

Pray, Grow, & Serve

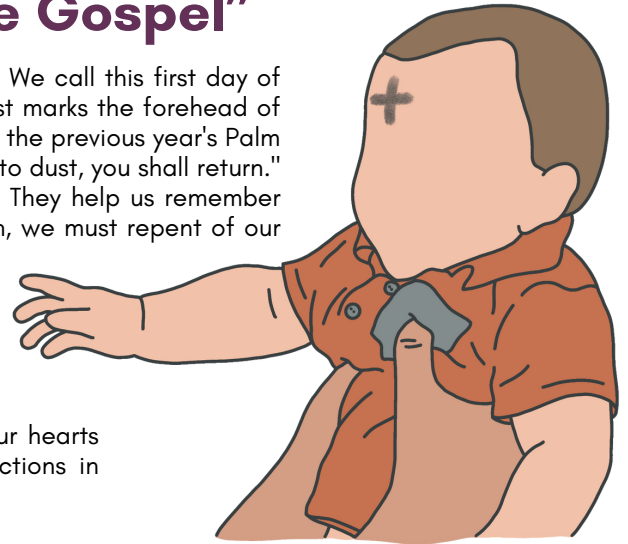
Learning about the dignity of the human Person

The PELICAN PROJECT

6th Sunday in Ordinary Time
February 11th | Green

"All this I do for the sake of the Gospel"

This Wednesday, we begin an important season of preparation called Lent. We call this first day of Lent "Ash Wednesday." During each Mass held on Ash Wednesday, the priest marks the forehead of the faithful with a cross made from ashes. These ashes are burnt palms from the previous year's Palm Sunday. When the priest does this, he says, "Remember, you are dust, and unto dust, you shall return." Ashes serve as a visible reminder of repentance and penance for our sins. They help us remember that God created us for eternal life, but to accept Christ's gift of Salvation, we must repent of our sins and live our lives according to God's word.



What is lent?

Lent is the season within the Church that we prepare our hearts to remember Jesus's agonizing **Passion** and glorious **Resurrection**. What does this mean?

Jesus came to save us from the slavery of sin and death. The **Passion** refers to His terrible suffering and death on the cross. He offered His suffering to God as the perfect sacrifice to satisfy the debt of our sin.

Three days after His death, Jesus rose from the dead—this is called His glorious **Resurrection!** Through His Resurrection, Jesus opened the gates of heaven and He invites us to spend eternity with Him there. We call Jesus's life, death, Resurrection, and Ascension into heaven the **Paschal Mystery**.

How long is lent?

Lent lasts for 40 days. It begins on Ash Wednesday and ends at sundown on Holy Thursday.

Why is it 40 days?

We read in the Bible that after Jesus's baptism He went into the quiet of the desert for 40 days so He could concentrate on hearing the voice of His Heavenly Father in His heart.

This was a hard time for Jesus because the devil tempted Him in every way! Like Jesus, during Lent we intentionally work on hearing the voice of God the Father in our hearts.

How do we hear God's voice?

We hear the voice of God in our hearts when we turn down the distractions in our life.

How do we do this? The Church invites us to **pray, grow, and serve** through daily prayer, fasting, and giving alms. When we stick to these spiritual habits we have an easier time hearing God's voice in our hearts, loving with His heart, and knowing the will He has for our lives.

Pray

Prayer is a conversation with God. A conversation goes two ways—talking and listening. We can talk to God about anything! He loves you more than you could ever imagine and wants to be invited into every detail of your life. There are prayers of intention (when we ask for something), thanksgiving (when we thank Him), contrition (when we say we are sorry), and adoration (when we tell him how much we love Him).

Stations of the Cross

The Stations of the Cross is a popular devotion of the Church that is especially prayed during Lent. This devotion invites you and your family to pray in a special way about the Passion of Jesus. When we pray the Stations of the Cross, we meditate on fourteen different images, beginning when Jesus is sentenced to death and ending when His Body is laid in the tomb. Spending time praying about Jesus's passion helps us to better understand His merciful love and His gift of salvation.

Fast

Fasting is when we are mindful of the gift of food. During Lent we choose to fast from the "extras" like sweets, this means we don't eat them. Offering this small sacrifice in thanks to God has a beautiful sweetness that He loves.

Almsgiving

Almsgiving is giving what we have to others. This can include giving our time, treasure (money), or talents (things we are good at).

Almsgiving reminds us that *everything* we have is a gift from God. Lent is a time to make the good habit of loving others well by sharing with them the many gifts we have.

"Apart from the cross, there is no other ladder by which we may go to heaven."

St. Rose of Lima

