



St. Edward's Parish

2085 Maple Bay Road, Duncan, B.C. V9L 5L9
Phone: 250-746-6831 / Fax: 250-748-5363
Email: ed123a@shaw.ca
Website: www.stedwardsduncan.com

February 10th/11th, 2018

6th Sunday in Ordinary Time

Pastor: FATHER STEPHEN PAINE
Emergency: 250-746-6831

OFFICE HOURS

Tuesday to Friday 8:30 a.m. to 5:00 p.m.
Secretary: 250-746-6831 *Sherriden Clements*
Bookkeeper: *Jackie Brimacombe*
Children's Faith Formation Coordinator: *Debbie Fernandez*
Parish Pastoral Council Chair: *Carol deBruin*
250-746-4019/Email: cdebruin@shaw.ca

Queen of Angels Roman Catholic School:
250-746-5919 *Kathy Korman, Principal*

MASS TIMES

-ST. EDWARD'S CHURCH-

Saturday Reconciliation 4:00-4:30 p.m.
(or by appointment)
Mass 5:00 p.m.

Sunday Reconciliation 9:00-9:30 a.m.
(or by appointment)
Mass 10:00 a.m.

Tuesday Mass 6:30 p.m.

-ST. CLARE'S MONASTERY-

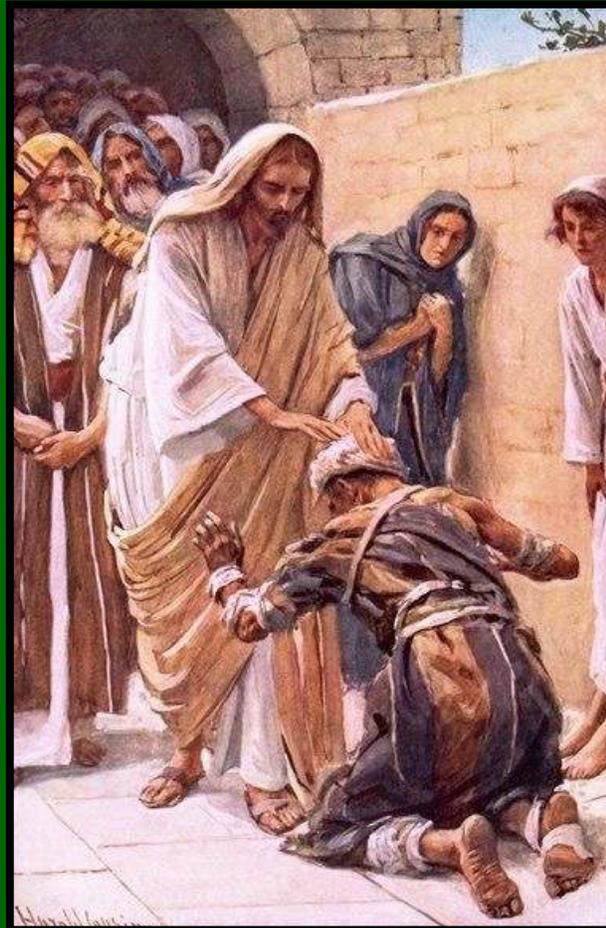
2359 Calais Road, Duncan

Tuesday to Friday
Mass 9:00 a.m.

-SUNRIDGE PLACE-

361 Bundock Avenue, Duncan

Friday Mass 11:00 a.m.



St. Edward's Parish Mission Statement

We, the people of St. Edward's reaffirm our belief that we are children of God, created in love, diverse and unique. We believe that through our common Baptism, and by the power of the Holy Spirit, we are called to be Christ for one another and to foster unity with all peoples. We accept the challenges of living according to Gospel Values, and to invite all sisters and brothers to share this journey with us.

In the same way that leprosy separated people from their communities until they were healed, sin separates us from God until we ask for forgiveness and healing. Let us have the faith of the leper in today's Gospel, and believe in the healing words and touch of Jesus when it is our time to need forgiveness.

Pray, Read, Discuss for This Week

Leviticus 13: 1-2, 45-46; 1 Corinthians 10:31-11.1; Mark 1:40-45

“Sin separates us from God.”

Do you remember as a child being told by your Catholic teacher to put the letters "J M J A", on your work sheets, essays and tests? This admonition was so strongly imbedded in me that I continued the practice even into public high school. "J M J A" of course stands for "Jesus, Mary, Joseph, Ann." These letters and the admonition contained two lessons, namely, 1) in everything remember Jesus and invoke His name and the names of His family, and, b) do everything to the glory of God. Doing "everything to the glory of God" is a lesson straight out of our second reading today. In his 1st letter to the Corinthians, St. Paul says, "whether you eat or drink, or whatever you do, do everything for the glory of God." This admonition is a powerful statement on the true worth of any one moment and of any particular activity. To do any particular activity for any other purpose is to make of that activity an offering to an idol, to a false god. On the other hand, to do any particular activity to the glory of God is to offer a sacrifice united to that of Jesus on the Cross, for the true redemption of the world, of time, of history, and of our actions. To do everything to the glory of God is to invite God into every moment and to invite God to reveal His glory in every moment of our lives. When we make this prayer and when we do everything to the glory of God, sometimes we will see God's presence, but sometimes the glory of God in the moment will be seen by somebody else. How often we see something done by someone else and we behold a moment of true divine glory.

Not to do everything to the glory of God is to sin, and what heartbreak occurs in the heart of someone so desperately in need of seeing God's glory in the moment, when the moment is corrupted, spoiled and wasted. Without much effort we can detect many moments in our culture that are truly wasted in the pursuit of power, dominance, or destruction.

Do everything for the glory of God. Everything! If we do everything for the glory of God, our lives will be rich in meaning and value beyond measure!

Lent approaches. Let us bring to our consciousness some particular part of our lives that we need to reform and which we need to live more fully "to the glory of God." Through the traditional Lenten disciplines of abstinence, alms-giving and prayer, let us turn those moments over to God in Lent and afterwards so that HIS glory, and not our own will and ambition, becomes evident to the world.

Blessings,

Fr. Stephen

Parishioners of St. Edward's want to thank the students, and staff of Queen of Angels School, for the delicious and elegant tea served Monday, February 5th, at their Open House. It was absolutely delightful to be served by polite and poised Grade Nine students, to eat sumptuous scones prepared by a staff member, and to be entertained by the Kindergarten class and Grades One and Two.

It was particularly heart warming to witness the loving, respectful atmosphere between students and staff, and the calm, creative, encouraging and up-to-date learning environment the students have and enjoy.

We are grateful to the teachers for all their hard work, attention to details, and their commitment and dedication to the children of Queen of Angels. It is obviously more than a "job" as evidenced on Monday. It is a "calling" these teachers and staff have as they live and breathe the Gospel, as they live and work in the love of Jesus, and, as they give of their life far beyond the ordinary. They truly know what 'going the extra mile' means.

It was an honour and a privilege to be with you on Monday. From our welcoming upon arrival, to exploring classrooms and mingling with students, and finally, the lovely tea and our departure, your hospitality was evident and appreciated.

We are deeply grateful and thank you from the bottom of our hearts.

Thank you!

Please pray for the following who are in special need of God's healing and for their families and care givers.

Anne Welch	David Russell	Paul Boray
Fred Kelly	Yvonne Gill	Justin Moore
Thomas Kay	Kim Gunn	Arlene Laughren
Steve Barkanyi	David McMahon	Tom Phillipson
Annetta Anderson	Susan Ferguson	Tony Aquino
Janine Lauzon	Laurence Vander Peet	Ashley Pifko
Kirby Flegel	Rick Zuback	Margaret Fay
Brenda Whelan	Frank Laszczyk	Terry Thorpe
Paulette Nelson	Bob Goehring	Naomi Prodahl
Jan Spencer	Hugh Bennett	Kay Walls
Tim Cech	Jerome Schumack	Tess Nessman
Evert Jones	Myra Charlie	Germaine Wilson
Terry Wlodarczyk	Jesse Xavier	Jim Kocurek
Marie Patterson	Bob Kozijn	Wanda Regan
Emiko Nicol	Verna Simard	Brian Senger
Debbie Warren	Theresa	Elliott Hunter
Norm Yano	Mary Russell	Carl McCauley
Lorne Campbell	Bob Crane	John Meade
Don Plumber	Madeline Bremner & family	Lois Cossar
Patsy Preshaw	Fr. Stephen Basarab	Alice Su
		Bill Cools

*Dear God,
Please embrace those who are sick and hurting today and let*

Infant Baptism Preparation Fr. Stephen Paine offers Baptism Preparation Classes for parents/guardians by appointment please arrange to meet Fr. Stephen way before the Baptism.

Anointing of the Sick

Formerly known as Last Rites or Extreme Unction, the Anointing of the Sick is a ritual of healing, appropriate not only for physical, but also for mental and spiritual sickness. please call Fr. Stephen Paine at the Parish Office.

Pastoral Care Visits While in the Hospital Privacy legislation in BC prevents the release of information regarding hospital admissions. If you or someone you love are admitted to a hospital and would like a visit from Fr. Stephen Paine or an Eucharistic Minister, please call your parish office to leave a message for Leslie Mathews.

RCIA — If you wish to become Catholic St. Edward's will offer a series of meetings called Rite of Christian Initiation for Adults. If you are interested in this program please contact

Fr. Stephen at 250-746-6831.

As you may remember, in January 2017, we introduced a fundraiser program which a few of our parishioners have participated in.

CO-OP PENINSULA CO-OP

By filling up at one of the Co-Op Peninsula Gas Stations while using St. Edward's Co-Op membership card, we receive a rebate cheque at the end of the year. The more of us who participate the larger the rebate.

If you would like to participate in this fundraiser but do not have a membership card, you may pick up one from the Parish Office. Only requirement is that you use the number on the card when gassing up.
Thank you

In Our Parish This Week

Sat	Feb 10th	4:15 p.m. Rosary before Mass in Conference Room 5:00 p.m. Mass at St. Edwards— Michael Richard+
Sun	Feb 11th	9:00 a.m. Rosary before Mass 10:00 a.m. Mass at St. Edward's—for all the people The Holy Family Committee will serve refreshments in the Church Hall after Mass today. 5:00 p.m. Youth Group Fundraiser—Spaghetti Dinner
Mon	Feb 12th	OFFICE CLOSED
Tues	Feb 13th	SHROVE TUESDAY 9:00 a.m. Mass at St. Clare's— Sr. Maureen Ryan+ 6:30 p.m. Mass at St. Edward's—Bart & Vera Connolly+ 7:00 p.m. KofC meeting in KofC Hall.
Wed	Feb 14th	ASH WEDNESDAY 9:00 a.m. Mass at St. Clare's— Ef & Mary D'Angelo+ 10:00 a.m. CWL Meeting in Church Hall 1:00 p.m. Q. of A. Mass—distribution of ashes 6:15 p.m. Children's Faith Formation Mass at St. Edward's—distribution of ashes 7:00 p.m.
Thurs	Feb 15th	9:00 p.m. Mass at St. Clare's - Sr. Clare, ofm 3:30 p.m. Adult Faith Formation—"The Art of Dying"
Fri	Feb 16th	9:00 a.m. Mass at St. Clare's - Irene Dame+ 11:00 a.m. Mass at Sunridge—Stephen Cronin+ 1:30 p.m. Exposition and Adoration
Sat	Feb 17th	4:15 p.m. Rosary before Mass in Conference Room 5:00 p.m. Mass at St. Edwards— Peter Tran+
Sun	Feb 18th	9:00 a.m. Rosary before Mass 10:00 a.m. Mass at St. Edward's—for all the people



GREETERS



The February / March Greeter Schedule is available at the back of the Church in the pigeon holes. Greeters please pick up the schedule that **your name** highlighted on the greeters List.

Thank you, Martha Courchene



Dear Parishioners:
Thank you, thank you, for all the contributions that were left in the foyer for Cuba. It's very touching to see how our parish comes to the help of those less fortunate. The many emails and phone calls were appreciated. All the financial contributions will go a long way to help. I know from having done this a few times, the Sisters of Immaculate Mary will be able to reach to those in need.

Blessing to all:
Mary and Gerry Hof

CATHOLIC WOMEN'S LEAGUE OF CANADA
ST. EDWARD'S COUNCIL

President
Francine Tournier
250-748-9831



Membership
Betty Hoskins
250-743-4908

KNIGHTS OF COLUMBUS NEWS
St. Edward the Confessor Council 4253
Don Snelling, Grand Knight

Do you need to rent a hall? The K. of C. Hall is available. Please call Bernie Langkammer for more information.
250-748-9333



All Creatures **Great** and Small

Grade 1 students at Queen of Angels School invited Fr. Stephen to their class last week to bless their "elephant". Can you imagine his surprise when he found out that their elephant was their pet hamster, Fluffy.

The next Knights of Columbus meeting will be held at the K. of C. Hall on Tuesday, February 13th at 7:00 p.m.

Ash Wednesday (February 14th) and Good Friday (March 30th)

are days of fasting and abstinence throughout the universal church. Fridays of Lent are also compulsory days of abstinence throughout the universal church. In Canada, Catholics may substitute an act of charity in place of abstinence (but not fasting). However, it is strongly encouraged that some form of penitential discipline be undertaken.

Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fasting and abstinence, the parish priest should be consulted. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance.

Prayer must accompany our Penitential discipline throughout the season. Perhaps take advantage of an extra Mass during the week, attend the Stations of the Cross or spend some time in Bible reading or Eucharistic Adoration. Climb Mt. Tzouhalem and pray at the base of the cross erected at the summit! Or if you are homebound, clutch a crucifix in your hands and, in a spirit of gratitude, mentally accompany the Lord on His journey to Calvary.

Please mark your calendar.....

PARISH LENTEN MISSION AT ST. EDWARD'S
March 11th to 14th, 2018

Theme:

"Do what you can, and then pray that God will give you the power, the grace to do what you cannot."

Fr. Frank Franz will be the facilitator.

TOUR OF ITALY



From Fr. Stephen:
Good news for those interested in our pilgrimage to Italy. We now have our dates: May 5th to May 18th, 2019. As well we have our itinerary. We will begin in Milan and end in Rome with many other pilgrimage sites in

between. We have had over 20 persons expressing interest but there are still spaces available. If you are interested please speak with Sherriden in the Parish Office or send her an email including your name, e-mail address and/or phone number.

Call the Parish office to start planning your trip!



Each Friday during Lent we have special devotions to mark the season and to assist us in our spiritual growth.
1:30 p.m. to 3:00 p.m. Exposition and Adoration
7:00 p.m. Stations of the Cross

Pope's 2018 Lenten Message

Because of the increase of iniquity, the love of many will grow cold
(Mt 24: 12)

Once again, the Pasch of the Lord draws near! In our preparation for Easter, God in his providence offers us each year the season of Lent as a "sacramental sign of our conversion".^[1] Lent summons us, and enables us, to come back to the Lord wholeheartedly and in every aspect of our life. With this message, I would like again this year to help the entire Church experience this time of grace anew, with joy and in truth. I will take my cue from the words of Jesus in the Gospel of Matthew: "Because of the increase of iniquity, the love of many will grow cold" (24:12).

These words appear in Christ's preaching about the end of time. They were spoken in Jerusalem, on the Mount of Olives, where the Lord's passion would begin. In reply to a question of the disciples, Jesus foretells a great tribulation and describes a situation in which the community of believers might well find itself: amid great trials, false prophets would lead people astray and the love that is the core of the Gospel would grow cold in the hearts of many.

False prophets

Let us listen to the Gospel passage and try to understand the guise such false prophets can assume. They can appear as "snake charmers", who manipulate human emotions in order to enslave others and lead them where they would have them go. How many of God's children are mesmerized by momentary pleasures, mistaking them for true happiness! How many men and women live entranced by the dream of wealth, which only makes them slaves to profit and petty interests! How many go through life believing that they are sufficient unto themselves, and end up entrapped by loneliness!

False prophets can also be "charlatans", who offer easy and immediate solutions to suffering that soon prove utterly useless. How many young people are taken in by the panacea of drugs, of disposable relationships, of easy but dishonest gains! How many more are ensnared in a thoroughly "virtual" existence, in which relationships appear quick and straightforward, only to prove meaningless! These swindlers, in peddling things that have no real value, rob people of all that is most precious: dignity, freedom and the ability to love. They appeal to our vanity, our trust in appearances, but in the end they only make fools of us. Nor should we be surprised. In order to confound the human heart, the devil, who is "a liar and the father of lies" (Jn 8:44), has always presented evil as good, falsehood as truth. That is why each of us is called to peer into our heart to see if we are falling prey to the lies of these false prophets.

We must learn to look closely, beneath the surface, and to recognize what leaves a good and lasting mark on our hearts, because it comes from God and is truly for our benefit.

A cold heart

In his description of hell, Dante Alighieri pictures the devil seated on a throne of ice,^[2] in frozen and loveless isolation. We might well ask ourselves how it happens that charity can turn cold within us. What are the signs that indicate that our love is beginning to cool?

More than anything else, what destroys charity is greed for money, "the root of all evil" (1 Tim 6: 10). The rejection of God and his peace soon follows; we prefer our own desolation rather than the comfort found in his word and the sacraments.^[3] All this leads to violence against anyone we think is a threat to our own certainties": the unborn child, the elderly and infirm, the migrant, the alien among us, or our neighbour who does not live up to our expectations.

Creation itself becomes a silent witness to this cooling of charity. The earth is poisoned by refuse, discarded out of carelessness or for self-interest. The seas, themselves polluted, engulf the remains of countless shipwrecked victims of forced migration. The heavens, which in God's plan, were created to sing his praises, are rent by engines raining down implements of death.

Love can also grow cold in our own communities. In the apostolic Exhortation *Evangelii Gaudium*, I sought to describe the most evident signs of this lack of love: selfishness and spiritual sloth, sterile pessimism, the temptation to self-absorption, constant warring among ourselves, and the worldly mentality that makes us concerned only for appearances, and thus lessens our missionary zeal.^[4]

What are we to do?

Perhaps we see, deep within ourselves and all about us, the signs I have just described. But the Church, our Mother and Teacher, along with the often bitter medicine of the truth, offers us in the Lenten season the soothing remedy of prayer, almsgiving and fasting.

By devoting more time to prayer, we enable our hearts to root out our secret lies and forms of self-deception,^[5] and then to find the consolation God offers. He is our Father and he wants us to live life well.

Almsgiving sets us free from greed and helps us to regard our neighbour as a brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! How I would like us, as Christians, to follow the example of the Apostles and see in the sharing of our possessions a tangible witness of the communion that is ours in the Church!

For this reason, I echo Saint Paul's exhortation to the Corinthians to take up a collection for the community of Jerusalem as something from which they themselves would benefit (cf. 2 Cor 8:10). This is all the more fitting during the Lenten season, when many groups take up collections to assist Churches and peoples in need. Yet I would also hope that, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God himself. When we give alms, we share in God's providential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God.[6]

Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbour. It revives our desire to obey God, who alone is capable of satisfying our hunger.

I would also like my invitation to extend beyond the bounds of the Catholic Church, and to reach all of you, men and women of good will, who are open to hearing God's voice. Perhaps, like ourselves, you are disturbed by the spread of iniquity in the world, you are concerned about the chill that paralyzes hearts and actions, and you see a weakening in our sense of being members of the one human family. Join us, then, in raising our plea to God, in fasting, and in offering whatever you can to our brothers and sisters in need!

The Fire of Easter

Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by

almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew.

One such moment of grace will be, again this year, the "24 Hours for the Lord" initiative, which invites the entire Church community to celebrate the sacrament of Reconciliation in the context of Eucharistic adoration. In 2018, inspired by the words of Psalm 130:4, "With you is forgiveness", this will take place from Friday, March 9th to Saturday, March 10th. In each diocese, at least one church will remain open for twenty-four consecutive hours, offering an opportunity for both Eucharistic adoration and sacramental confession.

During the Easter Vigil, we will celebrate once more the moving rite of the lighting of the Easter candle. Drawn from the "new fire", this light will slowly overcome the darkness and illuminate the liturgical assembly. "May the light of Christ rising in glory dispel the darkness of our hearts and minds",[7] and enable all of us to relive the experience of the disciples on the way to Emmaus. By listening to God's word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope and love.

With affection and the promise of my prayers for all of you, I send you my blessing. Please do not forget to pray for me.

From the Vatican, Pope Francis

1 Roman Missal, Collect for the First Sunday of Lent (Italian).

2 Inferno XXXIV, 28-29.

3 "It is curious, but many times we are afraid of consolation, of being comforted. Or rather, we feel more secure in sorrow and desolation.

Do you know why? Because in sorrow we feel almost as protagonists.

However, in consolation the Holy Spirit is the protagonist!" (Angelus, December 7th 2014).

4 Evangelii Gaudium, 76-109.

5 Cf. BENEDICT XVI, Encyclical Letter Spe Salvi, 33.

6 Cf. PIUS XII, Encyclical Letter Fidei Donum, III.

7 Roman Missal (Third Edition), Easter Vigil, Lucernarium.



Lent IS A TIME TO
GROW
CLOSER TO JESUS

10 Tips for the Best Lent

FR. ED BROOM, OMC

God gives in abundance, always, in all times and in all places! His goodness manifests itself most abundantly in His Mystical Body, the Church and concretely in the Church Liturgical Year. The two strong times of the year are Advent, which culminates in Christmas, and Lent which culminates in Holy Week and in the Risen Lord Jesus. To experience the fullness of the Paschal Mystery—the passion, death, and Resurrection of Jesus—we must live with generous heart and openness of spirit the season of Lent. Lent is both a gift and a Season of abundant graces. Why not decide right now to live this Lent with total generosity of heart, mind, soul, body, and emotions? Let us live out these forty days of graces and blessings as if it were to be the last Lent in our lives! Our life is short and time flies by and the clock never ticks backwards. We will offer ten simple Lenten practices so that indeed this Lent will be the best Lent in our lives. “If today you hear the voice of the Lord, harden not your hearts...”

1. Prayer

Instead of being Martha this Lent, why not try to imitate Mary of Bethany? What did Mary do, as Martha nervously and frenetically rushed to and fro? Mary simply sat at the feet of Jesus, looked at Jesus intently, listened attentively to His words, carried on a friendly and loving conversation, and simply loved Jesus. In Lent why not make the proposal- in imitation of Mary of Bethany—to pray a little bit more and better! Prayer delights the Heart of Jesus!

2. Reconciliation and Peace

If it is such that there is some person in your life that you have bitterness towards, resentment, maybe even hatred, then Lent is a most propitious time to reconcile. Build a bridge and knock down the barrier! In marriage homilies I often say to those about to be married that the three most important short phrases that couples should learn are: “I love you!” “I am sorry!” and “I forgive you!” Lent is time to throw out the old and rotting yeast and to be renewed in our social relationships!

3. Penance

Jesus said unequivocally: “Unless you do penance you will perish.” Give up something you like for love of God and for the salvation of souls. By saying “No” to self, we say “yes” to the invasion of God in our hearts! Beg the Holy Spirit for light to give up what is most pleasing to God!

4. The Bible, the Word of God

In the holy seasons of Advent and Lent the Church warmly exhorts us to have a real hunger for the Word of God. Jesus in response to the first temptation of the devil responded: “Man does not live on bread alone, but on every word that comes forth from the mouth of God.” May this Lenten season be motivated by a daily meditation of the Word of God! Use a prayer method suggested by Pope Benedict XVI called *Lectio Divina*: read, meditate, contemplate, pray, and action—put into practice the good insights you have received. This will result in a transformation of life; as St. Paul asserted: “It is no longer I who live but Christ who lives in me.”

5. Almsgiving

Lent is a time to give, especially to the poor, sick, marginalized and the rejected of society. Remember Pope Francis’ many gestures of loving the poor, kissing the repulsive and rejected of the world. “Whatever you do to the least of my brothers, that you do to me.”

6. The Three T’s

Following up on almsgiving why not examine your life in these three areas and see where and how you can give, as Blessed Mother Teresa said: “Give until it hurts!”
Time!

Give of your time to others.

Start at home because charity begins at home.

Talents!

We all have talents. Lent is time to conquer our laziness and work diligently to cultivate our God-given talents. “Better to wear out than to rust out!”

Treasures!

If you have an excess of food, clothing, money and material possessions, give and give.

You are giving to Jesus in the poor!

7. Joy

Be joyful! Try to implement this acronym: J. O. Y. J—stands for Jesus! O—stands for others; Y—stands for you! If we put Jesus first, then others second and finally ourselves as last then we will experience the joy of the Holy Spirit and it will overflow on the others we meet!

8. Daily Mass and Communion

By far the best way we could possibly live out the Holy Season of Lent is by drawing close to Jesus as possible. In Holy Mass and Holy Communion, not only do we draw close to Jesus, but we actually receive Him into the very depths of our being, our inner sanctuary which is our soul. However, go to Mass and Holy Communion with intentions, especially to repair for sin and prevent sin.

Why did Jesus suffer so much in His bitter Passion? St. Ignatius of Loyola gives us the two fundamental reasons:

- 1) To show us the malice and evil of the reality of sin;
- 2) to show us the depths of His love for all of humanity and for each one of us individually. Offer your Mass and Holy Communion in reparation for your past sins as well as in reparation for the sins of your family.

Morally speaking also our Holy Mass and Communion could and should be offered in reparation for the sins of abortion—shedding the blood of the most innocent and vulnerable and then in reparation for those actions which tear apart the basic building block of society—the family!

9. Conquer Your Own Devil

All of us have our own kryptonite — our weak point where we easily fall. But also we all have our own devil that attacks us— often going for our weak point. Check out where the devil attacks most. You might just go through the Capital sins and see where the devil has an opening. Gluttony? Lust? Greed? Sloth/Laziness? Anger? Envy? Pride? In Lent we are soldiers enlisted in the arm of Christ the King. Time to fight against our personal devil with the strength of Jesus the King. We are weak, but God is strong. Nothing is impossible for God!

10. Mary and Lent

Try to live a strongly Marian Lent. Pray the Sorrowful Mysteries of the Rosary as well as the Rosary dedicated to Our Lady of Sorrows. View the movie of Mel Gibson, “The Passion of the Christ” where Mary’s role is significant. Make the Way of the Cross, walking with Our Lady of Sorrows. Strive in Lent to live these holy days through the eyes of Mary and with the Sorrowful and Immaculate Heart of Mary. In conclusion, my friends, if we can choose to live out these proposals with generosity of spirit, this will be the most holy of all our Lents. We will be able to live out the fullness of the Paschal Mystery—to suffer and die with Jesus so that we will rise with Him in the glory of the Resurrection!

