



Most Blessed Sacrament Catholic Church

2100 N. Davis Drive • Arlington, TX 76012
(817) 460-2751 • www.mbs.church

February 15, 2025

Full Name

Address

City, State Zip

Dear (Personalized Name):

“And when you fast, do not look dismal, like the hypocrites ...”

Mt 6:16

As you receive this newsletter, we will be approaching the season of Lent. Lent: a time of prayer, sacrifice, and almsgiving. The tradition of Lent goes back to the very beginning of the Church. Lent, as a term, does not appear in the Bible. However, the practices we follow during Lent are very Biblical. As you will see in this edition of Proclamation!, there is a lot more to Lent than just giving up candy or chocolate. It is a time for all of us to grow closer and closer to Jesus, so we will be prepared for Holy Week, Good Friday, and best of all, Easter Sunday.

The Bible quote above is a great reminder for us to enter Lent with joyful hearts. We should willingly and happily use Lent as a time to not just “give up stuff”, but really to consider and do HIS will. It’s easy to do the things we want to do. Figuring out what HE wants is more difficult, and it’s even more difficult to do it once we know what it is.

Rather than “giving up”, maybe we can look at it as an opportunity to:

- Spend more time with Jesus – Mass, Adoration.
- Pray to His mother, Mary – The Rosary.
- Spend more time with family and friends with open conversations about your Lenten journeys.

There are many other suggestions on Page 7 in the article A New Twist On Lent.

One final thought: The quote below reminds us that what we do during Lent is not for us and not for others to see. It is “that your fasting may not be seen by men but by your Father.” Everything we do is for the glory of Him. Everything we have and all that we are comes from Him. Let’s return His favor this Lent with something special that only He will see.

Happy Lent. And Happy Easter!!

Yours in Christ Our Lord,

The Editor

Your Humble Servant

***“But when you fast, anoint your head and wash your face,
that your fasting may not be seen by men but by your Father ...”***

Mt 6:17-18