

# Embracing the "Call to Conversion"

**Dear Parishioners,**

Lent always brings forth the question: "What are you giving up for Lent?" This year, we may give something up; but it is also a good time to renew our faith in works of charity and prayer. It all works together for the building up of the Kingdom of God.

Like Jesus, we have been tested and sometimes it may feel like we were alone in the desert. This Lent, let us re-discover the richness of our faith and seek to be renewed spiritually. The 40-day journey of Lent leads us across the desert to Jerusalem, to the Cross, to the Resurrection. It is a call to the whole community of the Church from the youngest to the oldest to unite in the bond of faith. So, let us put on our walking shoes and embrace this holy season with a spirit of renewal in mind, body and heart.

Pope St. Leo the Great always called Lent "The Great Springtime Retreat" of the Church. What is important, is that we make a personal response to the three-fold call of conversion that lies at the heart of Lent: Prayer, Fasting, acts of Charity.

**Consider the following as possibilities for yourself and your family as we begin this season of renewal.**



- **Daily Mass.** Monday – Wednesday – Friday mornings at 9:00 AM and Tuesday & Thursday at 6:30 AM. We also stream the Mass on Wednesday mornings at 9:00 AM. (*Yes, it takes some effort but it is so worth it. What a wonderful way to begin the day!*)

- **Reconciliation.** Celebrating the Sacrament of Penance during Lent brings us back in union with both God and the community. We will have both private and communal celebrations of the sacrament during Lent.

**Saturday Confessions at 3:30 PM in the Chapel.**

**Penance Services:**

**Monday, March 18th at 1:00 PM** with the Sacrament of the Anointing of the Sick and again at **7:00 PM** Penance Service with confessors.

Lent 2024  
Our Lady of the Assumption

- **Sacrifice and Offerings.** Each year we provide **Rice Bowls** as a reminder and an easy way to make an offering of alms for the poor. Keeping the Rice Bowl on the family table can serve as a reminder of our commitment of prayer and sacrifice during the Lenten Season.

- **Food Pantry.** Pick up a couple of extra food items at the grocery store and leave them in the **Food Pantry Box** outside the Gathering Space Entryway. This is a great teachable moment for our children to learn to care for the poor and the hungry.



- **Prayer & Spiritual Reading.** Take a copy of the *Word Among Us* and spend 15 minutes a day reading and reflecting on the scripture meditation. Download or visit the myParish app. Select Our Lady of the Assumption, and the Inspire Daily Reflections.
- **Visit the Sick, Aged or In Prison.** Matthew 25:31 “Lord, when did I see you...” A personal visit, or phone call keeps us in touch with the homebound. A handwritten card, note or letter is another way to reach out to our neighbors. The Diocese REC (Residents Encounter Christ) Program accepts support letters for those who are incarcerated. *“And He said: ...When you do it for the least of my little ones, you did it for me.”*
- **Fast and Abstinence. Watch what you eat! Get some exercise!** The rules for fast and abstinence are no longer as strict as they once were years ago. However, a great way to get back in shape is to embrace a “holy diet” as a way to discipline ourselves both in body and spirit. Invite someone to take a walk with you, get some fresh air and enjoy the beauty of God’s creation. “Move” from winter to spring. Free yourself from your phones, screens and TV. Enjoy the peace and quiet.



- **Stations of the Cross** will be prayed on the Fridays of Lent at Noontime. They will be streamed so that you can follow along at noontime or any other time thereafter. We plan to have our SOUP lunch again in LaSalle Hall after the Stations.

- **THE CREED – I BELIEVE** a six- part video presentation by Bishop Robert Barron will be held on the Wednesday evenings of Lent beginning on Feb. 21st at 7:00 PM in LaSalle Hall. Come and explore the depth of the Nicene Creed – the history, development and profession of faith we pray each week.



May our Lenten days be prayerful and reflective. Let us all embrace the “Call to Conversion” and grow in union with the Lord. Don’t miss the numerous opportunities around you.

**Peace, Fr. Burke**