

## SOME IMPORTANT NOTES FOR LENT

Dear Parishioners and Friends

The season of Lent is here with us. We are grateful to God for his benefits and graces.

During Lent, we pray, give alms, and fast, especially on Fridays. Sundays are excluded from the Lenten observances of fasting and abstinence. However, these virtues we should practice throughout the year.

### Reminders

**Prayer:** Formulate some personal words of prayer. You can write this down and speak to God as you would to a friend or loved one. Walk into the Church, spend few moments with the Lord. Do this daily or regularly. Read prayerfully a portion of Sacred Scripture alone, with family or friends. You can select the Book of Wisdom or Esther from the Old Testament, or the Letters of St Peter from the New Testament, because “to know the Sacred Scripture is to know Christ the Lord.” Or read and have personal meditation on the Sunday readings and prayers.

**Fast/Abstinence:** This is any act of self-denial or discipline undertaken for our good, especially in reparation for our sins. We fast from food and drink; and abstain from meat (and possibly curb any unhealthy habits). Money saved can be donated to the Church or SCIAF (envelopes at the back of the Church).

**Almsgiving:** Any act of kindness offered to someone in need. Contributions to the Church, SVP, Mary’s Meals and SCIAF are some of the ways we give alms during Lent. Make time to visit that elderly/sick people.

These acts help correct our disordered appetites, disordered love of money/possessions, disordered love of pleasure, disordered love of self, concupiscence, and pride. Prepare for and receive the **Sacrament of Reconciliation (Confession)** sometime during Lent.

**Stations of the Cross:** Every Friday morning before Mass @9.30am.

***WHAT PRAYER KNOCKS FOR UPON THE DOOR, FASTING SUCCESSFULLY BEGS AND MERCY RECEIVES. THEY GIVE LIFE TO EACH OTHER. FASTING IS THE SOUL OF PRAYER, AND MERCY IS THE LIFE OF FASTING. THEY ARE INSEPARABLE. IF A PERSON DOES NOT HAVE THEM SIMULTANEOUSLY, HE HAS NOTHING. HE WHO PRAYS SHOULD ALSO FAST, AND HE WHO FASTS SHOULD ALSO BE MERCIFUL – St Peter Chrysologus.***