



Pope Benedict XVI's Prayer Intention for February:
That the peoples at war and in conflict may lead the way
in building a peaceful future.



Test Your Lenten I.Q.

Lent is just around the corner. Are you ready? To help get your heart and your mind focused on this rapidly approaching holy season, we've gathered a few resources sure to get you thinking about Lent.

Lenten I.Q. Test

1. Where do the ashes for Ash Wednesday come from?
2. What is the origin of the word Lent?
3. When does Lent end?
4. What is the traditional three-fold discipline of Lent?
5. Why do we remove the water from the baptismal and holy water fountains during Lent?
6. Who is believed to have originated the devotion of the Way of the Cross?

Answers

1. Ash Wednesday's ashes are customarily made by burning the palms remaining from the Palm Sunday liturgies of the previous year.
2. "Lent" literally means "springtime." It comes from an Anglo-Saxon word that means "lengthen," the days are getting longer.
3. Lent ends at sundown on Holy Thursday before the beginning of the Mass of the Lord's Supper.
4. The three-fold discipline of Lent is prayer, fasting and almsgiving. This is really the discipline for all of Christian life, and we rededicate ourselves to it in Lent.
5. TRICK QUESTION! The baptismal and holy water fonts should remain filled during Lent. Our baptism doesn't "go away" during Lent.
6. St. Francis of Assisi is believed to have started the devotion of the Way of the Cross in local churches.

Did you know that the pretzel is a traditional food for lent?

For more interesting information go to:

<http://catholicicing.com/2010/02/pretzels-for-lent/>

5 Simple Ways to Share Your Catholic Faith on Ash Wednesday in the Year of Faith

(courtesy of marysaggies.blogspot.com)

1. Explain why you have ashes on your forehead. It is inevitable that if you get ashes early enough in the day, you will run into someone who tells you that there is something (dirt, smudge, stuff) on your forehead. Remember, they are being polite in telling you this. So. return the favor by explaining what the ashes are for (a Biblical sign of repentance) and share your faith by explaining Lent and Ash Wednesday to them.
2. Invite someone to Mass with you. Anyone is welcome to receive ashes on Ash Wednesday in a Catholic Church. They need not even be Christian to receive them. This isn't the same for Communion, though, so it is a good time to explain our liturgy, belief in the Eucharist, basis for Sacraments, etc. to them. If you don't know a good way to explain why a non-Catholic cannot receive the Eucharist, then this explanation should help:

www.marysaggies.blogspot.com/2009/11/why-cant-non-catholics-receive.html
3. Discuss Lent with your social media network. Most of us are connected to others through social media. With these connections come the availability and opportunity to help them come closer to Christ and His Church. So, start a discussion about what Lent is for, what it means, or what you are doing for Lent. Keep it positive and encourage all to participate in Lent.
4. Fast and Pray for others. The heart of evangelization is found in our

prayer. We cannot help others if the source of our spiritual life is not deeply rooted in Christ through prayer. Since Lent is a time of "increased prayer, fasting and almsgiving," we should use this increase in our prayer and fasting for others.

5. Invest yourself in a relationship with a new friend. To make any relationship work you have to invest time and effort into it. You must open yourself up to the other person and truly love them. True love would always want what is best for the other person. What could be better than helping them know Christ and the Catholic faith better? Ultimately all effective evangelization comes down to good relationships. So, spend your time investing in others!

And for a little Lenten levity, check out "Just How Holy Are You?" This piece, written by the humorous and very popular Catholic blogger, Simcha Fisher, appeared in the National Catholic Register.

www.ncregister.com/site/print_article/28275/

And do not forget that this Saturday, February 23, Matthew Kelly will be at Holy Family!

Please check this link

<https://www.yousendit.com/download/UW14WWV0NmM0b0JESjhUQw>



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