

RELIGIOUS ED MEMO

March 1-Ash Wednesday

This Wednesday is Ash Wednesday, the beginning of Lent. Please join us for the 7:00 Mass. We will meet at 6:30 as usual and walk up for Mass. This week class will dismiss from **church** at the end of Mass which will be a little after 8:00.

Religious Ed disciples will be lectors, cantors, gift bearers, servers, greeters and ushers for this Mass.

This is a great way for our children to participate in our parish Mass. I am always so proud of their participation in the Mass and how well they cantor, lector, usher, serve, greet and bring up the gifts.

Cantors will sing from the choir loft. Grades 3-8 are eligible to cantor. What an honor to be able to do this for our parish!

EPS Baby Bottles were passed out to each disciple two weeks ago to help new moms and their babies. Please look for chores for your child(ren) to earn money to put something in their baby bottle if you would like to help. Please return these this week. (The first deposit for Rel. Ed. baby bottles was: \$62.79.)



****If you would like a **Family Lenten Booklet**, please email Nan and your youngest or only child will bring one home this week. Adult reflection books will be available in the church kiosks.

Catholic Relief Services Rice Bowl, calendar and Lenten Booklet were passed out last week or will come home this week. Please make these a part of your Lenten practices to make this season meaningful to your family and help people who are in need. There are fun ideas to help us learn what a disciple of Jesus does.

“The Good News is no mere matter of words ... It is about leaving ourselves behind and encountering others.”
—Pope Francis

This Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to encounter anew ourselves, our neighbors and our God. As we, the global Church, prepare for this holy season of Lent, it is especially appropriate to come together in prayer as a family, reflecting on the role we each have to play in building up God’s one human family.

Please consider these suggestions in shaping your own family’s Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar daily to guide your Lenten prayer, fasting and almsgiving.
- As a family, read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving.
- Prepare simple meatless meals on Fridays throughout Lent, in solidarity with our brothers and sisters around the world.

Be sure to visit crsricebowl.org to watch videos of the people and communities your Lenten gifts are changing through CRS Rice Bowl. We will be collecting your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

CRS Rice Bowl is sponsored by Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist poor and suffering people in more than 100 countries on the basis of need, without regard to race, religion or nationality.

Almsgiving

Any practicing Catholic has heard repeatedly about the importance of donating time, talent, and treasure to the Church. As you gear up for Lent, take a look at how you could do almsgiving. Is there a way you can change it up and bring some sparkle into your giving? Instead of donating to the food pantry one week, how about thinking about other charities too? Or what about making a visit to an elderly parishioner or neighbor? Can your parish use help decorating for the holy days?

Fasting

Yes, fasting is a traditional part of the Lenten experience, but have you considered fasting from something other than food? How about fasting from gossip in the office or speeding on the roads? You could fast from negative thoughts about yourself or others. Also consider fasting from Facebook, Twitter, or Pinterest, and using that Web-surfing time for something else.

Prayer

Most people have a way in which they typically pray, be it traditional prayer, the Rosary, meditative prayer, or centering prayer. Take a step out of your comfort zone, and try a new way of praying this Lent. If you regularly pray the Rosary, take some time to explore meditative prayer. If you do centering prayer, try singing songs of praise. Even if you don't find another style of prayer which you feel comfortable incorporating into your regular routine, experimenting with prayer forms might revitalize the way you currently pray and bring new life to what can become rote. Be sure to try this with your catechetical teams as well. When you get together for a meeting, choose a new way of doing the opening prayer to keep everyone on their spiritual toes.

Keep your focus on your Lenten goals for yourself and your family. How are you looking to energize your Lent in a new way?

Sincerely,

Linda Stryker