

OUR FAITH

Works of Mercy

Along with prayer, fasting, and almsgiving, we are encouraged to perform both corporal and spiritual acts of mercy during Lent. During the next few weeks, try to do at least one act of mercy.

The Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

The Spiritual Works of Mercy

- Admonish the sinner
- Instruct the ignorant
- Counsel the doubtful
- Comfort the sorrowful
- Bear wrongs patiently
- Forgive all injuries
- Pray for the living and the dead

SIGNS OF THE SEASON

The Scrutinies

This week and two following weeks, we celebrate the Scrutinies. Their purpose is

“to uncover, then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong, and good. For the Scrutinies are celebrated in order to deliver the elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ, who is the way, the truth, and the life. These rites, therefore, should complete the conversion of the elect and deepen their resolve to hold fast to Christ and to carry out their decision to love God above all.” (*Rite of Christian Initiation for Adults*, 141)

While specifically designed for those who are entering the Church, all of us can benefit from the Scrutinies by examining our hearts and consciences for both healing and strengthening.

Catechism CONNECTION

“In the formation of conscience the Word of God is the light for our path (cf. Ps 119:105), we must assimilate it in faith and prayer and put it into practice. We must also examine our conscience before the Lord’s Cross. We are assisted by the gifts of the Holy Spirit, aided by the witness or advice of others, and guided by the authoritative teaching of the Church.”

— *Catechism of the Catholic Church*, 1785

FAMILY ACTIVITY

Crown of Thorns

To encourage children to perform good deeds and make small sacrifices during Lent, make a “crown of thorns.” Twist a rope of tan modeling clay into a circle and then stud it with toothpicks. Each time someone in the family makes a sacrifice or does a good deed, pull one of the toothpick “thorns” out of the “crown.” Try to remove all the “thorns” by Good Friday.

