

From the Deacon's Wife

Wow! It's almost Lent already. Now is the time to think about what you are doing to further your spiritual development. A good place to start is to review your participation in those things that nurture your faith. Are you giving your full and active participation each Sunday at Mass? In the life of the parish? In the development of your family's faith life?

The one thing most synonymous with Lent in the mind of a Holy Namer is "Fish Fry." Are you giving your full and active participation in this aspect of parish life? Good for you if you attend the fish fry each week. Much better is to be a part of the camaraderie of preparing for, serving at, or cleaning up after, the fish fry each week. This is an important way to support the parish by giving of your time. More importantly, you will show your kids that it is a priority for you to be an active member of the parish. **The first fish fry of 2010 is Friday, February 12th**. Contact Bill Wilson or Dave Kozol to offer your services.

The second activity traditionally associated with Lent is the selection of something to "give up" for Lent. As Father Frank mentioned in his homily last weekend, this practice is designed to help us conquer our worldly distractions (food, TV, possessions, etc.) by "fasting" from them as we prepare for Easter. It is a good exercise of discipline to successfully meet our Lenten resolution. Another practice is to add some form of good deed or spiritual development to our Lenten resolution. This could take the form of a daily rosary, attending a daily Mass each week, attending the Stations of the Cross (2:15 PM each Friday at Holy Name), or reading some form of Lenten reflection daily or weekly. Choose a spiritual practice that you might like to become a habit! **One source of spiritual study is the FREE tapes and CDs offered by the Mary Foundation.** You can order these from the Catholicity website: <http://www.catholicity.com> or use the mail-in form on the next page. I highly recommend "Confession" and "The Mass Explained" by Fr. Larry Richards.

Lastly, plan for what you will do during Holy Week to make this Lent special.

Perhaps you could attend the blessing of the holy oils at the Cathedral on Monday of Holy Week. Mark your calendar for the Triduum services (Holy Thursday, Good Friday, and Easter) at Holy Name. If you are interested in something different from the "normal" Holy Week activities, consider attending the Good Friday meditations at St. Elizabeth Ann Seton parish (114th & Fort). Beginning at noon, there will be a TreOre (three hour) service with talks by Deacons and Priests on the last words spoken by Christ. There will be seven talks, interspersed with music and quiet time. You may come for the whole afternoon or just drop in for a talk or two. **Our own Deacon Kevin Joyce will be giving the first talk on the phrase "Father, forgive them. They do not know what they do."**

No matter what you have done (or not done) for Lent in the past, take time now to plan for a meaningful Lenten season this year. May the Holy Spirit inspire your resolutions as we all prepare for the celebration of Easter!

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