

February 16, 2021

Dear Parishioners of Saint Petronille,

### **Ash Wednesday**

Tomorrow is Ash Wednesday. If you have not signed up on our sign-up genius found on our parish webpage to attend Mass and receive ashes, please do so right away. Please remember that ashes are distributed by direction of the Pope and in the traditional way on the top of your head not on the forehead as in years past. Masses are at 6:15 am, 8 am, noon and 7 pm. Mass will also be available in the PLC at each of these times with ashes and the distribution of the Eucharist.

### **How will I live my Lent?**

We may all be familiar with abstaining from meat on Fridays in Lent and Fasting on Ash Wednesday and Good Friday; however, this is a rule the Church gives us a minimum. Lent is not simply a time of year when we perform or abstain from performing certain actions. Just as Advent is a preparation for the celebration of the Incarnation so Lent is a preparation for our celebration of the Paschal Mystery: Jesus Passion, Death and Resurrection. These external actions are supposed to help turn our mind away from sin and ever more toward the Lord. So, it behooves us to ask ourselves how will I live my Lent? First, make room for the Lord. We get so busy caring for the material needs of the ones we love and ourselves, but we often leave our soul-care as a “nice-if.” We put a lot of time caring for our bodies that inevitably wear out and a whole lot less time caring for our soul that lives forever.

### **Reconciliation**

One of the greatest gifts our Lord has given us to care for our soul is the Sacrament of Reconciliation...the Sacrament of Forgiveness and a Sacrament of Healing. Even though we are required to receive this Sacrament once per year, we can receive it repeatedly. This Lent log onto the US Bishops webpage and review the Act of Contrition provided:

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience>

Then, come to one of our regular times of reconciliation: Friday at 7:00 am, Saturday at 8:30 am or Saturday at 4 pm.

### **Prayer**

Are you giving dedicated time to our Lord each day? Private prayer (not while driving in the car)? This is certainly a good thing to start during Lent. What should I do? How should I pray? Look once again at the Bishop's webpage:

<https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers>

or make it really simple...log on to the bishops webpage and read the scripture readings of the day, thanking God for all the gifts you have received from Him.

### **Giving Alms**

Lent is time to look away from one's self and to the needs of others. Giving to the poor is called Alms Giving. Consider making a donation to the Base Chicago or the Missionaries of Charity in Chicago or the Diocesan Annual Appeal or to our chapter of the Saint Vincent DePaul Society or our parish's SHARE Fund. Call our Christian Service coordinator, Tanya Singh, in the parish office and ask her how you can help by investing your time. There are a plethora of opportunities to help.

### **Lenten Guidelines**

"Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards."

### **Brain Heart World Docuseries Still Available**

If you missed seeing the YouTube post on Monday night, It's Not Too Late. The Brain Heart World docuseries will be up all week. We will meet on YouTube again on the 22nd to offer you resources that will help you with talking to your kids about this issue, with answers in overcoming an addiction you may be experiencing and protecting your family from pornography.



### [Brain, Heart, World](#) [Introduction 2 0](#)

Fr. Milota introduces the docuseries Brian, Heart, World. This series of three 30 minute documentaries reveals the devastating effect of pornography and the...

[www.youtube.com](http://www.youtube.com)

Please know of my prayers and the prayers of our priests for all of you during this Lent. May God bless you in abundance.

Prayers.

In Christ,

Fr. Thomas Milota