

First Sunday of Lent

-Temperance

OLOL Chapter

Weekly Newsletter

This is the first Sunday of Lent. Last Monday we began preparing for this season in our Church by discussing fasting. Our Parish app has a lent tab. If you click on the tab and look at the February 15th article on Fasting and Sacrifice, you will see the following suggestions:

* Fast from hurting word and say kind words
* Fast from sadness and be filled with gratitude
* Fast from anger and be filled with patience
* Fast from pessimism and be filled with hope
* Fast from worries and have trust in God
* Fast from complaints and contemplate simplicity
* Fast from pressures and be prayerful
* Fast from bitterness and fill your hearts with joy
* Fast from selfishness and be compassionate to others.

* Fast from grudges and be reconciled
* Fast from words and be silent so you can listen

We begin Lent with the virtue of Temperance. Consider this from Fidelis, the passions must be directed and disciplined. Fasting disciplines the passions. ***Therefore…the temperate woman denies herself.***

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| **Invitation:** Fasting is an essential part of the Christian’s life. Your Invitation this week is to give up one meal during the week. Ask God to make you aware of your hunger for Him, and fill it as you forgo an earthly good in hopes of a Divine good. If you have reasons not to give up a meal, you may find another thing to give up, in addition to any other Lenten devotions.The King’s message for February 12, 2018 was given by Bridget Shoecraft. Our movie clip was from Hunger Games followed by a clip from Fr. Mike Schmitz from Ascension Presents. He discussed the four reasons for fasting. 1. Self-mastery
2. Obedience and discernment
3. Worship (love of God) linked to sacrifice
4. Co-redeemer with Jesus

**Upcoming Calendar**:Monday, February 19 – meetingKing’s Message will be given by Joan SaboDinner provided by: Angie Reynolds & Heather Rickert Dinner on 2/26: Bridget Shoecraft & Mark Smith Dinner on 3/1: Kari Specht & Stacy Wakefield

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