

Thoughts from the Deacon

Fat Tuesday 2021

This Saturday's Mass at St Mary will be a **Mass for Russell Woodrow**. It is not a funeral Mass. He will be the intention for the Mass which will be the Mass for the first week of Lent. Knights of Columbus will be involved hopefully..

Tomorrow is Ash Wednesday. Remember it is a day of fasting and abstinence. Official Church requirement is to eat only one large meal and two smaller meals that do not add up to the larger one, with no snacking between meals. This is the minimal requirement; I encourage people who are able by virtue of good health to do more. **Fasting** is decreasing the amount of food we eat, with a total fast being eating nothing. I would recommend drinking water though.

Fridays during Lent are days of **abstinence** from meat. Fasting is not officially required but goes along well with abstinence. Some people fast during the entire 40 days, especially from animal products: meat, dairy, eggs, broth, or anything from animals. That is why today is Fat Tuesday. Traditionally all dairy, eggs and meat were used up before Lent. It is also called Pancake Tuesday because pancakes helped to use those things up.

Also remember that there will be an **Ash Wednesday collection** sponsored by the Knights for the local food bank, which is in high demand with COVID lockdown ramifications. Good way to start almsgiving. There are matching funds available from the Knights of Columbus if we exceed \$500. Please be generous for local families that are struggling.

Beginning next week we will have **Holy Hour with Exposition of the Blessed Sacrament** ending in Benediction on Wednesdays and Fridays during Lent. An excellent way to offer your time as almsgiving and spend time in prayer.

May this Lent be a time of growth in faith, and a time of becoming more and more like Christ. That, after all, is the goal of our Lenten practices of penance.

VIVA CRISTO REY!!!