

St. Augustine says, "No one can love what he does not know."

Today's Catholic minute is on Lent.

Imagine a Thanksgiving Day, where you ate all your favorite foods in large amounts from sunup to sundown. Now imagine, that same day after eating all of that food your best friend (who's a gourmet chef) invites you to come over for a full course meal (hors d'oeuvres, appetizers, fish, main course, palate cleanser, cheese, dessert).

It may not sound as appetizing, right? You would be stuffed!!

Lent is a journey through the desert to the foot of the Cross on Good Friday. In this desert we hunger, thirst and develop a strong desire. Restraining our appetite for good but earthly cravings pushes us to seek Jesus out, ask His help, join in His suffering, and learn to love our neighbor like Him. Through a more intense time of fasting, penance and prayer; we hunger for the sumptuous and tasty feast of Easter. The banquet on the day of the Resurrection of Jesus, ONLY satisfies if we are hungry. The Blessed Sacrament, who is the Resurrection, is the only food worth starving for..

Resources and guides on Lent in this Catholic minute will soon be posted on the parish's website.

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<https://www.usccb.org/resources/10-things-remember-during-lent>

<https://www.usccb.org/resources/why-lent-40-days>

<https://www.usccb.org/resources/why-ashes>

<https://www.usccb.org/prayer-worship/liturgical-year/lent>

Catechism of the Catholic Church (CCC): Emphasizes interior penance, fasting, and conversion (Paragraphs 1430-1439).

<https://www.vaticannews.va/en/pope/news/2023-03/the-popes-and-the-lenten-fast-training-the-will-in-good.html>

https://www.vatican.va/content/paul-vi/en/apost_constitutions/documents/hf_p-vi_apc_19660217_paenitemini.html

<https://www.vatican.va/content/francesco/en/messages/lent/documents/20211111-messaggio-qu>

John 11:25-26 NABRE