happy and Holy Lent,
Msgr. John McArthur