



Our Lady of the Assumption Roman Catholic Parish

Mission ~ St. John the Evangelist, Keene, Ontario



1830 Keene Rd., Otonabee, ON, K9J 6X7
Phone: (705) 741-1018
email: assumptaest@sympatico.ca
web: www.assumption-stjohns.ca

Pastor: Monsignor Michael Heffernan C.H.H.

Weekend Holy Mass Schedule:

OUR LADY OF THE ASSUMPTION

Saturday 4:00 p.m. in the fall & winter and
5:00 p.m. in the spring & summer.
(Times will switch at Seasonal time change)

Sunday 9:00 a.m.

ST. JOHN THE EVANGELIST

Keene, Ontario
Sunday 10:30 a.m.

Weekday Holy Mass Schedule:

OUR LADY OF THE ASSUMPTION

Monday, Wednesday, Thursday, Saturday 8:00 a.m.
Tuesday 6:30 p.m.
(Fourth and (Fifth) Tuesdays of the Month at 8:00 a.m.)
Friday 7:00 p.m.

Adoration of the Blessed Sacrament with Benediction:

Every Friday from 6:00 to 7:00 p.m.
Followed by Holy Mass at 7:00 p.m.

NEW PARISHIONERS—

Have you registered in our Parish?
“Parish Census” Forms can be found
at the back of the Churches. Please introduce
yourself to Fr. Michael and welcome!

Reminder -

**If you or a family member is in the
hospital and you would like the priest at
Our Lady of the Assumption to contact you,
please phone the office at 705 – 741 – 1018.**



Parish Office: Phone: (705) 741-1018
**Secretary: Monday, Tuesday, Thursday and
Friday from 9:00 a.m. to 1:00 p.m.**

Catholic Women's League:

► President: Anna Marie Bolin
(705)742-8249

Knights of Columbus:

► Grand Knight: Peter Clancy
(705)748-3075

Marriage: Registered Parishioners must
contact the Parish Office twelve months
before the proposed Wedding date. No
date for a Wedding can be set before a
couple has met with the Priest.

Baptism: Registered Parishioners must
contact the Parish Office one month before
the desired Baptism date.

Reconciliation:

Saturday: 7:30 – 8:00 a.m. & 3:30 – 4:00 p.m.
Sunday: 8:00 – 9:00 a.m.

You may also ask Father at **ANYTIME**

MOVING? ~ Please let the office know of your
move from this parish. Also, an address change is
necessary for sending out the year's tax receipts.
Call 705-741-1018.



MASS INTENTIONS

March 6 – March 12

MONDAY, March 6

St. Colette

8:00 a.m. ~ Fr. Michael

TUESDAY, March 7

St. Perpetua & St. Felicity

6:30 p.m. ~ Special Intention

WEDNESDAY, March 8

St. John of God

8:00 a.m. + Dan Kelly

(Mike & Noreen Malloy)

THURSDAY, March 9

St. Francis of Rome

8:00 a.m. ~ Ian Holmquist

(Mom & Dad)

FRIDAY, March 10

St. Macarius, St. John Ogilvie

6:00 p.m. ~ Adoration and Stations of the Cross

7:00 p.m. + Special Intention

SATURDAY, March 11

St. Eulogius

8:00 a.m. + Angela Welch

(Ironside Family)

SUNDAY, March 12

2nd Sunday of Lent

4:00 p.m. (Sat.) + Jim Lynch

(Patrick & Sandra Lynch)

9:00 a.m. + Lorne Brown

(Wava & Family)

10:30 a.m. ~ Pro Populo

General Audience Pope Francis Wed, March 1

Dear Brothers and Sisters: Today, Ash Wednesday, we begin our Lenten journey towards Easter. Lent is essentially a pilgrimage of hope, a season of penance and spiritual renewal that prepares us to share more fully in the mystery of Christ's death and resurrection. We relive the experience of the Exodus, in which the Chosen People journeyed towards the Promised Land and, through spiritual discipline and the gift of the Law, learned the love of God and neighbour. Easter is Jesus' own exodus, his passover from death to life, in which we participate through our rebirth in Baptism. By following Christ along the way of the Cross, we share in his victory over sin and death; by living the new life bestowed by the Holy Spirit in the communion of the Church, we are united more fully to the Lord in the sacraments, prayer and adoration. May our celebration of Lent renew our hope in Christ's promises, and our commitment to follow him ever more closely, so that at Easter, in union with Mary our Mother, we may rejoice in the gift of eternal life and the triumph of God's saving love.

First Sunday of Lent

St. Luke recounts that after receiving Baptism from John, "Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, and tempted by the devil". There is a clear insistence on the fact that the temptations were not just an incident on the way but rather the consequence of Jesus' decision to carry out the mission entrusted to him by the Father to live to the very end his reality as the beloved Son who trusts totally in him. Christ came into the world to set us free from sin and from the ambiguous fascination of planning our life leaving God out. He did not do so with loud proclamations but rather by fighting the Tempter himself, until the Cross. This example applies to everyone: the world is improved by starting with oneself, changing, with God's grace, everything in one's life that is not going well. The first of the temptations to which Satan subjects Jesus originates in hunger, that is, in material need: "If you are the Son of God command this stone to become bread". But Jesus responds with Sacred Scripture: "Man shall not live by bread alone". Then the Devil shows Jesus all the kingdoms of the earth and says: all this will be yours if, prostrating yourself, you worship me. This is the deception of power, and an attempt which Jesus was to unmask and reject: "You shall worship the Lord your God, and him only shall you serve". Not adoration of power, but only of God, of truth and love. Lastly, the Tempter suggests to Jesus that he work a spectacular miracle: that he throw himself down from the pinnacle of the Temple and let the angels save him so that everyone might believe in him. However, Jesus answers that God must never be put to the test. We cannot "do an experiment" in which God has to respond and show that he is God: we must believe in Him! We should not make God "the substance" of "our experiment". Still referring to Sacred Scripture, Jesus puts the only authentic criterion obedience, conformity to God's will, which is the foundation of our existence before human criteria. This is also a fundamental teaching for us: if we carry God's word in our minds and hearts, if it enters our lives, if we trust in God, we can reject every kind of deception by the Tempter. Furthermore, Christ's image as the new Adam emerges clearly from this account. He is the Son of God, humble

and obedient to the Father, unlike Adam and Eve who in the Garden of Eden succumbed to the seduction of the evil spirit, of being immortal without God.

Lent is like a long "retreat" in which to re-enter oneself and listen to God's voice in order to overcome the temptations of the Evil one and

to find the truth of our existence. It is a time, we may say, of spiritual "training" in order to live alongside Jesus not with pride and presumption but rather by using the weapons of faith: namely prayer, listening to the Word of God and penance. In this way we shall succeed in celebrating Easter in truth, ready to renew our baptismal promises. Angelus Pope Emeritus Benedict XVI (02/21/10)



2nd Sunday of Lent

March 12, 2017

LAY MINISTRY

Saturday 4:00 p.m.
Sunday 9:00 a.m.
10:30 a.m.

Eucharistic

Colleen Petersen
Noreen Malloy
Anna Marie Bolin

Lector

Roddy Turpin
Mike Malloy
Peter Doris

Gift Bearers

Cesare & Anne Mauro
Dorothy O'Brien & Joanne Walker
Elaine & Gary Lambe

C.W.L. NEWS



This year Canada celebrates its 150th birthday. At the CWL meeting on **March 7th** at 7 p.m. Kathryn Campbell from the Otonabee South Monaghan Historical Society will present their plans for celebrating Canada's 150th birthday. The regular meeting will follow.

Evening of Reflection

The Spirituality of the Pascal Mystery with
Sister Rosemary O'Toole, CSJ

Mon, March 20th 7:00 to 9:00 p.m. Assumption Hall
To register call Valerie Collicutt 748-5237 by Mar. 15th



Knights of Columbus News

The next K of C General meeting is March 14.

Development & Peace

Women at the heart of change in Paraguay

Marta Garcia is a member of our partner, AMUCAP (Association of Farming and Grassroots Women). She says that AMUCAP is very important for the women in her community. It is through this organization that we get to know one another, exchange ideas, collaborate in preparing daily meals for our families and learn techniques for organic farming and marketing our crops. This week pray for women around the world who cultivate land to feed their families and their communities.

St. Joseph Dinner to Support Campus Ministry



Join us for the 1st annual Saint Joseph Dinner in support of campus ministry! Fr. John Perdue has begun ministering at both Trent University and Fleming College, and is maintaining a connection with Sacred Heart College as it develops. **To support**

programming and materials for these ministries, the St. Joseph Dinner is being held on Tues. April 18th at the Evinrude Centre in Peterborough.

Cocktail hour will be at 5:30, dinner at 6:30. The night will feature live music and speeches from students involved with campus ministry and from Fr. Eric Mason, a graduate of Trent University. Tickets are \$100 each and are eligible for a \$50 charitable donation receipt. Tickets are available from Fran in the parish office. For more information, contact Fr. John at 708-874-1871 or

vocations@peterboroughdiocese.org

Administrator for the Diocese of Peterborough

His Holiness, Pope Francis has appointed His Excellency, Bishop McGrattan as administrator

of the Diocese of Peterborough until a new Bishop is named.

All retreats are at Villa St Joseph, 445 Monk St, Cobourg. To register call 905-372--2741, email: villa@csjcanada.org Villa St Joseph offers a quiet and relaxing environment that supports prayer and a deepening awareness of God's presence.

Personal Retreat Days,

Wed, March 8 @ 9:30 a.m. to Friday, March 10 @ 4 p.m.

The time and space is yours. You may choose to come for the entire time or for a shorter stay. The Sisters at the Villa are available for spiritual direction during these days.

Choose to stay for one or two or three days. And If you wish add a Sabbath weekend from March 10-12th Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day. (\$80/day).

Lenten Sabbath Weekend

Friday March 10 7 p.m. to Sunday March 12 1 p.m.

Come away and embrace the gifts of silence in the spiritual journey. The prayerful stillness and beauty of nature offer a peaceful and life giving setting.

For a longer retreat come for the Personal Retreat Days starting on March 8th, 2017. Cost \$160. Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day.

Peterborough Canadian Irish Club

Annual St. Patrick's Day Celebration!

Saturday March 11th - 5pm till midnight

5:30 pm - Jeremy & Caroline Stillman

8:00 pm - dance the night away to the music of Bill Dunn

Parkway Banquet Hall (1135 Landsdowne St. W)

Light Dinner & Dance - \$25, Dance only \$15

For tickets, please call Shelley Ryan 705 742-0987

Assumption Softball Registration 2017

*Registration will take place on March 25th
from*

*Noon to 2:00 p.m. at Assumption Hall,
1834 Keene Rd*

*Any inquiries, please phone Betty Clark
742-2803*

Upcoming Event at the JP II House

Quo Vadis (Where are you going?)

Quo Vadis brings together young men (18-35yrs.) who are on the exciting, once-in-a-lifetime journey toward the answer to the question 'what is my vocation?' We will have Mass, adoration, confessions, talk and lunch. Join us on **March 18th from**

10 a.m. to 2 p.m. at the John Paul II House.

FOOD CUPBOARD AT KEENE UNITED CHURCH

Thurs. March 9th: 12 -2 p.m., & 4 - 6 p.m.

Donations of goods can be dropped off at Three Roads Farm and other Keene locations. (295-6952)



Offertory Thank you for your generosity

Feb. 19th Offertory: Env. \$1621.00 + Loose

\$221.00

= \$1842.00

Fuel: \$3.00

St. Vincent de Paul: \$5.00

WHAT IS YOUR VOCATION IN LIFE? Come and hear dynamic speaker Fr. John Perdue address - "What Is A Vocation? - the 4 vocations with an emphasis on family life". Fr. John will also present a video to tell us about his trip to the northern diocese with which we are twinned. This presentation is sponsored by St. Anne's Women's Group and the St. Anne's Vocation Team who invite men and women, married or single from our parish and surrounding parishes. Don't miss this enriching opportunity. **THURS, MARCH 16 AT 7PM at St. Anne's Parish.**

ST PATRICK'S DAY MUFFIN PARTY

Sacred Heart Church

Tuesday, March 14th 9:30 to 11:30 a.m.

Admission \$3:00. A variety of homemade muffins, jams and marmalade, tea and coffee.

Bake table and a new to you table, 50/50 draw.

Please join us and bring a friend.

Church Cleaning Ministry

Please find the church cleaning sheet on the glass religious article case at the back of the church. Once a week, one month at a time, we need cleaners to vacuum, dust mop and do general dusting at Assumption.



STOCKDALE CENTRAL CONCERT - Sunday, June 11th at 2 p.m. and 7 p.m at Market Hall. Adults \$20. Students \$10. Assigned seating. Wheelchair accessible. Fundraiser for St. Joseph's Church, Douro. For tickets please call Carmella LeMoire 652-7776 or Mary Carlow 295-6494.

Readings:

March 5th: 1st Sunday of Lent

1st Reading: Genesis 2: 7 - 9, 16 - 18,
25, 3: 1 - 7

Psalm 51

2nd Reading: Romans 5: 12 - 19

Gospel: Matthew 4: 1 - 11

March 12th: 2nd Sunday of Lent

1st Reading: Genesis 12: 1 - 4

Psalm 33

2nd Reading: 2 Timothy 1: 8 - 10

Gospel: Matthew 17: 1 - 9

Holy Father's Intentions: March

Support for Persecuted Christians.

That persecuted Christians may be supported by the prayers and material help of the whole Church.

Euthanasia Prevention Coalition



The Euthanasia Prevention Coalition has set up a special help line (**Compassionate Community Care**) to help anyone who needs help with end of life issues etc. The number operates 7 days a week, 24 hours a day from coast to coast.

Toll free: 1-855-675-8749

LATIN TRIDENTINE MASS

MASS WILL BE CELEBRATED ON THE FIRST AND LAST SUNDAYS OF THE MONTH AT 1:00 PM AND EVERY SATURDAY MORNING AT OUR LADY OF MOUNT CARMEL, HASTINGS AT 8:30 AM. ALL OTHER SUNDAYS OF THE MONTH, MASS WILL BE CELEBRATED AT ST. MARY OF THE VISITATION CHURCH, CAMPBELLFORD AT 12:30 PM. YOU ARE MOST WELCOME TO ATTEND

COLF

It is a pleasure to invite you to COLF's upcoming Seminar on Life and Family, which will be held on March 30-31, 2017, in Gatineau (just across the river from Ottawa).

In his recent Apostolic Exhortation, Amoris Laetitia, Pope Francis points to the various forms of an "ideology of gender" as constituting one of the greatest challenges confronting contemporary society. Inspired by the Holy Father and by recent developments in Canadian law and society, we have chosen as our theme: "Sex, Gender and Ideology". An impressive roster of Canadian, American and European speakers will be addressing different facets of this issue. The presentations, as well as the exchanges, will be made in both official languages by means of simultaneous translation.

If you have any questions, please contact us at: (613) 241-9461, extension 161, or by email (colf@colf.ca).

SCRIPTURE STUDY

Every Tuesday evening from 7 pm to 8 pm, we gather at St. Peter-in-Chains Cathedral rectory for prayerful reading, reflection and discussion of the readings for the following Sunday. Everyone is welcome. All that is needed is a desire to come closer to the Lord and to discover what it means to be His follower. Call Tom (705 243 4133).

MAKE A ' LIFE ' DIFFERENCE.

Prayer does have power. Join us this Saturday morning from 10:00 am to 11:00 am across from the Peterborough hospital. Come singly or as part of a group. We need you to participate in our **sidewalk prayer vigil for the unborn**. Defend life and be part of this public witness against the horror of abortion.

For information: **Paul 741- 4000 or Tom 243-4133**

Message by Pope Francis for Lent 2017

In 2017, the Message of Pope Francis for Lent is "**The Word is a gift. Other persons are a gift.**" Based on the parable of the rich man and Lazarus (cf. Luke 16:19-31), the Holy Father invites Catholics to find "inspiration in this meaningful story, for it provides a key to understanding what we need to do in order to attain true happiness and eternal life. It exhorts us to sincere conversion."

FOOD CUPBOARD AT KEENE UNITED CHURCH

Thurs. March 9th: 12 -2 p.m., & 4 – 6 p.m.

Donations of goods can be dropped off at Three Roads Farm and other Keene locations.

osmfoodcupboard@nexicom.net or 705-295-6952



EUCCHARISTIC ADORATION

At St Alphonsus Oratory 7a.m. - Midnight and Noon-Midnight (Sunday)



Info: Bernadette 705-742-3055

"Christ is truly the Emmanuel, that is, God with us, day and night, he is in our midst. He dwells with us full of grace and truth.

He restores morality, nourishes virtue, consoles the afflicted, strengthens the weak." (Pope Paul VI, Mysterium Fidei)

The National Catholic Broadcasting Council (NCBC) has some exciting news with respect to the Daily TV Mass.

The goal of the NCBC is to insure that Catholics are able to experience the Mass each day when they are unable to attend their local parish. The primary way we enable this across

Canada is through our Broadcast Partners at [Salt + Light Television](#), VisionTV and yesTV.

Now the NCBC's Daily TV Mass (Monday-Saturday) is available anytime and anyplace on our new website, on our new YouTube Channel and in the near future on an APP for use on Apple or Android devices.

If you have any questions about this announcement or about the Daily TV Mass in your area please contact Deacon Mike Walsh, our Executive Director, at 1-884-6899 or by e-mail at mike.walsh@ncbc.ca.

ROSARY FOR LIFE ON THURSDAYS

Come and join in praying the 15-decade Rosary (Joyful, Sorrowful, Glorious) for the sanctity and protection of life from abortion, euthanasia and assisted suicide, followed by the Memorare and St. Michael's Prayer. **Thursdays at 3:00 p.m. at Sacred Heart Church.**

After Abortion Canadian Helpline

Second Chance Ministry 905-430-7990

We offer support to those struggling with emotional and psychological effects of abortion, sometimes known as post abortion trauma or post abortion syndrome.

Angelina@SecondChanceMinistry.ca

Project Rachel

Project Rachel offers accompaniment, counselling, personal presence and support, and other services at any time they are needed by women or men. They also offer weekend retreats which provide opportunity for women who have suffered from an abortion experience to find healing, forgiveness and reconciliation.

Are you hurting as a result of an abortion? Healing is possible. Please contact them for upcoming dates, in confidence, by telephone at 416 629 8264 or by e-mail

projectrachel@stmarysrefuge.org.

<http://www.stmarysrefuge.org>



"The Mass is the most favourable occasion to speak with the eternal Father, because then we offer Him His only Son as a victim for our salvation. Before celebrating, reflect on the sufferings of your Redeemer, commune peaceably with Him, even in the midst of dryness; carry to the altar the needs of the entire world."
St. Paul of the Cross

"A saint is not someone who never sins, but one who sins less and less frequently and gets up more and more quickly."

– Bernard of Clairvaux

Peterborough Communication Support Systems

A non-profit agency that provides support services to Deaf / non-verbal individuals living with intellectual disabilities. They provide quality sewing, custom embroidery, printing services and woodworking products. They are located at 192 B Hunter St. West. Phone: (705) 748 6680

The greatest deception, and the deepest source of unhappiness, is the illusion of finding life by excluding God, of finding freedom by excluding moral truths and personal responsibility. (St. Pope John Paul II)

FOOD CUPBOARD AT KEENE UNITED CHURCH

Thurs. February 9th : 12 -2 p.m., & 4 – 6 p.m.

Donations of goods can be dropped off at Three Roads Farm and other Keene locations.

osmfoodcupboard@nexicom.net or 295-6952



Chalice is a ministry of the Catholic Community, creating and nurturing relationships of life and love. To find out how Chalice Helps go to website <http://www.ccare.ca/>



From the Pastor's Desk

■ Fr. Michael





Lenten Series: “Rediscovering Our Lenten Practices in Our World Today”

5 Wednesdays: March 8, 12, 22, 29 and April 5 7:30 p.m. to 8:30 p.m.

Villa St Joseph, 445 Monk St, Cobourg ON

During Lent all are welcome to attend 5 evening reflections. We will come together to consider our traditional Lenten practices of “prayer, fasting, and almsgiving” in the light of our faith and the worlds needs today. This year join us and revitalize your “living LENT” in this special, sacred season” Free Will offering.

To register, call 905-372--2741, email: villa@csjcanada.org

Personal Retreat Days,

Wednesday March 8 9:30 a.m. to Friday March 10 4 p.m.

Villa St Joseph, 445 Monk St, Cobourg ON

Villa St Joseph offers a quiet and relaxing environment that supports prayer and a deepening awareness of God’s presence.

The time and space is yours. You may choose to come for the entire time or for a shorter stay. The Sisters at the Villa are available for spiritual direction during these days.

Choose to stay for one or two or three days. And If you wish add a Sabbath weekend from March 10-12th Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day.

(\$80/day). To register, call 905-372--2741, email: villa@csjcanada.org

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Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day. To register, call 905-372--2741, email:

villa@csjcanada.org

Flower Committee



Volunteers needed to help with flower decor for the Assumption Church Sanctuary. If interested please call Judy at 705-740-2062 or Joanne at 705-313-6750.

Need a Time Out?

Life can be complicated. There are times that we need to step away from the noisy hustle and bustle of every day, times when we need to sit quietly in the presence of the Lord.



We remind you that the **St. Alphonsus Adoration Chapel** (1066 Western Ave.) **is open seven days a week, Monday to Saturday, 7am to midnight and Sunday 12 noon to midnight.**

Drop in for five minutes or spend an hour with Jesus.

The chapel entrance is off the main parking lot, near the Parish Office.



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We will come together to consider our traditional Lenten practices of “prayer, fasting, and almsgiving” in the light of our faith and the world’s needs today. This year join us and revitalize your “living LENT” in this special, sacred season” Free Will offering.

Retreat Day: "St Joseph: Vocation of Protector"
Thursday March 16 9:30 a.m. to 4 p.m.
Villa St Joseph 445 Monk St, Cobourg ON,
In his inaugural homily, Pope Francis called us to be
"protectors of creation, protectors of God's plan
inscribed in nature, protectors of one another and of
the environment." During this day of retreat we will
explore this "Vocation of Protector" highlighting the
immense gift of tenderness, action & hope that St.
Joseph can inspire in us. This light of St. Joseph can
lead us into living with renewed vision and
compassion for each other and for all creation.
Delicious, homemade meals and snacks are
provided. Coffee and tea available throughout the
day.
To register, call 905-372--2741, email:
villa@csjcanada.org

"Seedy Saturday": Cobourg Heritage Seed
Exchange
Saturday March 18 10 a.m. to 2 p.m.
Villa St Joseph 445 Monk St, Cobourg ON,
Free Admission - Everyone is Welcome
Bring seeds; Exchange seeds; Take seeds; Buy
seeds; Learn about seeds. A presentation by Mary
Brittain from The Cottage Gardener in
Newtonville.(11am)
Vendors include: Cottage Gardener / Mountain
Grove / Turtle Back Hollow / Terra Edibles / The
Cottage Gardener / Seeds of Diversity
Contact: David Brister, 905-372-5528,
wintertime23@hotmail.com

Day of Stillness
Wednesday March 22 9:30 a.m. 4 p.m.
Villa St Joseph, 445 Monk St, Cobourg ON
A gathering prayer invites you into silence and
solitude. This unstructured day offers opportunity for
personal prayer, relaxation and connection with
God's creation, from 9:30am to 4:00pm. Cost is
\$30.00 includes lunch and snacks. To register, call
905-372--2741, email: villa@csjcanada.org

Earth Hour Vigil
Saturday March 25, 7:30 p.m. to 8:30 p.m.
Villa St Joseph, 445 Monk St, Cobourg ON
Earth Hour is a time set aside during which people
around the world gather to celebrate the gifts and
attend to the needs of the Earth. Over the past 11

years, this event has raised awareness and made a real
impact on our global reality.

All are welcome to join the Sisters of St Joseph and
friends for an Earth Hour Vigil prepared by members
of the United Church and Roman Catholic
Ecumenical Dialogue. To register, call 905-372--
2741, email: villa@csjcanada.org



Lent

Q: Why is Lent forty days long?

A: Because forty days is a traditional number of discipline, devotion, and preparation in the Bible. Thus Moses stayed on the Mountain of God forty days (Exodus 24:18 and 34:28), the spies were in the land for forty days (Numbers 13:25), Elijah traveled forty days before he reached the cave where he had his vision (1 Kings 19:8), Nineveh was given forty days to repent (Jonah 3:4), and most importantly, prior to undertaking his ministry, Jesus spent forty days in wilderness praying and fasting (Matthew 4:2). Since Lent is a period of prayer and fasting, it is fitting for Christians to imitate their Lord with a forty day period. Christ used a forty day period of prayer and fasting to prepare for his ministry, which culminated in his death and resurrection, and thus it is fitting for Christians to imitate him with a forty day period of prayer and fasting to prepare for the celebration of his ministry's climax, Good Friday (the day of the crucifixion) and Easter Sunday (the day of the resurrection). Thus the *Catechism of the Catholic Church* states:

"For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning' [Heb 4:15]. By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert." (CCC 540).

Q: In addition to Ash Wednesday, are any other days during Lent days of fast or abstinence?

A: Yes. All Fridays during Lent are days of abstinence. Also, Good Friday, the day on which Christ was crucified, is another day of both fast and abstinence. All days in Lent are appropriate for fasting or abstaining, but canon law does not

require fasting on those days. Such fasting or abstinence is voluntary, like a freewill offering.

In our present liturgy for Ash Wednesday, we use ashes made from the burned palm branches distributed on the Palm Sunday of the previous year. The priest blesses the ashes and imposes them on the foreheads of the faithful, making the sign of the cross and saying, "Remember, man you are dust and to dust you shall return," or "Turn away from sin and be faithful to the Gospel." As we begin this holy season of Lent in preparation for Easter, we must remember the significance of the ashes we have received: We mourn and do penance for our sins. We again convert our hearts to the Lord, who suffered, died, and rose for our salvation. We renew the promises made at our baptism, when we died to an old life and rose to a new life with Christ. Finally, mindful that the kingdom of this world passes away, we strive to live the kingdom of God now and look forward to its fulfillment in heaven. <http://www.ewtn.com>