

# Growing in FAITH

Discovering **hope** and **joy** in the Catholic faith.

March 2003

St Jerome Church

## Why give something up for Lent?

Ever approach a really special dinner by eating a light lunch or skipping it all together? The idea was to create a greater hunger so your favorite foods would taste even better that evening.

That's the basic idea behind Lent. The penance we do during this season helps us appreciate God's gifts all the more.

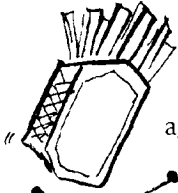
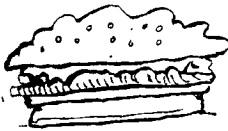
### Fasting before the feast

Giving something up during Lent doesn't have to just be about food. It can involve anything that you treasure but don't really need to sustain life.

The act of fasting creates an inner hunger that can take you in one of two directions. It can eliminate the desire for the thing you have given up thus



helping you simplify your life and make more room for God. Or it can create a stronger desire for what you gave up. So when you finally return to it, you appreciate it all the more. You get to experience it fresh again.



### A new outlook

Either of these options can bring you closer to God. And don't forget to offer your fast as part of the gifts offered with the bread and wine at Mass. You may even find that you can do without it after the fast is over.

The important thing is that whatever fast you choose during Lent will help you celebrate the richness of Easter in a more complete way.

## One Minute Meditations

### Rich in many ways

Many of us are like the rich man in Jesus' story of Lazarus, the beggar. Lazarus lay covered with sores, and longed to satisfy his hunger with scraps that fell from a rich man's table (Luke 16:20-21). Do you have good health, free time, faith, friendship, courage, enthusiasm? What "scraps" can you give to someone else who needs to be nourished?

### Pope says faith should be lived with joy

Pope John Paul II urges all Christians to live our faith in Christ with joy. He said this joy comes from our certainty of God's love and protection.



### A prayer for Lent

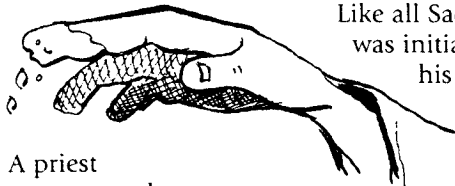
*God of all mercy and steadfast love, we do not always live the way you want us to. Forgive us. Help us during this season of Lent to examine how we can be more faithful followers of Jesus Christ, your son. Guide us in our pilgrimage of discipleship. May our words and actions truly reflect your will for us. In the name of Jesus our Savior, we pray. Amen.*

The Essential Catholic Prayer Book, Liguori Publications.

## Why Do Catholics Do That?

### Why do Catholics have the sick anointed?

Through the healing gift of the Holy Spirit, the Sacrament of the Anointing of the Sick conveys forgiveness of sins and heals the whole person. A priest administers the Sacrament to those who are seriously ill or infirm by



anointing them on the forehead and hands with blessed oil.

Like all Sacraments, this one was initiated by Jesus. He told his Apostles to "cure the sick" (Matthew 10:1-8) and they "anointed with oil many who were sick and cured them" (Mark 6:13).