

# Journey OF Faith

February 21, 2010

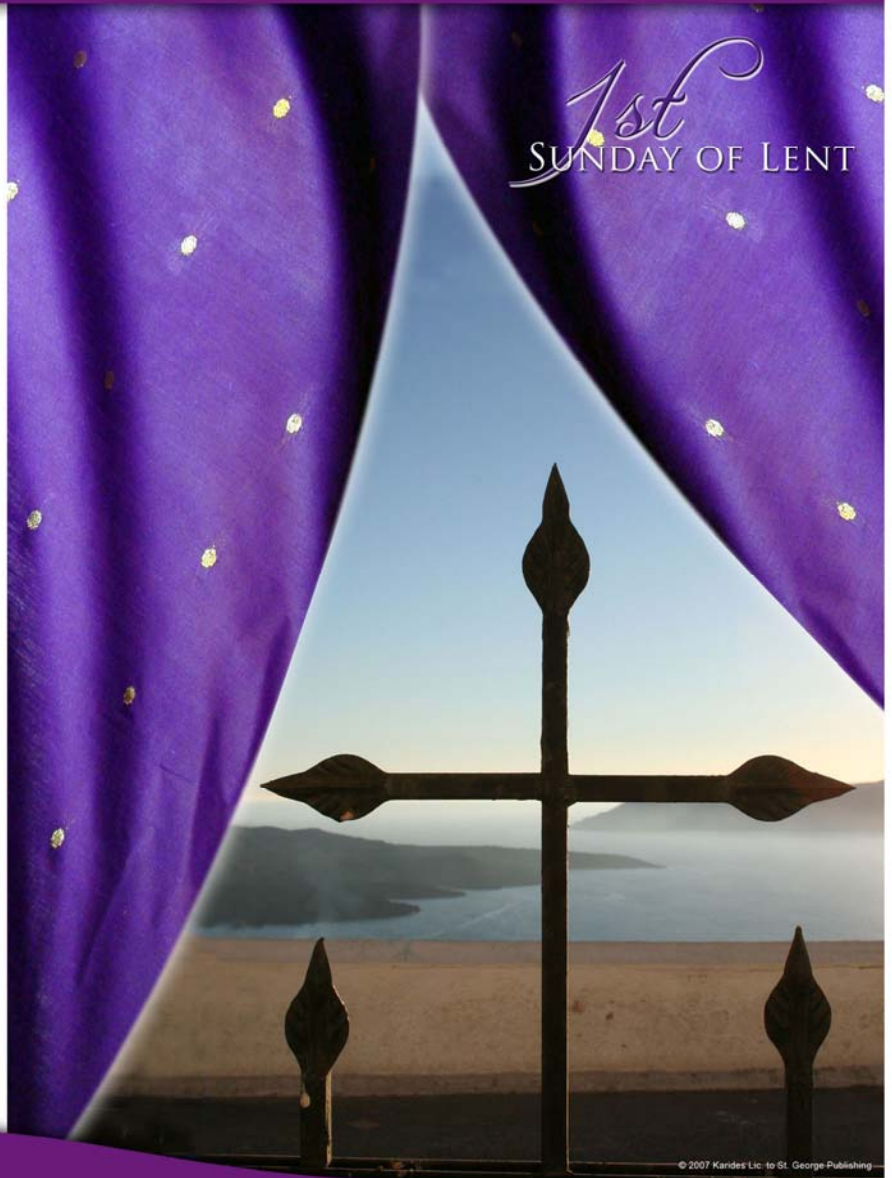
## In Word & Deed

Fr. Walter Ciszek was a Jesuit priest who had volunteered to serve in the Russian mission. During his seminary training, Fr. Ciszek would challenge himself physically to strengthen his body. He would push himself in cold weather, or do strenuous exercises, or fast for long periods of time. This regimen prepared him for the years he would spend in prison camps in the Soviet Union. His cause for sainthood is under consideration.

There are many ways to look at Lent. It is a time of prayer, of retreat, of sacrifice and self-discipline. But at the heart of all these ideas, Lent is a time of preparation for our encounter with God. At Easter, we see His power and glory, His life and grace in the death and resurrection of Jesus. Our good works, sacrifice, prayer and fasting strengthen us by directing our energy, our attention and our will on the

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1st  
SUNDAY OF LENT



During Lent, penance should be not only internal and individual but also external and social. The practice of penance should be encouraged in ways suited to the present day, to different regions, and to individual circumstances.

*Constitution on the Sacred Liturgy (No 110)*

## Scripture Readings

**Sunday** February 21

Dt 26:4-10/Rom 10:8-13/Lk 4:1-13

**Monday** February 22

1 Pt 5:1-4/Mt 16:13-19

**Tuesday** February 23

Is 55:10-11/Mt 6:7-15

**Wednesday** February 24

Jon 3:1-10/Lk 11:29-32

**Thursday** February 25

Est C:12, 14-16, 23-25/Mt 7:7-12

**Friday** February 26

Ez 18:21-28/Mt 5:20-26

**Saturday** February 27

Dt 26:16-19/Mt 5:43-48

**Sunday** February 28

Gn 15:5-12, 17-18/Phil 3:17—4:1 or 3:20—4:1/  
Lk 9:28b-36

## FAMILY LIFE:

# TO WALK AS ONE

At a workshop on retirement, a recent college graduate was in attendance. He had yet to find a full time job, but was busy preparing for his future. Interviewed on the local news, he was asked if he wasn't a bit young to be worried about retirement. He responded that you can never be too prepared for the future. It needs a good plan and that plan begins now.

Lent is a way of preparing for times ahead. We can look at the lives of the saints to see that everyone, including us, faces difficult spiritual times. Hardships, temptations, doubts, and failings have been part of church life since the time of the Apostles. Knowing the spiritual potholes that lie ahead, we can train and prepare

through our prayer, self-discipline and sacrifice. We must plan for the future and a good plan begins now.

Create a spiritual plan for Lent for the whole family. Pray together. Attend Stations of the Cross. Participate in Operation Rice Bowl or a similar program to help the hungry. Gather clothes to give to a shelter. Build the virtues of generosity, patience, consideration and compassion. Build your family's future in faith by living your plan now.

~James Gaffney, © 2009 Karides Lic. to St. George Publishing  
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*The merit of a  
fast day is  
in the charity  
dispensed then.*

*~The Talmud~*



When they are chosen, who are set apart to receive baptism, let their lives be examined whether they lived piously as catechumens, whether they honored the widows, whether they visited the sick, whether they have fulfilled every good work. If those who bring them bear witness to them that they have done thus, then let them hear the gospel. Moreover, from the day they are chosen, let a hand be laid upon them and let them be exorcized daily. ~Hippolytus | Third century

## In Word & Deed

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calling we have received to be disciples of the Risen Lord.

Don't waste Lent. Don't make it another endurance contest to see if I can give something up for 40 days.

Whatever you do, give it the focus it needs and deserves. Renew your sense

of mission, a sense that in every life, in everything we do, we strive to think, speak and act with the heart and mind of Christ. Share in His sacrifice and you will share in his glory.

~James Gaffney



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