

# Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

February 2009

**St. Charles Borromeo Church**  
Grand Coteau, LA 70541

## One Minute Meditations

### Lenten rules

**Abstinence:** Catholics 14 years of age and older are to refrain from eating meat on Ash Wednesday and all Fridays during Lent.

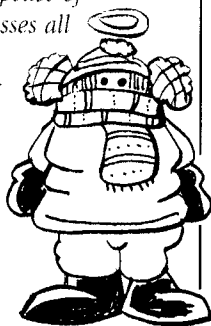
**Fasting:** Only one full meal is permitted on Ash Wednesday and Good Friday for Catholics between 18 and 59. Two smaller meals are permitted, but together they should not equal a second full meal.

### "Bless me, Father"

A priest is waiting to help you reconcile with God and the Church. The Sacrament of Penance and Reconciliation (Confession) is mandatory for absolution of serious sins. Let your parish priest help bring you back into God's friendship.

### Worried?

These are challenging times and you may find yourself with real worries: job, finances, health, etc. *"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus"* (Philippians 4:6-7).



## Five ways to have a more giving Lent

A fruitful observance of Lent involves sharing what we have and who we are with others. It's a way to offer love the way Jesus asked and to grow closer to God as a result. Try some of these ideas to have a more giving Lent.

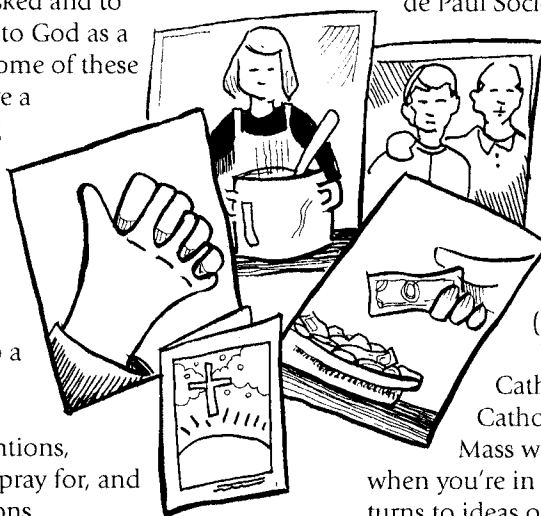
**Pray.** Give God at least 15 minutes each day in dedicated prayer. Keep a journal and record your special intentions, people you pray for, and other petitions.

**Serve.** Whether it's the parish potluck, cleaning the church, or helping with a food drive, do something every day to serve others. Consider turning off the television and computer and spend time with family or friends instead.

**Give.** Whatever you can spare will boost someone in need. Donate gently used items to the St. Vincent de Paul Society ([www.svdpusa.org](http://www.svdpusa.org), (314)576-3993). Abstain from meat for an extra day or two each week and donate the money you saved to your parish, diocese or to Catholic Relief Services ([www.crs.org](http://www.crs.org), (888)277-7575).

**Witness.** Invite a non-Catholic or an inactive Catholic friend to attend Mass with you. Speak up when you're in a group and the talk turns to ideas or topics that are against Catholic teaching.

**Remember.** Send an Easter card to someone who needs cheering, such as someone serving overseas in the armed forces. (*Hint: refer to sites like [www.anysoldier.com](http://www.anysoldier.com) for information.*)

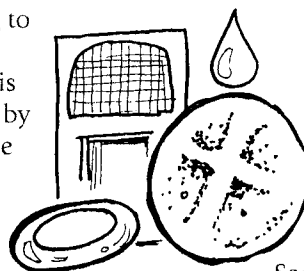


## Why Do Catholics Do That?

## Why do Catholics celebrate Sacraments?

A Sacrament, according to the Catechism of the Catholic Church (CCC) is a sign of grace instituted by Jesus and entrusted to the Church. Sacraments give us a share in divine life.

There are seven Sacraments in all. The Sacraments of initiation are



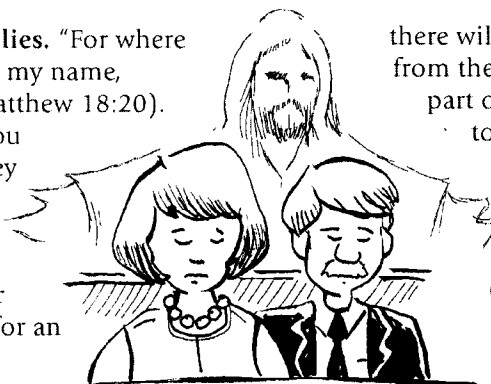
Baptism, Eucharist, and Confirmation, and they help us turn from lives of sin to Spirit-filled lives. The Sacraments of healing are Reconciliation (Confession) and Anointing of the Sick. The Sacraments of Vocation are Holy Orders and Marriage.

# What do you get out of Mass?

The power of your prayers multiplies. "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20).

When you participate in the Mass, you support the prayers of others and they support yours. Jesus gives special attention to prayers that are shared.

A fresh start each week. Before Mass, think about something in your life you'd like to change. Then look for an idea in the Mass that will help - and



there will always be at least one. It may be a phrase from the readings, a thought from the homily, or part of a prayer that applies. Then you can start to make a change in your life strengthened by the power of the Mass.

**Take your rightful place with Jesus.**

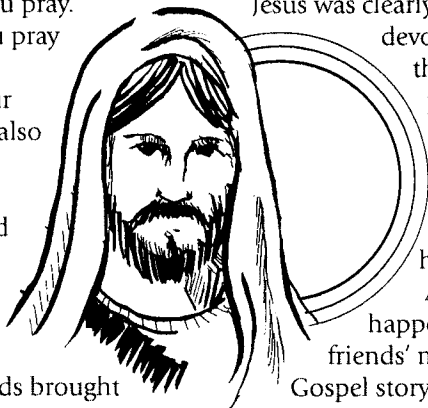
As a baptized Catholic, you have the right and power to be part of the Body of Christ. You become a member of the Body whenever you "do this in memory of me" (Luke 22:19).

## from Scripture

### Mark 2:1-12, Faithful friends.

Prayer blesses both you and the people for whom you pray. Those for whom you pray are blessed by the positive effect of your prayers. But you are also blessed by the connection prayer gives you to God and by seeing the results of your prayers.

In this Gospel reading (Mark 2:1-12), a group of friends brought a paralyzed man to see Jesus but couldn't get near him because of the crowds. Undeterred, the friends tore a hole in the roof and lowered his mat



through the hole to get him close to Jesus.

Jesus was clearly touched by their devotion. "When Jesus saw their faith, he said to the paralytic, 'Child, your sins are forgiven'" and gave the desired cure.

Had it not been for his friends, this man would have remained paralyzed. Amazing things can

happen when we place our friends' needs before Jesus. In the Gospel story, Jesus changed the man's life and amazed all who watched. Imagine the kind of amazing difference we can each make when we ask Jesus to help our friends.

## Feasts & Celebrations

**February 10 - St. Scholastica (547).** Twin sister to St. Benedict, St. Scholastica established a community of religious women about five miles south of her brother's monastery.

**February 14 - St. Cyril (869).** Along with his brother Methodius, St. Cyril was a missionary, teacher, and patron of the Slavic people. He invented an alphabet still used in some Eastern liturgies, and preached the Gospel in a more easily understood manner. He died in Rome shortly after taking the monastic habit.

**February 21 - St. Peter Damian (1072).** Childhood deprivation may have created a desire for an austere life. St. Peter Damian became a disciplined monk but was called to service as a bishop for many years and served as advisor to seven popes. He retired to monastic life and died in the care of his brother monks.

**February 25 - Ash Wednesday.** The first day of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the forehead as a sign of penance.



## Q & A Is it possible to be holy in real life?

On its simplest level, being holy means living a life centered on God. This is done by talking with him a lot, imitating his behavior, and respecting his creations. It



also means being part of the Church he established on Earth to help us be holy. Try this:

**Talk to God.**

Spending time together is the best way to get

to know God better.

**Practice sharing.** God wants us to take care of each other. Look for more ways to share your money, time, and talents with someone who needs them.

**Celebrate the Sacraments.** Make Sunday Mass the highlight of your week. Go to Confession and celebrate God's forgiving spirit.

**Be a voice in the wilderness.** When you notice an injustice, be the first one to speak out and take action. Treat all people with the dignity they deserve as children of God.

**Share your faith.** Talk about God with anyone who will listen. He doesn't want us to keep his love all to ourselves. We have to pass it on.

### Our Mission

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