

Dear Brothers & Sisters,

February 21, 2021



This past week we began the **Sacred Season of Lent** in the Church's calendar. Many of our parishioners attended one of our Masses or Services for *Ash Wednesday* and formally began their **Lenten journey**. Each year in the liturgy for *Ash Wednesday*, the Church places before us Jesus' teaching on the three disciplines of *prayer, fasting & almsgiving*. (See Matthew 6:1-6, 16-18) Through this teaching, Jesus attempts to give new vigor and further meaning to these ancient practices of the people of Israel. As we begin the **Season of Lent**, the Church calls us likewise to give new vigor and meaning to these important spiritual disciplines in our lives. These three disciplines are the *tools* that we've been given to help us make the most of our *journey* through the **Season of Lent**, a *journey* that will conclude with our celebration of the **Paschal Triduum**. It is definitely worthwhile for us to put some time & energy into increasing and renewing the presence of *prayer, fasting & almsgiving* in our lives, as we will certainly reap the benefits. Our parish of Saint Theresa is here to assist us in this important endeavor. In terms of *prayer*, I invite us to take advantage of the various opportunities that our parish provides during the **Season of Lent**: the Sunday & Daily celebration of the Eucharist; Adoration of the Blessed Sacrament every Thursday & Friday; Stations of the Cross on Friday Evenings; the Sacrament of Confession on Thursdays & Saturdays; the Lenten Confession Service & Solemn Holy Hour on Tuesday, March 16th. I also want to extend an invitation to participate in our Lenten Bible Study entitled "No Greater Love: A Biblical Walk Through Christ's Passion." This program by Ascension Press is a great way for us to prayerfully study the Scriptures and focus on the meaning of this *Sacred Season*. In terms of *fasting*, I encourage us to make some meaningful sacrifices in order to unite ourselves more fully to the sacrifice Jesus made for us. We can always give up some things that we like and enjoy, such as certain foods and forms of entertainment. In terms of *almsgiving*, I encourage us to look for new & further ways that we can donate our time, talent & treasure in order to help and be of service to others. Three times in His teaching on *prayer, fasting & almsgiving* Jesus mentions how 'our heavenly Father will repay us' if we perform them with the correct intentions. Unlike the hypocrites who Jesus criticizes for their empty outward show, I pray that we will find new vigor & meaning for our spiritual lives through the effort we put into *praying, fasting & giving alms* this **Lent**.

Lenten Blessings,

Rev. John Large  
Pastor