

The Meaning of Lent and Fasting/Abstinence Rules

The 40-day season of Lent begins on Ash Wednesday, March 6, and continues through Holy Thursday, April 18.

Lent is a time to develop a deep friendship with our Lord and to get in right relationship with Him and His Church. If you have not been married in the Church, please present yourself to your priest so that he can correct the situation. To receive the Eucharist, we must be Catholic and in the state of grace (not aware of grave sin), having been baptized (and married) properly. Those who receive Holy Communion who are not Catholic or who are not in right relationship commit the sin of sacrilege (grave disrespect toward God and His teachings). Just as we are to respect our parents, we must all the more respect God by following His Commandments. A right relationship with God gives us peace and prepares us for a happy death.

Do positive things; increase your prayer time, read the Bible daily, visit the sick, work on a virtue, etc. Eliminate or minimize T.V., entertainment, and over-socializing so that you have more time to commune with God. The bottom line: We need to do things that will make us dynamic Catholic Christians—people of prayer, study, generosity, and evangelization. If you are a dynamic Catholic, you understand why the Church promotes extra prayer, fasting, and almsgiving during Lent. [We choose to pray the **Divine Mercy Chaplet** every day during Lent as one extra prayer.]

The highest prayer we have as Christians is the Mass. Holy Communion puts us in direct union with God. If you can fit it into your schedule, please come to daily Mass. It would great to see families come on Fridays, since the kids don't have school.

Reconcile with God. Jesus asks us, through His Church, to go to Confession at least once a year. Set the example for your kids (and the youth) and come as a family several times a year.

Since Jesus suffered and died on a Friday, we are called to do extra penance on Fridays. Jesus teaches us, through the Church, that we are to abstain from meat every Friday during the year. This is mandatory during Lent and on Good Friday. If we do eat meat on a Friday outside of Lent, we are to make an extra sacrifice (pray for others, visit the sick, etc.) that day as a substitute.

Fast and abstain from meat on Ash Wednesday and Good Friday. On these days, you are permitted one full meal as well as two smaller meals that together are not equal to a full meal. This is a requirement for those between 18 and 59. Those 14 to 17 must at least abstain from meat. We encourage people outside these age ranges to do the full fast and abstinence, and strive to be magnanimous (= striving for excellence in all things, especially holy things).

Rules for Receiving Holy Communion

We welcome all to the celebration of the Holy Mass. We are glad that you are here. Because of the confusion about religion in general in our society, it is important to be reminded of some elements of Catholic belief and practice.

-For Catholic Christians.

1. Prior to receiving Holy Communion, Catholic Christians should have fasted for at least one hour; water and medicine are exceptions. Chewing gum is considered irreverent at Mass. We should always try to arrive early to dispose our hearts and never leave early, unless there is an emergency.

2. Jesus is head of the Church (see Colossians 1:18) and He said in **John 14:15**, "If you love Me, you will keep My commandments." God tells us in 1 Corinthians 11:23-32 that we should not receive Holy Communion if we are aware of grave sin. Grave sin is a break in our covenant with God. If you are aware of grave sin (skipping Mass on Sundays and Holy Days, abortion, serious theft, sexual sins, cohabitation, marriage not blessed in the Church, etc.), in true humility, please reconcile with God in the gift of the Sacrament of Reconciliation/Confession before receiving our Lord in Holy Communion. In this way, you will show God great respect and not commit further sin. If you wish to come forward with your arms crossed over your shoulders, the minister of Holy Communion will say a prayer over you. (Note: A priest or deacon would be happy to assist you in rectifying any situation and help you to walk with Jesus on a good and holy path.) For those receiving Holy Communion, please consume the Host in front of the minister.

-For non-Catholic Christians.

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common Baptism and the action of the Holy Spirit will draw us closer to one another. We pray Christ's prayer for us "that they may all be one" (John 17:21). Receiving Communion means to be in union with the Catholic Church and to believe and practice what she teaches. Since this does not yet exist for you, please refrain from receiving Communion. If you come forward with your arms crossed over your shoulders, the minister of Holy Communion will say a prayer for you.

Please Pray for the Closure of Planned Parenthood in Granby during Lent

During Lent, pick one day a week and pray an extra Rosary for the closure of Planned Parenthood. Also, pray for the conversion of those thinking about having an abortion and for healing for those who have had an abortion. The number of those suffering from the effects of an abortion is higher than most of us think.

Seven Capital Sins—Root Vices

Pride—putting oneself above God and others

Boastful * self-centered * self-important * superiority complex * arrogant * talking too much * stubborn * vain * entitlement mentality * rude * disobedient * wanting no advice * brooding over offenses * oversensitive * fearful * self-pity

Greed—covetous; disordered desire for material things

Seeking security only in things of this world * stingy * hoarding * not realizing that you are passing through this world on pilgrimage to heaven * secretive * desiring wealth and power

Anger—disordered desire to be right or be treated better; desiring revenge

Aversion * resentful * bitter * hatred * silent treatment * un-forgiveness * impatient * emotional * temper * self-will * control * gossip * withdrawal * mean * critical * fault-finding * judgmental

Envy—resentful longing aroused by someone else's possessions, qualities, or gifts

Hateful * gossip * detraction * backbiting * joy at the sorrows/troubles of others * spiteful * do not care when others are praised

Sloth—laziness; avoiding doing God's will for the sake of comfort

Effeminate (= wanting a soft, easy life) * late for events * distaste for life * discouragement * moody * gloomy * inconsistent * dull to exhortation * lack of thanksgiving to God and others

Gluttony—eating and drinking to excess

Think and talk food a lot * complaining about plain food * too much snacking * immoderate use of alcohol * loudness * boisterous * can include immoderate use of electronic devices and media

Lust—desire for illicit sexual pleasure

Curiosity about sex * Over-familiarity with someone * carelessness in reading and viewing * not controlling imagination * comfort-seeking * pleasure-seeking * not open with priest-confessor * not using necessary means to control the flesh

-With God, choose to practice one virtue during Lent from the right side. Do not reinforce vices.

Ways to Overcome—Remedies for These Vices

Humility—selfless; recognizing that all skills, talents, and good qualities are gifts from God

Think about my dependence on God * thanksgiving to God * seeking ways to serve God and others quietly * quit complaining/gossiping * seeing Christ in others * Litany of Humility * Surrender Prayer

Generosity—giving of time, talents, and gifts freely; God is more important than possessions

Cultivate simple tastes * desire to imitate the poverty of Christ * seek first the Kingdom of God * give others the better part habitually * share your things with others * tithe

Meekness—acting with patience, mercy, and charity when resolving conflicts

Keep Christ crucified habitually in mind * do little acts of charity for those who annoy you, including prayer * live in God's presence * keep quiet when annoyed, and unite sufferings to Christ

Kindness—wishing the best for others; brotherly love

Thank God for others' gifts * pray for the one you envy * speak well of the one you envy * think of eternal life and that God wants all to be saved

Diligence—following God's will, even if it means discomfort (suffer for God's mission)

Faithful to prayer life * keep to a schedule * do immediately what you tend to put off * think of eternity constantly * do spiritual and corporal works of mercy as little acts of self-discipline

Temperance—taking all things in moderation

Decide how much to take ahead of time and stick to it * eat or drink in God's presence * fast * reflect on the fact that 21,000 die of starvation daily * only use electronic devices and media for the good

Chastity—properly ordered desires of the flesh

Develop personal love of our Lord * flee occasions of lust * be hard on body—mortification * keep busy * live for others * pray the Angelic Warfare Confraternity Prayer frequently * meditate daily on a Gospel passage for 15-30 minutes

Funeral for Alice Cantril, StP, March 5 at 11 a.m.

Tuesday funeral Mass at St. Peter. This is a chance to practice corporal and spiritual works of mercy.

Pint with a Priest; Tuesday, March 5, at 6 p.m.

Join Fr. Peter for Mardi Gras / Shrove Tuesday at the Peak Restaurant. We Catholics have many traditions and practices, some rather odd. Let's talk about the roots and practices of some of them!

Ash Wednesday Masses, March 6 (Lent Begins!)

- StB, 8:30 a.m., Confession at 9:10 a.m.
- StA, 5:00 p.m., Confession at 4:15 p.m.
- OLS, 6:45 p.m., Confession after Mass.
- StI, 4:30 p.m., Confession at 4 p.m.
- StP, 7:30 p.m., Confession at 7 p.m.

March 8: Day of Prayer for Healing; Masses at:

- St. Peter, 5:30 p.m., right before Stations
- St. Bernard, 4:30 p.m., right before the soup supper

The intention of these Masses is for the healing of those who have endured sexual abuse, especially minors.

Friday Meatless Suppers and Stations of the Cross

- St. Peter:** Stations, 6:30 p.m.; soup/bread supper, 7:35
March 8, 15, 22, 29; April 5, 12 (Stations are bilingual)
- St. Anne:** Soup/bread supper, 5:30 p.m. Stations, 6:45
March 15, 22, 29; April 5, 12
- Our Lady:** Soup/bread supper, 5:30 p.m. Stations, 6:45
March 15 (Fish Fundraiser dinner); April 12
- St. Bernard:** Soup/bread supper, 5:30 p.m. Stations, 6:45
March 8, 29

Colorado Death Penalty Repeal

This week a bill that would abolish the death penalty in the state of Colorado will be introduced in the Senate.

If you wish, call or email your State Senator this week and ask them to **support** death penalty repeal in Colorado. For help contacting your Senator visit archden.org/abolish.

MTYR Lent is a great opportunity to rediscover Jesus. God is all about new beginnings and Jesus is the new beginning. God wants us to know His Son. Do you know Him? How would you describe Jesus to someone who knows nothing about Him? Tell others Jesus is the King of all ages; He's the King of Glory; He's the King of Kings and the Lord of Lords; He's my King. Ask them: "Do you know Him?"

Are You Signed up with Flocknote?

Keep in touch with us via email and text! Holiday Mass times, weather cancellations, ministry news & more. Text the word **Grand** to **84576** or sign up online at

grandcatholic.flocknote.com

Pray for parishioners in need by joining the Prayer Line group on Flocknote to get short prayer requests.

Coffee and Donuts; StB, Sunday, March 10

Please join us for coffee and donuts after 7 a.m. Mass.

Wisdom of *The Dialogue of St. Catherine*

Summary of Chapter 8. All of us can grow in virtue as we serve our neighbor. When your neighbor insults you, you can grow in the virtue of patience. If your neighbor is proud, you can grow in humility; unfaithful, faith; unjust, just; cruel, compassion; wrathful, gentleness and kindness.

God the Father regarding bad neighbors: "But though they do not love me faithfully or with constant hope seek their salvation in Me, My faithful servant will not abandon them."

The Father: "If you have conceived the virtue of courage within you, you will always be strong and constant...and prove it through your neighbors."

Calendar of Events

- Mar 6 (Wed).** Ash Wednesday.
- Mar 8 (Fri).** Stations of the Cross at StP and StB
- Mar 23 (Sat).** Rosary Rally for Traditional Marriage, StP
- Apr 27-28 (Sat-Sun).** USAFA Cadet Choir, take two!

The cadets want to try to come again.

Mass Collections, Feb 23 – 24

St. Anne	\$ 1539
St. Bernard	2518
Our Lady of the Snow	1505
St. Peter	885
St. Ignatius	508
Total	\$ 6955

Vocations Prayer Calendar

Please pray for our seminarians every day.

- Sat—David Hall & Owen Limarta
- Sun—Kyle MacDonald & Jacob Machado
- Mon—Ryan Mack & Zachary Michalczyk
- Tue—Antonio Pasuinucci & Daniel Ramirez
- Wed—Thomas Gonzaga & Drew Jones
- Thu—Holy Vocations to marriage
- Fri—Increase in vocations to priesthood/religious life

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;
OLS = Our Lady of the Snow

- Sat, Mar 2, StA, 5 p.m., Neil and Danita McGinn
- Sat, Mar 2, StB, 4 p.m., People in our region/visitors
- Sat, Mar 2, StB, 5:30 p.m., Chris and Annette Bergeon
- Sun, Mar 3, StB, 7 a.m., Mass of healing/reparation
- Sun, Mar 3, OLS, 9:30 a.m., John and Theresa Schuster

Weekday Masses

- Mon, Mar 4, StA, 8:30 a.m., Bob Grenda
- Tue, Mar 5, OLS, 7:30 a.m., OLP prayer group
- Wed, Mar 6. See Ash Wednesday schedule to the left.
- Thu, Mar 7, OLS, 8:30 a.m., +Paul Robertson
- Fri, Mar 8, StP at 5:30 p.m. & StB at 4:30 p.m.

Mass Intentions and Schedule for StP and StI

KEY: StP = St. Peter; StI = St. Ignatius (Walden)

- Sun, Mar 3, StP, 10 a.m., Christopher and Lisa Hyde
- Sun, Mar 3, StI, 1 p.m., People in our region/visitors