



**SACRED HEART  
CATHOLIC CHURCH**  
Seymour, Texas

**SACRED HEART  
PASTORAL CENTER  
206 N. CEDAR ST.  
SEYMOUR, TX 76380-2102  
OFFICE (940) 889-5252 FAX (940) 889-2136**



**ST. MARY OF THE ASSUMPTION  
CATHOLIC CHURCH**  
Megargel, Texas

**SIXTH SUNDAY IN ORDINARY TIME: FEBRUARY 11, 2024**

**DEACON JIM NOVAK**  
Parish Life Coordinator  
Office—940-889-5252 Cell—940-733-3784

**FR. BOSE JUJUVARAPU, HGN**  
Parochial Vicar  
940-655-8037

**SACRAMENT OF RECONCILIATION: (Reconciliation Room)**  
Wednesday's 6:30 -7:30 p.m.; Saturday 5 – 5:45 p.m. or by appointment

**PARISH LITURGY SCHEDULE:**

**MASS SCHEDULE AND INTENTIONS FOR THIS WEEK: (February 12 - 18)**

Monday:	12:10 PM	+Raymond Redder by Sacred Heart Choir
Tuesday:		<b>No Service</b>
Wednesday:	12:10 PM	+Tommy Carver by Donna Carver (Ash Wed.)
	5:30 PM	+Randy Kulhanek by Andy & Janice Lane (St. Mary-Ash Wed.)
	7:00 PM	Special Healing & Recovery Intentions for Scarlett Morrison by Shan & Marty Slaggle (Ash Wed.)
Thursday:	12:10 PM	<b>No Service</b>
Friday:	12:10 PM	+Jerry Macha by Sacred Heart Choir
Saturday:	8:00 AM	+Valerie Bowen by Cathy Hostas
	6:00 PM	In Thanksgiving by Mike & Kay Flippin
Sunday:	8:00 AM	Special Intentions for John Pechacek by Kathy & Jeff Bailes (St. Mary)
	10:00 AM	+Loretta Matus by Melvin & Shirlee Motl

**PRAYER AND BIBLE STUDY FOR THE WEEKDAY MASSES: (February 12 - 17)**

Mon.: James 1:1-11	Mark 8:11-13
Tues.: James 1:12-18	Mark 8:14-21
Wed.: Joel 2:12-18	2 Corinthians 5:20—6:2
	Matthew 6:1-6, 16-18
Thurs.: Deuteronomy 30:15-20	Luke 9:22-25
Fri.: Isaiah 58:1-9a	Matthew 9:14-15
Sat.: Isaiah 58:9b-14	Luke 5:27-32

**FIRST SUNDAY OF LENT: (February 18)**

Please prepare for worship by prayerfully reading the Scriptures for next weekend Masses:

First Reading: Genesis 9:8-15  
Second Reading: 1 Peter 3:18-22  
Holy Gospel: Mark 1:12-15

**Sunday, February 11: (RCIA: “Rite of Sending Forth”) (“Souper” Bowl Collection)**

8:00 AM, St. Mary of the Assumption/Mass (Preceded by Holy Rosary)  
9:40 AM, Sacred Heart/Rosary followed by Mass  
2:30 PM, Our Lady Queen of Peace/“Call to the Easter Sacraments” for all Catechumens and Candidates for NW Deanery  
All Weekend Liturgies: Sixth Sunday in Ordinary Time  
All Weekend Liturgies: Presider for Mass – Fr. Bose

**Monday, February 12:**

12:10 PM, Sacred Heart/Daily Mass  
6:00 PM, Pastoral Center/Finance & Pastoral Council Meeting

**Wednesday, February 14: (Ash Wednesday – 1<sup>st</sup> Day of Lent) (Day of fasting and abstinence)**

12:10 PM, Sacred Heart/Mass  
5:30 PM, St. Mary of the Assumption – Megargel/Mass  
6:00 PM, Pastoral Center/Faith Formation sessions for all grades until 6:45 p.m. or completion  
6:00 PM, Mosler Hall/Adult Faith Formation sessions until 6:45 p.m. (Bi-Lingual)  
7:00 PM, Sacred Heart/Mass

**Friday, February 16: (Day of Abstinence)**

5:10 PM, Sacred Heart/ Stations of the Cross followed by Mass

5:30 PM, St. Mary of the Assumption – Megargel/Stations of the Cross and Holy Hour Adoration

5:30 PM, Mosler Hall/Knights of Columbus' Fish & Shrimp Fry – Dine in & Drive up until 7 p.m.

**Saturday, February 17: (Second Collection – Black and Indian Missions)**

8 AM, Sacred Heart/Blessed Virgin Mary Mass

5:45 PM, Sacred Heart/Rosary followed by 6 PM Vigil Mass

**Sunday, February 18: (Second Collection – Black and Indian Missions)**

8:00 AM, St. Mary of the Assumption/Mass (Preceded by Holy Rosary)

9:40 AM, Sacred Heart/Rosary followed by Mass

All Weekend Liturgies: First Sunday of Lent

All Weekend Liturgies: Presider for Mass – Fr. Bose

**Please sign-up for Flock Notes and also follow us on our Facebook or our website: <https://sacredheartseymour.org/>**

For bulletins: go online to <https://sacredheartseymour.org/bulletins>. All past and present bulletins are posted.

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**SIXTH SUNDAY IN ORDINARY TIME: MARK 1:40-45**

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once.

He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them."

The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

**ADULTS:** Would you have the courage to tell others to do as you do in order to be a Christian? Why or why not?

**CHILDREN:** What can you do this week to be an example to others?

**RCIA RITE OF SENDING & RITE OF ELECTION: FEBRUARY 11**

**Message to our Catechumens and Candidates in RCIA/RCIC:** At the Rite of Sending we are preparing to send you to meet with the Bishop who will receive you at the Rite of Election. The Rite of Election is a testimony of your faithfulness to this process in the past year or so. You will never be asked to stand alone. You will have your sponsor, team and community members who have been asked to accompany you on this part of your journey. So as you continue on this "road" we send our experienced disciples along with you, our "disciples in training". It is their mission to let the Church know that you are ready to be in full communion with the Catholic Community. Another integral part of this ceremony is the signing of the book of the elect. As you sign this book you will seal your covenant with God. Just as you were signed with His cross in the last rite, you are now signing with Him in a promise to know, love and follow Him throughout your life. As the bishop signs this same book in the Rite of Election, he is receiving you into our family of Christ. You are now called the "elect" and have been elected to receive the sacraments of initiation at the Easter Vigil mass. Welcome to the family.



**STATIONS OF THE CROSS: ALL FRIDAY'S IN LENT (Starts Friday, February 16<sup>th</sup>)**

**5:10 PM at Sacred Heart in Seymour (Followed by Mass)**

**5:30 PM at St. Mary of the Assumption in Megargel**

For Roman Catholics throughout the world, the Stations of the Cross are synonymous with Lent, Holy Week and, especially, Good Friday. This devotion is also known as the "Way of the Cross", the "Via Crucis", and the "Via Dolorosa." It commemorates 14 key events on the day of Christ's crucifixion. The majority concern His final walk through the streets of Jerusalem, carrying the Cross.

The Stations originated in medieval Europe when wars prevented Christian pilgrims from visiting the Holy Land. European artists created works depicting scenes of Christ's journey to Calvary. The faithful installed these sculptures or paintings at intervals along a procession route, inside the parish church or outdoors. Performing the devotion meant walking the entire route, stopping to pray at each "station."

Today, images of the Stations (or simple crosses representing them) are on display in almost all Catholic churches. They serve mainly as a focus for Lenten worship services. But the Stations can also be performed privately, at any time of the year, even at home.

**BLACK AND INDIAN MISSION COLLECTION: FEB. 17/18**

Next week, our parish will take up the 139th annual National Black and Indian Mission Collection. Our support of this collection helps build the Church in African American, Native American, and Alaska Native communities from coast to coast. Schools, parish religious education programs, and diocesan ministries depend on your generosity to help them spread the Gospel of Jesus Christ! Our diocese also received \$23,900 in grant funding from this collection last year. Please give generously to the **Black and Indian Mission Collection** on February 17-18 at Mass or at <https://bit.ly/DioceseSpecialCollections>.

He was a man who “tuned out” distracting, dissenting voices. And in the process, he was greatly blessed! I’m talking about the leper in today’s Gospel story from Mark 1. This is something we can discern once we look back at the first reading. There Moses (the author of the first 5 books of the Bible) proclaims the Hebrew law concerning lepers. In the last two verses of the text, it says: “The one who bears the sore of leprosy shall keep his garments rent and his head bare, and shall muffle his beard; he shall cry out, ‘Unclean, unclean!’ As long as the sore is on him he shall declare himself unclean, since he is in fact unclean. He shall dwell apart, making his abode outside the camp.” (Leviticus 13: 44-46) All of which means that this sick, diseased man shouldn’t have been anywhere near Jesus! He should have been with his fellow lepers, miles away from those who were fit and healthy. They were probably screaming at the guy: “Get away! What is the matter with you? Don’t you know the law? Get out of here!” This leper, thankfully, was not deterred. He “tuned out” all the distracting and dissenting voices around him (that is, the voices that were commanding him to stay away). He tuned them out, came right up to Jesus, and knelt down within an arms-length of our Lord. And because he tuned out all the negative voices and then “tuned in” to Jesus, this leper was greatly blessed. He was, as we heard a few moments ago, completely healed of his horrible disease. What a great lesson there is here for all of us—and in particular for our young people: If you want Jesus to bless your life in extraordinary ways, then you need to “tune in” to him, after you tune out the dissenting and distracting voices of this world. Fr. Bose

#### **A STEWARDSHIP MOMENT!**

**Sixth Sunday in Ordinary Time:** The fate of a leper is a great tragedy at any time and place. In Jesus’ time, lepers were considered condemned, part of the plagues God sent as punishment. They were cast out of society and abandoned. Saint Mark’s Gospel reveals the unthinkable. Jesus reaches out and touches a leper. He risks catching the contagious disease and heals the man. As the Gospel story teaches, no one is abandoned by Christ. Are there those in our society or in our personal lives for whom we ascribe no hope, who we have abandoned, treated like lepers? Or as Christ’s stewards of our sisters and brothers, do we risk reaching out and touching those who may seem to us to be “unclean” or not worthy of our time or attention?

#### **ADULT FAITH FORMATION SESSIONS HOSTED BY**

**ZACHARY SCHERTZ:** This Wednesday, February 14<sup>th</sup> from 6 – 6:45 PM in Mosler Hall – **LENT:** This week we will be talking about Lent and how we can use it to laud Christ today and when He comes again. To get a copy of the handouts, email [SchertzWriting@Yahoo.Com](mailto:SchertzWriting@Yahoo.Com)

#### **HELP WILL BE NEEDED FOR 2024 LENTEN FISH FRY:**

Volunteers (any parish member: Male or Female) will be needed on the Lenten Friday night fish fry starting February 16 – March 22. Please consider helping with this project on Thursday and/or Friday evenings; please contact Roy Novak (Grand Knight) at 940/537-1127. **It will be Dine-in and Drive-up and any help will be greatly appreciated!**

#### **KC FRIED FISH & SHRIMP DURING LENT:**

Every Friday during Lent (**February 16 – March 22**) from 5:30 – 7:00 PM in Mosler Hall. This year it will be Dine-in and Drive-up. All plates will be \$17 - Fish or Shrimp or both with Fries, Coleslaw, Pickle & Onion, Hush Puppies, Tartar sauce & Red sauce. Drive-ups will be served from the south side of Mosler Hall.

#### **OUR PARISH STEWARDSHIP: February 04, 2024**

##### **SACRED HEART:**

Amount in Checks/Envelopes & Loose:	\$ 4,449.00
Youth: \$ 457.00	Special: \$ 70.00      Holy Day: \$ 0
<b>TOTAL: \$ 4,976.00</b>	

Envelope Use: 48 Regular; 16 Youth; 2 Special; 0 Holy Day

##### **ST. MARY:**

Amount in Checks/Envelopes & Loose:	\$ 1,195.00
Youth: \$ 55.00	Special: \$ 0      Holy Day: \$ 0
<b>TOTAL: \$ 1,250.00</b>	

Envelope Use: 12 Regular; 3 Youth; 0 Special; 0 Holy Day

**Attendance: Sacred Heart – Sat. 70 & Sun. 112    St. Mary – 45**

##### **SEVEN DAY LIGHTS:**

**SPECIAL INTENTIONS:** For the Alvin & Glenna Jungman Family by Shannon & Barbie Donnell Family, For the Henry & Lillie Mae Novak Family, For the George & Margaret Holub Family, For the Jim & Janice Knezek Family, For Michael Wright & Family, For the Ricky Wright Family, For the Living & Deceased members of the Ermis & Simaichl Family by Judy Ermis Holden & Family. For Madeline Glass and her Family by Cathy Hostas.

**FOR FAMILY & FRIENDS BY:** Kay Flippin, Terry & Belinda Bench, Ricky & Charlotte Wright, Marilyn McGough, Donna Carver. **If you would like to contribute to the Seven Day Lights, the cost is \$1 per week. Thank You.**

##### **OFFICE HOURS & BULLETIN NOTICES:**

This week office Hours are Monday, Wednesday & Thursday 10am – 3pm. All bulletin notices must be in by **12 noon on Wed.!**

##### **FEBRUARY 14 - ASH WEDNESDAY MASSES:**

12:10 PM at Sacred Heart in Seymour (**Fast and Abstinence**)

5:30 PM at St. Mary in Megargel (**Fast and Abstinence**)

7:00 PM at Sacred Heart in Seymour (**Fast and Abstinence**)

##### **Ash Wednesday, the Beginning of Lent – February 14:**

The time has now come in the Church year for the solemn observance of the great central act of history, the redemption of the human race by our Lord and Savior Jesus Christ. In the Roman Rite, the beginning of the forty days of penance is marked with the austere symbol of ashes which is used in today's liturgy. The use of ashes is a survival from an ancient rite according to which converted sinners submitted themselves to canonical penance. The Alleluia and the Gloria are suppressed until Easter. **For members of the Latin Catholic Church, the laws regarding abstinence and fasting are as follows:** Abstinence from eating meat is to be observed on Ash Wednesday and all Fridays during Lent. This applies to all persons 14 years of age and older.

**Fasting** on Ash Wednesday and Good Friday applies to all Catholics who have completed their eighteenth year to the beginning of their sixtieth year. A person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

**CHANGE FOR LIFE! Notice there is an oversized baby bottle bank** in the foyer and will remain there until **Feb. 18**. Please put in your spare change (or bills!) to help support the Haskell Pregnancy Care Center. The Center ministers to our area with free pregnancy tests, sonograms, adoption information, and many more life-supporting resources. Your change can change someone's life. And continue to pray for an end to abortion. (Larger bills will be taken out and secured during the week.)

##### **PASTORAL/FINANCE COUNCIL MEETING**

The meeting will be this Monday, February 12<sup>th</sup> at 6 pm in the Pastoral Center.



## **SEVEN FOUNDERS OF THE ORDERS OF SERVITES:**

**Feast Day – Feb. 17...** These seven men were the founders of the Servite Order, a community instituted for the special purpose of cultivating the spirit of penance and contemplating the passion of Christ and Mary's Seven Sorrows. Due to the spirit of humility cherished by the members of the Order, their accomplishments are not too widely known. But in the field of home missions great things are to their credit, and certainly they have benefited millions by arousing devotion to the Mother of Sorrows.

The Breviary tells us that in the midst of the party strife during the thirteenth century, God called seven men from the nobility of Florence. In the year 1233 they met and prayed together most fervently. The Blessed Mother appeared to each of them individually and urged them to begin a more perfect life. Disregarding birth and wealth, in sackcloth under shabby and well-worn clothing they withdrew to a small building in the country. It was September 8, selected so that they might begin to live a more holy life on the very day when the Mother of God began to live her holy life.

Soon after, when the seven were begging alms from door to door in the streets of Florence, they suddenly heard children's voices calling to them, "Servants of holy Mary." Among these children was St. Philip Benizi, then just five months old. Hereafter they were known by this name, first heard from the lips of children. In the course of time they retired into solitude on Monte Senario and gave themselves wholly to contemplation and penance. Leo XIII canonized the Holy Founders and introduced today's feast in 1888.

— Excerpted from *The Church's Year of Grace*, Pius Parsch

**Contact Information for Seminarian Trent Barton:** You can mail him at 401 Michigan Ave., N.E., Washington, DC 20017 or email him at: [Trent.barton@fwdioc.org](mailto:Trent.barton@fwdioc.org) or [Bartonm@cua.edu](mailto:Bartonm@cua.edu). Please continue to keep him in your daily prayers.

### **A Stewardship Moment:**

**Ash Wednesday:** The Gospel reading for Ash Wednesday concerns itself with what has become a traditional three-part Lenten exercise: prayer, fasting and almsgiving. Jesus instructs his followers to turn to God, to turn from self-interest and to deepen their relationship with the Lord in secret. He tells them in effect that a humble and quiet disposition toward prayer, self-denial and reaching out to others is transforming and leads to a favorable outcome. What is our plan to turn ever closer to God in this Lenten season? Are we prepared to treat this season as a sacred time, a time to deepen our own relationship with the one who redeemed us?

### **Thank You for Supporting the Annual Diocesan Appeal**

**Love one another as I have loved you:** *"I give you a new commandment says the Lord: love one another as I have loved you."*

– John 13:34 - Thank you to everyone who responded generously to the Annual Diocesan Appeal. Your gift makes a difference to the people whom we will accompany in our shared journey of faith, hope and charity as one Church united in Christ. Thanks to you our **Sacred Heart parish** has pledged **\$16,442.04** from **51 families**. We are striving for 100 percent participation. We are counting on every family to make a commitment in order to reach our **parish goal of \$18,900**.

Thanks to you our **St. Mary of the Assumption parish** has pledged \$ **3,421.25** from **13 families**. We are striving for 100 percent participation. We are counting on every family to make a commitment in order to reach our **parish goal of \$4,800**. Please complete and return the commitment form that was mailed to you or donate online at [bit.ly/DiocesanAppeal](http://bit.ly/DiocesanAppeal) (case sensitive).

## **LENT IS COMING! RICE BOWL COLLECTION**

Join our faith community in a transformative Lenten journey through CRS Rice Bowl to meet people in Uganda, El Salvador and Indonesia who are working hard to overcome the challenges of hunger and the impact of climate change. Pick up your family's CRS Rice Bowl from any of the Ash Wednesday Masses. The Youth will receive theirs from their Faith Formation session prior to Ash Wednesday. During the 40 days of Lent, we will reflect on our connectedness as one family in Christ and work together to ensure our sisters and brothers worldwide can thrive. Visit [crsricebowl.org](http://crsricebowl.org) to learn more. **We will be taking up this collection on Holy Thursday, March 28<sup>th</sup>.**

### **YOUTH PROGRAM FUNDING AND ENVELOPES!**

Please consider your monthly contributions in using your monthly "youth envelopes" – the gold envelopes included in your box of envelopes. The money goes towards books & supplies, Youth activities, Wednesday night Faith Formation meals, etc. Thanks for your consideration and continued support.

### **PLEASE REMEMBER IN YOUR PRAYERS:**

Rick Kieschnick, Briley Hostas, Melvin Kuhler, Cindy Cuba Boone, Carolyn Bertschy, Bessie Casillas, Joe Saitta, Jr., Donna Hampton, Cathy McElroy, Cora Shelton, Mary Myers, Olivia Wright, Keaton Hehl, Troy & Stella Glass, Bernie Thomas, Josiah Decker, Sheila Helton, Ofelia Garcia, Johnny Joe Pechacek, Michael Rodriguez, Bryker Fontenot, Adaline Urbanczyk, Kayley Lowder, Ralph Veitenheimer, Cheryl Hopkins, Genevieve Hmrcirik, Hailey Glass, Debbie Turner, Teagan Matthews, Hannah Green, Jim Cuba, Arleen Kuhler, Abigail Novak, Braxton Pierce, Andrew Amador, Billie McGough, Jason Gilley, Margie Psencik, Andrea Sanchez, Ellen Schaefer Bruggeman, Machele Hass, Jeanie Evans, John Helton, Charlene Gajdos, Margarita Martinez, Donovan Muharib, Rosario Cruz, Dorothy Matus, Karla Parker, Jeanelle Howell, Trina Hostas, Richard Latham, Coy Jakubicek, Arya Myers, Keely Willden, Larry Ballard, Michelle Martin, Donna Anders, Michael Wright, Ricky Wright, Nick Bryant, Linda Willis, Sandra & Ricky Moorhouse, Korbett Loftin, June Hmrcirik, Rickey Bohanon, Bobby Bohanon, Earl Carver, Tony Leal, Connie Rodriguez, Helen Rodriguez, Marilyn McGough, Mary Ann Redder, Mike Sullivan, Chris Christian, Charles Wright, Patsy Sosolik, Justin Walker, Scott Christian, Judy Wheeler, Dale Peterson, Anne Marie Vita, Billy Mac Howe, Deven Hall, Kim Novak, Lizzie Smith, Henrietta & James Styles, Deacon Jim Novak, Gary Coltharp, Jerry Kuhler, Vivian Steinbach, Ashley Felty, Deidra Groves, Melvin & Shirlee Motl, Jaime & Jim McLarty, Justin Elliott, Lana Studer, Robert Torrez, Waylan Wyatt, Levi Bourland, Chris Scott, Ashley Wright-Burke & Family, Phyllis Molina, Larry (Pero) Elliott, Ruby Robertson, Mike Flippin, Patsy Groves, Karen Bruggeman, Manny Perez, Eric Hostas, Chris Allen, Loy Studer, Caden Gray & Family, Nellie Cole & Family, Leon Lagesse, Jr., Kaylan Carter, Peggy Brown, Scarlett Morrison, Steve & Katrina Dreyer, Rose Gonzales, Janet Chism, Jennifer Roy, Karissa Gill, Greg Marak & Kay Bradley.

**SERVICE MEN AND WOMEN:** Kyle Matus, Andrew Gelb, Tai Bandy, James Crawford, Sam Atwood, Josh Wright, Chance Freeman, Wayne Howard, Korey Bailes, Mitchell Lee, Zachary Hamilton, Trey Matus, Julien M. Wright, Donovan Palacios, Carson Pope, Isaak Estraca, Sebastian Mabry, Tyrel Hart & Tylor Don Chism. *Please call the office to update the prayer list for those to be added or removed.*

## **YOU DON'T HAVE TO JUST "DON'T" FOR LENT!**

1. Remember the formula. The Church does a good job capturing truths with easy-to-remember lists and formulas: 10 Commandments, 7 Sacraments, 3 Persons in the Trinity. For Lent, the Church gives us almost a slogan – Prayer, Fasting, and Almsgiving – as the three things we need to work on.
2. It's a time of Prayer. Lent is essentially an act of prayer spread over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with Him.
3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jellybeans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."
5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control – it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ, and being resurrected in a purified form.
6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as He does, with unconditional love.
9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek Him out, ask His help, join in His suffering, and learn to love like Him.