

What are you doing for Lent?

1. Give up sin.

Show your love for God by keeping his commandments. Turn away from sins.

2. Fast

An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.

3. Pray

Be in constant prayer. Pray for your family and friends, and for the Church and the world.

4. Do good works

Help those in need. Pray for them and be ready to serve them in their time of need.

5. Give alms

Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.

8. Control desire for possessions.

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself - your time and talents - with others.

7. Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word will open your heart to the Spirit

9. Control desire for entertainment

Too much entertainment and other distractions can lead to less or no time for the works of the Lord.

10. Carry out duties in life

Serve God by living out your vocation in love. God is calling each of us to be a living sacrifice.

6. Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.

FIRST FRIDAYS

A long standing tradition of the Church is to dedicate the first Friday of nine consecutive months to the Sacred Heart of Jesus. At the Cathedral, we have Adoration from 8:00am - 12:00pm. During Lent, there are two First Fridays on **March 4th & April 1st**. Please consider, if you are able, to come and spend time in the presence of the Blessed Sacrament. If you are able to commit to an hour time slot, please call Catherine at 705-745-4681. Your assistance is appreciated.

CATHEDRAL LENTEN ACTIVITIES

- Daily On-Line Rosary: Join Deacon Bill on your computer or by phone to pray the Rosary Monday - Friday at 5:00pm. Call Deacon Bill at 705-917-1529 to join in.
- Stations of the Cross: On Fridays in Lent the Stations will be offered at the Cathedral following the 12:10pm Mass.
- Lenten Mission: 6 talks sponsored by the Diocese and Sacred Heart College will be released each week of Lent on "The Fullness of Purpose" with Ken Yasinski. If you would like to participate in a group setting, please call Deacon Bill.

St. Peter -In- Chains, Peterborough, March 2022

Cathedral Connections

ASH WEDNESDAY - MARCH 2ND

We mark our foreheads with ashes to remind ourselves that we are not of this world and are made for eternity with God.

*"Remember, that you are dust,
and unto dust you shall return"*

God of all, we ask that we live a fruitful Lent starting on this Ash Wednesday. Help us to be faithful to our promises of penance, sacrifice, and repentance for past sins. May we see in the ashes of today our true nature without You. May we see in the cross our true destiny with You. Amen.

Question:

How should senior citizens observe fasting and abstinence during Lent?

Answer:

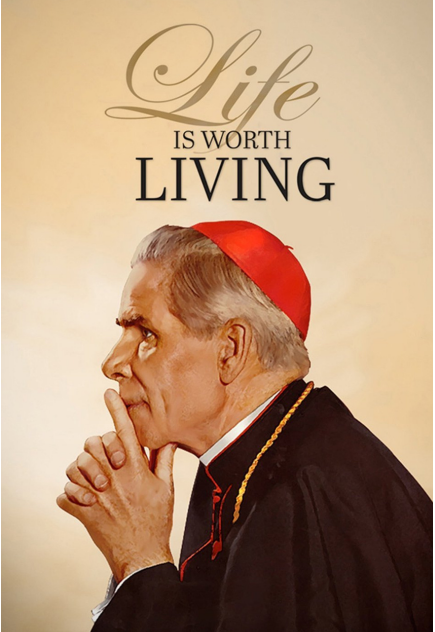
According to canon 1252 of the Code of Canon Law, all Latin-rite Catholics are required observe the laws of abstinence starting at the age of 14. There is no upper age limit on abstinence after which the person is automatically excused, but those who need to eat meat for a medical reason may be dispensed from the abstinence requirement. In the United States, the fasting requirement begins at age 18 and continues until age 59. At that age, a person is automatically excused from the requirement to fast on Ash Wednesday and Good Friday, but, if health permits, may participate in the fast should he choose to do so.

LENT IS A TIME FOR INTERIOR CHANGE

Lent is a time to symbolically journey with Christ to Easter and beyond. For many people, this journey involves giving up things or doing things. Whether removed from or added to daily life, the exercise should bring about a change in that person's life, said Father Frank Dvorak, pastor of St. Elizabeth Ann Seton Parish in Omaha. The practice with the greatest impact answers the questions, "What is lacking in my spiritual life right now?" and "How will that affect me Easter Monday?" Father Dvorak said. Lenten work has changed over the years. "It used to be about denial. We didn't eat sweets - it was more about that I'm not going to do something that revolved around food," a 77-year-old said. "Now I go to Mass and the Stations of the Cross more. I also am doing things like showing compassion and forgiveness to others." The change from denial to positive improvement comes from her own life changes. "It seems that as a church we used to be a lot more about punishment and guilt. Now we are kinder and have a more loving approach," she said. "It's possible that that's where I am in my life. "My husband died a year ago. Once you have a broken heart, you are much more compassionate to others and to yourself."

To achieve personal or spiritual growth, Father Dvorak encourages people to do little things every day. Too often, big, unrealistic plans are scrapped like New Year's resolutions, he said. Living Lent day to day rather than as a six-week marathon can help. If someone doesn't succeed one day, the practice still can be continued. The better attitude is "if today I fail, tomorrow I can try again," he said. Additionally, he recommends taking incremental steps toward the destination. For example, if someone desires a more consistent prayer life and it's the third week of Lent, adding one minute of prayer a day will either build or add 21 minutes by Easter. "It's not one big chunk. It's an evolution that I go through," he said, adding this approach helps to sustain the change beyond Easter. Whatever the practice, the important piece is choosing to arrive at Easter Monday different than where a person started on Ash Wednesday, Father Dvorak said.

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"Lenten practices of giving up pleasures are good reminders that the purpose of life is not pleasure." "We can think of Lent as a time to eradicate evil or cultivate virtue, a time to pull up weeds or to plant good seeds. Which is better is clear, for the Christian ideal is always positive rather than negative"

- Venerable Fulton Sheen



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Cross	Rejection	Arrest	Denial
Crucifixion	Betrayal	Garden	Example
Washing Feet	Last Supper	Disciples	Peter
Good Friday	Holy Thursday	Palm Sunday	Jerusalem
Holy Week	Ash Wednesday	Ashes	desert
Jesus	forgiveness	penance	prayer
almsgiving	fasting	forty days	



SNOW BUNTING

Bold black-and-white wing patches are distinctive in flight. Breeds on tundra at northern latitudes; forms flocks in the winter and moves south. Nonbreeding birds are overall white below with warm brown and orange tones on head and back. During the breeding season they are white with black or gray on the back. Often forms mixed flocks with other field birds in the winter.

