Lent is a Season for....

- making time and space to remember what it means to be Christian, by remembering the life, death and resurrection of Jesus in a special way.
- remembering the life and message of Jesus—recommitting to living as followers of Jesus in today’s world.
- giving up the negative in our lives to make room for more positive.
- being open to change of heart and habit—to deepening our relationship with Jesus and with each other.
- taking time out from the usual daily routine to focus on what is most important in our lives.
- acknowledging the parts of our lives that need forgiveness and changing, and working to make them right again.
- clearing out some space in our lives so that God can enter and fill it; and taking time to discover where God has always been.

**The Three Disciplines of Lent: Fasting, Prayer, Almsgiving**

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<th>Fasting</th>
<th>Prayer</th>
<th>Almsgiving (Acts of Charity)</th>
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| Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat. We fast to allow our physical hunger to remind us of our spiritual hunger, our need for God. The purpose of fasting is to turn our attention to both God and others. | **Things to fast from…**  
- watching television  
- foul language, sarcasm, and put-downs.  
- buying new things: clothes, music, magazines, jewelry, etc.  
- snack or junk foods  
- spending money on entertainment  
- being angry at other people  
- holding resentments  
- gossiping  
- being dishonest | **Show an act of kindness to each family member today.**  
**Show an act of kindness to a friend and to someone who is difficult to like.**  
**Together with your family, spend time serving others during Lent. Work at a soup kitchen or homeless shelter. Visit elderly people who are in nursing homes or shut-ins.** |
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- gossiping  
- being dishonest | **Read the story of the Last Supper of Jesus in chapter 13 of the Gospel of John, verses 1-15.**  
**Read the story of Easter chapter 20 of the Gospel of John, verses 1-9.**  
**Pray the “Our Father” three times today—in the morning when you get up, at noontime, and when you go to bed.**  
**Say a prayer for someone who is sick today.**  
**Pray for a forgiving heart and ask the people you have hurt to forgive you.**  
**Participate in Ash Wednesday services with your family.**  
**Participate in the Stations of the Cross during Lent.**  
**List three blessings you have been given. Say a prayer to God, giving thanks for the blessings in your life.**  
**Pray for the children and families who are homeless, and think about ways you and your family might help them.**  
**Pray the Rosary.**  
**Go to a website like Catholic Online for specific Lenten prayers:**  
www.catholic.org/prayers/prayer.php?s=27 | **Donate a new item of children’s clothing to the local homeless shelter or clothing center.**  
**Go through your closet and find some clothes in good shape to give away to others who are in need.**  
**Write a letter or create a card for someone who is sick or might be lonely.**  
**Buy a can of food to give to a food bank or homeless shelter.**  
**Talk with your family about eating one simple meal each week of Lent and putting the money you save in the Operation Rice Bowl box or giving the money to a soup kitchen or homeless shelter.** |

1 From Generations of Faith by John Roberto.
What Are You Doing for Lent This Year? Some ideas from around the Vicariate and Diocese

New Movie about Mary for Lent. On Friday, February 12, Immaculate Conception Parish of East Aurora is hosting an Evening of Reflection and Screening of the new movie Full of Grace. It tells the story of the Blessed Mother’s final days on earth and is one of the most unique Catholic films ever produced. Fr. Peter John Cameron, OP, Editor-in-Chief of Magnificat describes it as “a breathtaking film and celebration of faith.” Please join us on Friday, February 12 from 7-9:30pm at Christ the King Seminary’s Auditorium, 711 Knox Road, East Aurora. Visit the parish website at www.icchurchea.org to view a trailer of the film. We hope you’ll make this part of your Lenten journey!

The 17th Annual Lenten Series – “Year of Mercy – Corporal Works of Mercy” How we can find the joy to rediscover the mercy of God, and be a witness of mercy to all that we meet, through the richness of the Corporal Works of Mercy. All sessions will take place at 7:30 p.m.

• Visit The Imprisoned. Rev. Thomas Doyle Monday, Feb. 15 at SS. Peter & Paul Church, 5480 Main Street, Williamsville 632-2559.
• Visit The Sick. Rev. Richard Zajac Monday, Feb. 22 at St. Gregory the Great Church, 200 St. Gregory Court, Williamsville 688-5678
• Bury The Dead. Mr. Carmen Colao, Director of Catholic Cemeteries of Buffalo Monday, Feb. 29 at St. Leo the Great Church, 885 Sweet Home Rd, Amherst 834-4282
• Feed The Hungry. Rev. James O’Connor Monday, March 7 at St. Pius X Church, 1700 N. French Rd., Getzville 688-9143
• Clothe The Naked / Give Shelter To The Homeless. Amy Betros, co-founder and co-director of St. Luke’s Mission of Mercy Monday, March 14th at St. Timothy’s Church, 625 E. Park Dr., Tonawanda 875-9430

For Your Family: Lent 2016. Do you ever wonder how to make a good marriage even better? Are you worried about one of your children? Would you like the second half of your life to be better than the first half? You might find the answers to these and other questions at For Your Family: Lent 2016, a series of 4 independent yet interrelated presentations designed to introduce you to the principles of Family Systems Theory and how those principles can strengthen your family. Sessions will be held in the Church on Mondays, Feb. 22 – Mar. 14 from 7-8 p.m. followed by an optional 30 minute Q&A. The speaker is our weekend priest, the Rev. Dr. Robert J. Perelli, CJM, founder of The Center for Family Systems Theory of WNY. Suggested donation is $5 per session. For more info: www.familysystemstheory.org and click on the “Training” button or stop in the Community Center. Everyone is welcome. Suggested donation per session is $5.

The Voices of Mercy at St. John Kanty, 101 Swinburne Street, Buffalo on March 5. Join us for Mass at 4pm with The Voices of Mercy, followed by their original musical interpretation of Stations of the Cross. Following the Stations, soup, beverage and dessert will be served. For further info., visit www.stjohnkantychurchbuffalo.wordpress.com.

Walking the Lenten Journey of Mercy. a day of prayer and reflection offered by Grey Nuns and Friends, will take place on Saturday, March 19 from 9am-3:30pm at D’Youville College, Madonna Hall. In the spirit of Pope Francis, women and men of all ages are invited to open our hearts to the rich dimensions of God’s mercy and ponder how we can embody that mercy in our own lives. There is no fee; a free will offering will be accepted. Parking is available in the Visitors’ Lot on Fargo Avenue. Participants are asked to bring a brown bag lunch. Drinks will be provided. To register, contact Arlene at arlypez@yahoo.com or call 833-7451

Friday Women’s Lenten Afternoon of Reflection. Fr. Ryszard Biernat, Secretary to Bishop Malone, will offer a Women’s Lenten Afternoon of Reflection on Saturday, Feb. 20 at St. Andrew’s in Kenmore. The afternoon, filled with both inspiration and humor, will begin at 12:15pm in the Msgr. Donovan Center, Lowell Avenue, Kenmore. Ending at 3:30pm, all are then welcome to join the parish in church for the 4pm Mass. Sign up now by calling Michelle at 725-6860.

Igniting the Fire Within – First Annual Catholic Women’s Conference. Saturday, Feb. 23 at Mt. St. Mary Academy 3756 Delaware Ave. Kenmore. Registration at 7:30am, Mass with Bishop Malone at 8:00am. For more information and to register go to: www.catholicwomenofbuffalo.org.

St. Leo the Great to host Bishop Malone at the Hour of Mercy. On Sunday, February 28 Bishop Malone will offer a prayer service that will include the Sacrament of the Anointing of the Sick at St. Leo the Great, 885 Sweet Home Road, Amherst at the Holy Hour of Mercy at 3pm. St. Leo's has been designated a Station Church for the Year of Mercy by Bishop Malone because it has a blessed Holy Door of Mercy. All are invited and welcome to attend! For more information, contact Dawn Iacono, Adult Faith Formation Director, at diacono@stleothegreatamherst.com.
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**Feb 10** - **ASH WEDNESDAY**
Mass & distribution of ashes
Noon UBStudent Union
5:00pm Newman Center