

SHROVE TUESDAY

# Pancake & Sausage Supper

## Tuesday, 28 February 2017

## Pro-Cathedral Parish Hall

**From 5:00 to 7:00 pm (General Seating)**

**$7.00 /Adults**

**$4.00 / Children Under 12 Years of Age**

**$20.00 / Family**

**NO ADVANCE TICKET SALES**

**ALL TICKETS AVAILABLE AT DOOR**

Pancakes & Sausage

Coffee/Tea & Juice



*Pro-Cathedral of the Assumption*

*Everyone Welcome!*



## Fasting & Abstinence

***We may give up meat or other desirable foods on Fridays during Lent, and especially on Ash Wednesday and Good Friday, the day of Christ's saving death on the cross.*** Our abstinence for Catholics 14 years and older (as long as there are no health issues) is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing to a work of charity) or other acts of piety (taking part in a service of worship with others, praying with our family, spending some extra time in personal prayer, especially with the scriptures.

***Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season*** when Christians are called to deepen their spiritual lives through the practices of fasting, prayer, and almsgiving. The belief is that our consistent participation in these practices — like exercise we do for our physical health — improves our spiritual well-being by stripping away all that is unnecessary and becoming more mindful of how God is working in our lives. Challenge yourself this year, and go beyond the usual practice of "giving up" something. Now is a great time to take stock of your spiritual life and to grow in it. Not sure where to start? Check out these ideas:

1. Make a commitment to read the Sunday scriptures before you go to Mass. Familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.
2. Try a new spiritual practice. Sign up for an hour of Eucharistic Adoration. *See Open Adoration in the regional news.*
3. Think about what you usually spend your money on. Do you buy too many clothes? Spend too much on dinner out? Pick one type of expenditure that you'll "fast" from during Lent, and then give the money you would usually spend to a local charity.
4. Take something on — 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.
5. Attend the Stations of the Cross on Friday evenings at 5:00 PM.
6. Unplug from your iPhone or turn off your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.
7. Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
8. Spend at least one weekend or evening volunteering during Lent. Serve a meal at your local soup kitchen. Visit the elderly. Stock shelves at a food pantry.
9. Make a commitment to fast from gossip and insensitive, cruel comments about others.
10. Participate in a spiritual book club or small community of faith. *Check out our two Book Clubs that are beginning soon!*
11. As a part of your Lenten almsgiving, make a point to learn more about a particular social issue (immigration, human trafficking, racism, the environment, public education, child poverty). What can you do to help an organization related to your chosen issue that supports the dignity of the human person?
12. Pray for somebody. As you're walking the streets, driving the highways, or sitting in your cubicle at work, pick out a person who appears to be in need and pray for that person. Be mindful of the words of philosopher Philo of Alexandria, who said, "Be kind, for everyone you meet is fighting a great battle."
13. Get to know your neighbors. Introduce yourself, plan a dinner, or bring food to an older person on your block.
14. Read the Works of Mercy as Jesus describes them in Matthew 25: 31-46. Then put this teaching into practice and choose an act of service you can perform throughout Lent.
15. Celebrate the Sacrament of Reconciliation.

Renée LaReau
Senior writer at the University of Notre Dame's Keough School of Global Affairs




**All weekdays in Lent are days of special penance.**




**We are obliged to join the Church around the world in fast and abstinence on Ash Wednesday and on Good Friday.**

**On Good Friday and Holy Saturday we keep the solemn Paschal fast.**

**STATIONS OF THE CROSS**

**Fridays During Lent**

**Will be held at 5:00 PM**

**Good Friday ~ April 14**

**Stations of the Cross**

**Will be held at 7:00 PM**



**Regional**
**Penitential Celebration**
**Wednesday, 29 March**
**7:00 PM**
**Holy Name of Jesus**

**Hourly**
**All Day Confessions**
**Friday, 31 March**

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| 10-11 AM | Msgr. Dave |
| 11-12 AM | Fr. Raj |
| 12:00 NOON | MASS |
| 12:30-2 PM | Fr. Rex |
| 2-3 PM | Fr. Tony |
| 3-4 PM | Fr. Trevor |