LIFE (Learning In Faith Experiences)
I hope you don’t mind, but I’m going to continue on thoughts from last week’s column. First though, I’d like to tell you that when I walked into my parents’ living room when visiting with them last weekend, my Mom was watching HeeHee! Have I mentioned lately that God has a wonderful sense of humor?! Obviously, I had to share my column with them and talk about my connection of that show with Lent. It was a pretty fun chat! The more I thought about that TV show and the opportunity for each of us to do some interior spiritual cleaning, the more I kept thinking about the importance and need for exterior spring cleaning too. Through prayer, fasting, and almsgiving we can take stock of what in our lives needs freshening up, when sorting through our things we must look at and answer to what is truly important vs. perceived importance – both interiorly and outwardly. To do this we need discipline. We may need a re-training of our hearts, bodies and desires to become more like Jesus. These Lenten disciplines can allow us to focus on how we can sort out and let go of what we hold onto, spiritually and physically. As I was contemplating this time of Lenten cleansing, I once again got a kick at God’s humor when I peeked ahead to Ash Wednesday’s reflection in Living Faith by Sr. Joyce Rupp, OSM entitled Six Weeks of Housecleaning, “A clean heart. A steadfast spirit. Two essential components for spiritual growth.” As we begin the Lenten season, the Church wisely urges us to focus on how our hearts can benefit from some cleansing and our spirits become firmer in their commitment to the gospel teachings. If we didn’t wash our dishes or clothes, never dusted or emptied the garbage, what a dismal and odorous home we would have! Similarly, there’s great value in doing some spiritual cleansing – declaring our minds stuffed with distracting activities, divesting from unworthy habits, shoring up the foundation of prayer and getting rid of emotional debris. Lent is here. Time to begin an extensive housecleaning. (Thank goodness there are six weeks in which to do so.)

Aids to help and guide us on our Lenten journey are available in the Narthex; please feel free to take a CRS Rice Bowl and/or My 2020 Lenten Calendar. Written by Colette M. Savaria, LIFE Coordinator

First Eucharist classes continue with their next class on Thurs., 3/5 from 3:30-4:45pm in the PC.

Please pray for all the men and women who have served and who currently serve in the armed forces, and the military commanders who lead them. Pray also for our hometown Parishioners and the sick of the Parish (including those in hospitals and nursing homes). Pray for the unborn, the pregnant, and the fragile among us so that we may deepen our respect for life at all stages.

Guidelines for Lent 2020:
Abstinence from meat on the Fridays of Lent (for those 14 and older) is required by Church law. Good Friday and Ash Wednesday are always of fasting and abstinence. Those between the ages of 18 and 59 should eat less (only one full meal that day and no solid food between meals). Serious health conditions excuse a person from these precepts.

A Lenten Spiritual Journey
Bishop Robert Barron gives an inspiring three-part video presentation dealing with our vices and how to counteract them. Based on Dante’s writings, the seven deadly sins correspond to the seven stories of Dante’s Mt. Purgatory. Bishop Barron shows how the “seven lively virtues” counteract these sins and sets us on the right path to healing and happiness. Meeting dates for viewing the video series are: Mon., March 16th, Tues., March 24th and Tues., March 31st in the Parish Center, beginning at 7:00pm and ending by 8:15pm. Please join us on this Lenten journey of spiritual growth.

“For Lent For Life,” the motto of the Rice Bowl collection for this year, relates the upcoming liturgical season with the life changing aspects of this collection for people throughout the world. Letting our Lenten season direct our prayers, thoughts and resources to the poor is a wonderful way to enter this most important time in the life of the Church. Through CRS Rice Bowl, you help reach 127 million people with lifesaving support. Seventy five (75) percent of those people who benefit from this collection are already part of programs which have been established and are working on a sustainable plan to help them save money today while 25% of our collection remains here in our diocese to help alleviate hunger and poverty here in Rhode Island. Please take a Rice Bowl from the Narthex.

CHURCH SUPPORT

February 22/23, 2020
Weekly Collection $4720.00
Electronic Giving $ 845.00
Thank you for your generosity!!

SCRIPTURE READINGS FOR THE WEEK

Easter Sunday: Eph 1:3-6

Lenten Sunday: Mt 5:10-20, 26-32

COMMUNITY ACTION COMMITTEE

A collection of non-perishable items for the Martin Luther King Center and St. Lucy’s Parish will be held during the Lenten season. Such items include: Spam, tuna, nut butter, jams, jellies, cereals, canned fruit, olive oil, canola oil, peanuts, oil, canned pasta/sauce/canned tomatoes, canned veggies esp. beets and spinach, canned/bagged beans, canned lentils, salad dressing, ketchup, mustard, relish, mayonnaise, rice, noodles, mac and cheese, coffee, tea, juices, 100% whole grains like brown rice, quinoa, bulger, barley, rolled oats, wild rice, whole wheat/grain pasta, whole grain cereal, gluten free foods, low salt or no salt foods. Please place food in/near the blue bin in the Narthex of the Church. Thank you for helping to fulfill the Gospel command to “feed the hungry.”

At that time Jesus was led by the Spirit into the desert to be tempted by the devil.” If the devil tempted Jesus, who was God, how much more will he tempt us into sin. Bring the Father, Son and Holy Spirit into your marriage to help you resist temptations by attending a Worldwide Marriage Encounter Weekend. The next weekends are March 13-15 in Duxbury, MA and April 18-19 in Brewster, MA. For more information, contact Stephen & Michelle at 800-710-9963.

Day of Recollection at the Shrine of the Little Flower (35 Dion Dr.) in Nasonville, RI will be held on March 7th for a fee of $20. Enter into this spiritual experience without having to be concerned about anything except enjoying a day of spiritual experience. Schedule of the day includes: 10:00am-Holy Mass; 11:00am-Lecture; 12:00noon-Lunch; 1:00pm-Lecture 2:00pm-Adoration (Rosary, Divine Mercy and the Sacrament of Reconciliation); 3:00pm-Benediction.

Coast to Coast.

2020 Catholic Charity Appeal
The 2020 Catholic Charity Appeal will soon be underway! Please refer to our Parish website at www.stlucy.org where you can view a 3-minute video about the Appeal. Just click on the “Giving” tab on the top right of the homepage and then click on “2020 Catholic Charity Appeal” to view the video. Directly below the video is additional information about the areas of mission in the Diocese that benefit from this appeal fund. The Chairperson for this year’s Appeal at St. Lucy’s Parish is Jeffrey Moniz, who will be speaking at all Masses on the weekend of March 7th and 8th.

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BANFF Centre Mountain Film Festival World Tour will be coming to our campus at the King Center and St. Lucy’s Parish on Thursday, March 9th at 7pm. The World Tour is an exhilarating and provocative exploration of the mountain world and includes a collection of the most inspiring action, environmental and provocative exploration of the mountain world. For more information, contact our Parish website at www.stlucy.org.