

*Day by Day Through Lent:
 Fasting From Our Clutter*

by Susan K. Rowland

FIRST SUNDAY OF LENT: CLEARING MY SURROUNDINGS OF CLUTTER

Mt 4:1-11; Mk 1:12-15; Lk 4:1-13 I do not live "by bread alone." If the only meaning of life was food, clothes or work, how meaningless it would be. Lent is a wonderful time to remind myself that God's presence is what gives life meaning. I begin Lent by starting a "give away" box and praying about what I have that could be used by someone in need.

MONDAY: BE HOLY AS GOD IS HOLY

Lv 19:1-2, 11-18; Mt 25:31-46 Does clutter and disorganization interfere with my growth in holiness? Today is a good day to begin paring down. I look through my kitchen for five or more items to give away.

TUESDAY: EXPECTING THE KINGDOM?

Is 55:10-11; Mt 6:7-15 Does my home look as though I am expecting and praying for God's Kingdom? Why or why not? I let go of more clutter by going through bookshelves for five or more books I could donate.

WEDNESDAY: A SIGN OF GOD'S LOVE

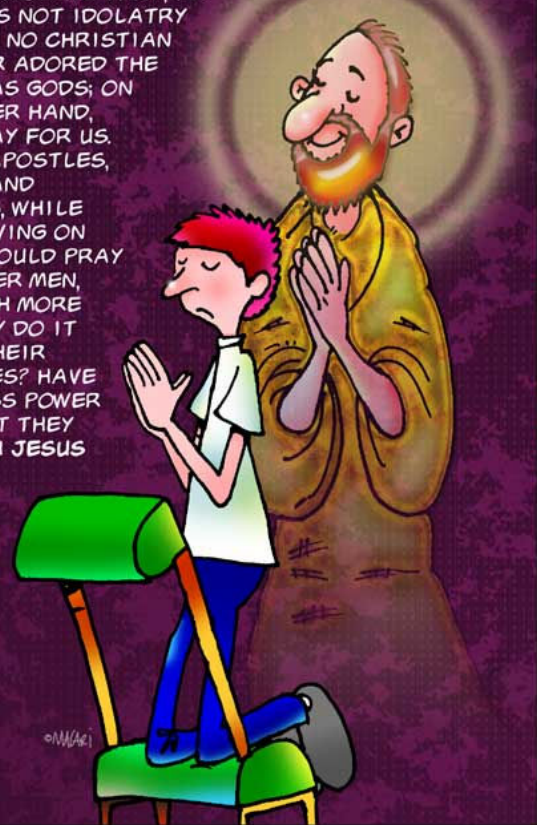
Jon 3:1-10; Lk 11:29-32 I can be a sign of God's love to the world by living more simply and passing on my excess to those in need. Today, I gather five or more blankets, sheets or towels to give away.

THURSDAY: THE FATHER KNOWS MY NEEDS

Est C:12, 14-16, 23-25; Mt 7:7-12 Am I in the habit of asking God to provide for my needs? Today, I look through drawers, on closet shelves and in storage areas for five or more items to donate.

SAINTS FUN FACTS by mario d. macari

DO CATHOLICS WORSHIP SAINTS OR THEIR RELICS? SAINT JEROME, DOCTOR OF THE CHURCH, HAS THE ANSWER: "WE DO NOT WORSHIP THE RELICS OF THE SAINTS, BUT HONOR THEM IN OUR WORSHIP OF HIM WHOSE SAINTS THEY ARE. WE HONOR THE SERVANTS IN ORDER THAT THE RESPECT PAID TO THEM MAY BE REFLECTED BACK TO THE LORD." HONORING THEM, HE SAID, WAS NOT IDOLATRY BECAUSE NO CHRISTIAN HAD EVER ADORED THE SAINTS AS GODS; ON THE OTHER HAND, THEY PRAY FOR US. "IF THE APOSTLES, SAINTS AND MARTYRS, WHILE STILL LIVING ON EARTH, COULD PRAY FOR OTHER MEN, HOW MUCH MORE MAY THEY DO IT AFTER THEIR VICTORIES? HAVE THEY LESS POWER NOW THAT THEY ARE WITH JESUS CHRIST?"



FRIDAY: IF I REPENT, I WILL BE SAVED

Ez 18:21-28; Mt 5:20-26 Like many in this culture, I need to repent of my excess. Today, I search through my clothes for five or more items to give away.

SATURDAY: BE PERFECT AS GOD IS PERFECT

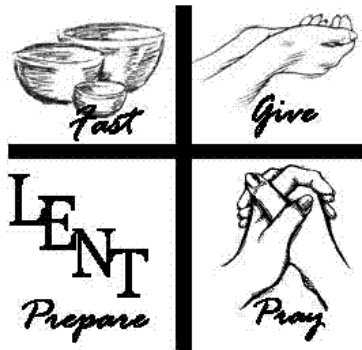
Dt 26:16-19; Mt 5:43-48 I have gathered at least 25 items to donate. How does it feel? Do I feel relief and freedom? Grief? Uncertainty? I trust that I do not need things to be happy. Today, I take my "give away" box to a favorite charity.

What is the Church's official rule for penance & abstinence from meat during Lent?

Fasting as explained by the U.S. bishops means eating only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are permitted. So it is alright to use margarine and lard. Even bacon drippings which contain little bits of meat may be poured over lettuce as seasoning.

Each year in publishing the Lenten penance requirements, the U.S. bishops quote the teaching of the Holy Father concerning the seriousness of observing these days of penance. The obligation to do penance is a serious one; the obligation to observe, as a whole or



"substantially," the days of penance is also serious.

But no one should be scrupulous in this regard; failure to observe individual days of penance is not considered serious. Moral theologians remind us that some people are excused from fasting and/or abstinence because of sickness or other reasons.

In his "Apostolic Constitution on Penance," Pope Paul VI did more than simply reorganize Church law concerning fast and abstinence. He reminded us of the divine law that each of us in our own way do penance. We must all turn from sin and make reparation to God for our sins. We must forgive and show love for one another just as we ask for God's love and forgiveness.

The Code of Canon Law and our bishops remind us of other works and means of doing penance: prayer, acts of self-denial, almsgiving and works of personal charity. Attending Mass daily or several times a week, praying the rosary, making the way of the cross, attending the parish evening prayer service, teaching the illiterate to read, reading to the blind, helping at a soup kitchen, visiting the sick and shut-ins and giving an overworked mother a break by baby-sitting—all of these can be even more meaningful and demanding than simply abstaining from meat on Friday.

Congratulations!

... to the following students who earned an A+ on the following tests.

<i>Ordinary Time</i>			
Josh Charlie	Kelsey Lia	Katherine	Danny
<i>Math Ch. 5, Section B</i>			
Josh Hope Nathan Tommy	Katherine Marissa G Andrew Trinity	Jeremy Alex Emily	Kyler Kelsey Kayla
<i>Spelling 20</i>			
Josh Hope Zachary Julia Trinity	Kelsey Jonathan Tiffeny Lia John	Mart Danny Nathan Kayla	Katherine Charlie Emily Tommy
<i>Vocabulary - Patty Reed E+F</i>			
Katherine Jonathan Charlie Emily Tommy	Jeremy Marissa G Aubrey Julia Maile	Kyler Alex Kelsey Lia Nathan	Hope Danny Andrew Kayla John

Upcoming Tests

Religion	Ch. 20	Wed. 2/17
Reading	Patty Reed's Doll	TBA
Spelling		Friday 2/19
Vocab		Thursday 2/18
Math	Ch. 5, Section C	Friday 2/19
Language		TBA
Science	Unit B, Ch. 2	Thu. 2/25

Upcoming Events

- ! **Wed. 2/17:** Ash Wednesday Mass 10AM
- ! **Mon. 2/22:** Lunch Orders for March due
- ! **Mon. 3/1:** Spirit Attire Monday
- ! **Fri. 3/5:** Noon dismissal
- ! **Tue. 3/9 to Thu. 3/11:** Catholic Book fair
- ! **Mon. 3/15:** Spirit Attire Monday + Confession
- ! **Mon. 3/22:** Lunch orders for April due