

## Ash Wednesday

The scripture readings for Ash Wednesday are always the same. And so we are always reminded that Lent is about prayer, fasting and almsgiving as described by Jesus in the gospel reading. How are you making these three practices part of your Lenten journey?

The Faith Formation Committee of the parish is offering us several ways that we can deepen these practices. First, we will be given a book after mass today to read during the Lenten Season. It is written by the Catholic author Matthew Kelly and is entitled "Perfectly Yourself: Discovering God's Dream For You." It consists of nine easy-to-read chapters with reflection questions at the end of each chapter. We are also invited to sign-up on the internet at "BestLentEver.com" where we will be provided with daily prayers and activities. Go to our website for many other opportunities that the Faith Formation Committee is promoting.

St. Paul in the second reading today reminds us that this is not a time for procrastination. He challenges us saying "... now is a very acceptable time; behold, now is the day of salvation." Lent begins now, not tomorrow. Prayer, fasting and almsgiving begins now, not tomorrow.

Noah and his family spent forty days and forty nights in the Arc during the great flood, the Jewish people spent forty years wandering in the desert before they reached the Promise Land, Jesus fasted and prayed for forty days before he began his public ministry. Change takes time. Are you committed to taking the time to make this Lent "The Best Lent Ever?"