

Spirituality

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Supporting, empowering, and educating members in spirituality, leadership and service; reaching out with Gospel values to meet the needs of Church and society.

LENT 2019

In Lent, many Christians commit to fasting, as well as giving up certain luxuries in order to replicate the sacrifice of Jesus Christ's journey into the desert for 40 days.

The Stations of the Cross, a devotional commemoration of Christ's carrying the cross and his execution, are often observed.

STATIONS OF THE CROSS

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete. The stations are most commonly prayed during Lent on Wednesdays and Fridays, and especially on Good Friday, the day of the year upon which the events actually occurred. If you have access to the internet, there are many sites that have the Stations with prayerful meditations and music that is played on your speakers and you can pray along. These are very inspirational and can be an added benefit to a DAILY journey of the Stations of the Cross. Simply type in *Stations of the Cross* on your search engine and there will be many, many Catholic sites to choose from.

What to Give up . . . A Lenten Reflection By Father John Catoir

St. Paul, in his letter to the Philippians, gave some food for thought: *"Fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honor, and everything that can be thought virtuous or worthy of praise"* (Phil. 4:8) It is a question of concentrating on what we really want to do with our life. Who are we? Who are we becoming? Here are a few suggestions to become a better human being.

A LIST OF 'GIVE-UPS' MAY LEAD TO HOLINESS

- Give up complaining - - - focus on gratitude.
- Give up pessimism - - - become an optimist.
- Give up harsh judgments - - - think kindly thoughts.
- Give up worry - - - trust Divine Providence.
- Give up discouragement - - - be full of hope.
- Give up bitterness - - - turn to forgiveness
- Give up hatred - - - return good for evil.
- Give up negativism - - - be positive.
- Give up anger - - - be more patient.
- Give up pettiness - - - become mature.

Give up gloom - - - enjoy the beauty that is all around you.
Give up jealousy - - - pray for trust.
Give up gossiping - - - control your tongue.
Give up sin - - - turn to virtue.
Give up giving up - - - hang in there !

Holiness is possible. It is the one truth we must never abandon. No matter how unworthy or sinful our life may be, Jesus died to save us. He will lead us to repentance and holiness if we ask. Holiness is possible. Go for it. Pray as though everything depended on God's grace, but act as if everything depended on you. By Father John Catoir

FURTHER IDEAS OF EVERYDAY LUXURIES TO FOREGO DURING LENT

Refrain from use of your phone/computer's social networks for a designated period of time; do not use the radio in your car; give up TV or radio programs; refrain from sweets, junk food, chocolate, chips caffeine or alcohol; don't use make-up; refrain from using the snooze button on your alarm; climb the stairs rather than using the elevator; give up Starbuck's coffee or soda; give up pizza; eat light; avoid gossip

.....AND IDEAS TO ADD TO YOUR LENTEN JOURNEY.....

Sacrament of Reconciliation; Pray more often; get up ½ hour early to pray; attend mass more often; spend time in Adoration or Stations of the Cross; more frequent rosaries; contact lost acquaintances by phone or letter; visit shut-ins, nursing homes, assisted living facilities, hospitals or seniors; do a chore for someone; make a meal for someone...and visit when delivering it; tell someone how much they mean to you...say "thank you" or "I am sorry"; compliment others; pray for others; pray for yourself; read the Passion; study scriptures; retreats; contact a legislator about a moral issue; donate clothing to the needy; finish a project you have put off; make a list of things to be thankful for

IT'S A TIME TO FAST

With the fasts of Ash Wednesday and Good Friday, meatless Fridays and our personal disciplines interspersed, Lent is the only time that many Catholics actually fast these days. Fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

LENTEN PRAYER FOR SPIRITUAL RENEWAL

God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit. Without You I can do nothing. By Your Spirit help me to know and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin and help me live by Your commandment of love.

God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus. Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer. Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Mass.

Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will. Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom. I ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever.

Amen.

