

Dear Parishioner,

Lent begins, Wednesday, February 14th with Ash Wednesday, a day of fast and abstinence for Catholics. Ashes remind us to turn away from sin and be faithful to the gospel. Ash Wednesday mass will be 7:00 PM. IC, Celina, also has masses at 7:30 AM, 8:45 AM and 6:30 PM.



Prayer, fasting and almsgiving are the three traditional disciplines of Lent. Prayer invites us into God's presence, whether personal or communal, through Scripture, devotional prayer, adoration, meditation, journaling, Stations of the Cross, other sacramentals and especially through the Eucharist, our great prayer of Thanksgiving. Our Lenten fasting is rooted in experiencing hunger for food, but it goes beyond this. We are hungry so that we might discover what we truly need. Fasting helps us look at all that we consume (and all that consumes us). It helps us discern what is good and right in God's eyes. Fasting clears the deck, simplifies our lives, and frees us to work toward a world that is more just and loving. Almsgiving is the way in which we work for greater justice. It is all the deeds we can do and the gifts we can offer to help recreate the world anew.

Ash Wednesday and Good Friday, March 30, 2018, are days of fast and abstinence. Fridays of Lent are also days of abstinence. Fasting is to be observed by all those 18 years of age and older, who have not yet celebrated their 60th birthday. On a fast day one full meal is allowed. Two other meals sufficient to maintain strength, may be taken to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Abstinence is observed by all those 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige.

With regard to the obligatory days listed above, however, there are frequent questions about the degree of seriousness of the matter. The teaching of Pope John Paul II may be simply paraphrased: the obligation to do penance is a serious one; the obligation to observe, as a whole or "substantially," the penitential days specified by the Church is also serious. No one should be scrupulous in this regard; failure to observe an individual day of penance is not considered serious. People should seek to do more rather than less. Fast and abstinence on the days prescribed should be considered a minimum response to the Lord's call to penance and conversion.

There are resources and opportunities that may deepen your Lenten journey:

- Wednesday evening Stations of the Cross at 7:00 PM followed by Lenten Mass.
- Lenten Faith Sharing on Wednesdays – on back side.
- The Little Black Book for adults can be picked up in the lobby of church, or Little Purple Book for children are available at IC Church, PAC or IC Rectory. These provide deeper insights into the season of Lent.
- **The Light Is On for You** - This year at St. Teresa and in parishes across the Archdiocese of Cincinnati the Sacrament of Reconciliation will be available on Tuesday, February 27th from 7:00pm – 8:00pm in Church. Consider making a commitment this Lent to celebrate the Sacrament of Reconciliation and receive the healing grace of God's forgiveness and love. Learn more at: www.lightison4u.com. IC will also have a Parish Penance Service Wednesday, February 28, 2017 1:00 PM and individual confessions Thursdays, March 15th and 22nd at 7 PM. Individual confessions will be held Saturdays at 4:30 PM (No Saturday Confessions April 15th)
- www.usccb.org/lent/ The United States Conference of catholic Bishops provides numerous Lenten resources.

May this Lent be a prayerful and spiritual renewal for each of us. *Fr. Ken & Fr. Vince*



You Can Understand the Bible!

If you want a better understanding of our faith, and a deeper relationship with God, then you should join us for *The Bible Timeline* Study, beginning February 21st. By being a part of this study, you will not only benefit personally, but you will also help to bring about a profound renewal in our parish as we all grow closer to Christ.

The Bible Timeline is a Catholic Bible study that can help *anyone* to make sense of the Bible and experience the life-changing power of God's Word. The study takes you on a journey through the entire Bible and brings you deep into each period of salvation history, so that you can discover the amazing story woven throughout all of Scripture. *The Bible Timeline* has helped hundreds of thousands of people to have a better understand the Bible and a deeper relationship with Christ, and it will help you too.

The study will include a series of twenty-four videos presented by Jeff Cavins. Each video will be preceded by a lively group discussion. Everyone who participates will receive a color-coded *Bible Timeline* Chart, as well as a *The Bible Timeline* Study Kit.

St Teresa will begin *The Bible Timeline* on Wednesday, February 21st after stations and mass. For more information or to register for the study visit the registration table after Mass or contact Melissa Fent at 419-305-7056 or Melissa.Fent@Crown.com.