

# From the Diocese



As we prepare to enter the sacred season of Lent, the practice of prayer, fasting, and almsgiving aim to deepen our faith and relationship with God.

Many people begin thinking first about what to give up. Fasting can be, and certainly is, a powerful way to grow in discipline and detach from distractions. But Lent is not about aimless suffering. It is not about suffering for the sake of pain.

Lenten suffering is purposeful. It is about saying "no," so that you can say "yes."

"Yes" to Jesus and the ways He wants to be more present in our lives. "Yes" to following Him with greater trust and love.

"Yes" to loving your neighbor. "Yes" to helping those in need.

"Yes" to seeing ourselves as one with the lowly. "Yes" to bearing another's burden.

Lent is a time to evaluate if we are loving God above all, and if we are loving our neighbor as ourselves. How is our fasting benefiting our neighbor? Do we skip a meal and donate the money saved to the hungry? Do we give up a TV show and spend that time sitting with the lonely? God wants us to accept suffering out of love for others, not suffer for vainglory. He doesn't want us to destroy ourselves, He wants us to order ourselves rightly.

Take time to ask the Lord: "What do You desire for me this Lent? Who do You desire for me to love more deeply?" He may lead us to something, somewhere, or someone unexpected. May we have the courage to say 'yes' to wherever He is leading. He longs to draw near. May we trust Him with our life.

*+ Gerald J. Vencke*

## NEIGHBORS NEAR & NEIGHBORS FAR:

### Black & Indian Mission

Your financial support of the Black and Indian Mission Office enables us to help form children in the faith, educate young people, and build hope – a hope often so hard to find in the areas our missionaries serve.



#### —Upcoming-Events—

— 2/2  
Groundhog Day

— 2/6-8  
Engaged Encounter Weekend  
Victoria

— 2/9-12  
Priests Continuing Formation Days

— 2/14  
St. Valentine's Day  
St. Andrew's School Auction  
Abilene 6p.m.

— 2/18  
Ash Wednesday

— 2/21  
Sacred Heart School Carnival  
Colby, 10:30a.m.

— 2/22  
Rite of Election  
Sacred Heart Cathedral, Salina, 3p.m.



#### To Give:

Anytime during the month of February, place an envelope in your Parish Collection labeled "Black and Indian Mission"

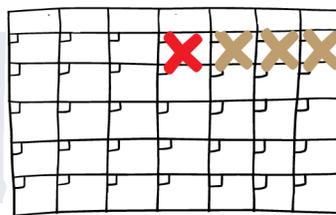
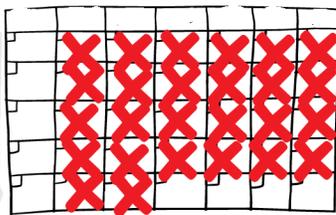
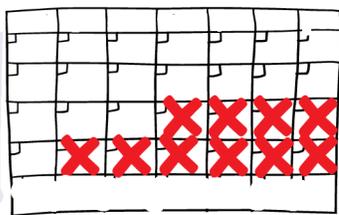
*Together, let us be disciples of Jesus on mission!*

# ASH WEDNESDAY



Ash Wednesday is on February 18<sup>th</sup> this year. It is the first day of Lent! Ash Wednesday is NOT a holy day of obligation (you don't have to go to Mass that day). If you do go, you will see the priest bless ashes, and then he will use them to trace crosses on people's foreheads. This reminds us that we will die someday, which will let us rise up with Christ and go to Heaven!

**DID YOU KNOW? : SUNDAYS ARE "MIMI-EASTERS," SO THEY ARE NOT COUNTED IN THE 40 DAYS OF LENT!**



= 40!

## PRAYER



growing closer to God through purposeful prayer & silence

## FASTING



helps us practice self-control and love for others

## ALMSGIVING



giving to others and practicing the beatitudes

## This Lent...



**I am praying for:** \_\_\_\_\_

ex: For my Family/Friends, Our Father before Bed, For Pope Leo, For People who are Sick, For More Peace, Go to Adoration

**I am giving to:** \_\_\_\_\_

ex: Hugging Friends More, Donating Money to People in Need, Helping Clean the House, Smiling at People More

**I will fast from:** \_\_\_\_\_

ex: From Candy, From Arguing with My Siblings, From TV, From Soda, From Complaining too Much