



LENT 2019

We begin Lent with the observance of Ash Wednesday on March 6, 2019. Lent comes from the Old English word for “Springtime.” Once again, we take inventory of our lives with some interior “Spring cleaning”! It is during this time that we ask where have we fallen short of God’s plan for us?

Where do we need to turn hatred or resentment into love and forgiveness? Where does God need to be more manifest in our lives?

Each year we have the opportunity through these 40 days to submit ourselves to God and through fasting, almsgiving, and prayer and whatever Lenten observances we choose, to be transformed into our own best selves, to be more perfectly who God has called us to be!

SOME SUGGESTIONS FOR THIS LENT:

- Unplug the TV and turn off electronic devices as much as possible. Use the additional time for spiritual reading and prayer.
- Commit yourself to one hour a week before Jesus in the Blessed Sacrament chapel. Grow more lovingly in devotion to the Eucharist.
- Make family dinner a priority. Begin each meal with a prayer of thanksgiving from everyone present.
- Write a “thank you” note each day (or each week) to someone who has touched your life in a positive way. A grateful heart is the strongest antidote to negativity and pessimism.
- Try to see good in others, especially those who try your patience.
- If possible, attend Mass during the week. See that it is as natural as eating and breathing!
- Select a few choice subjects and attend the “University Series” here at Saint Julie’s or in one of the local parishes! Expand your horizons!
- Meet someone new at church. Be in a hurry to “stay” after Mass and say hello to someone who up to this point is a “stranger!”
- Think about something you can do to make Saint Julie’s a better parish! And do it!
- Pray the rosary with our parish Right to Life group at least once during Lent.