

As we journey forward to renew our parish spiritually, I ask for you to give me three minutes a day. One minute in the morning, one minute in the afternoon and one minute in the evening. Spend each of those moments considering the following. Many thanks, Fr Henry

Sunday, March 3, 2019. Morning. Our Father... We all have the same Father in Heaven, God the Father. With one common father, we are all brothers and sisters through our common baptism. We are all family.

Afternoon. Hallowed be thy name... God's name is Holy. We pray to God by name. God the Father, thank you for the beauty of creation. Jesus thank you for dying on the Cross for our salvation. The more we use God's name in prayer, the less likely we will be to use it in anger.

Evening. Thy kingdom come... We do not need to be too many years on this planet before we realize that, yes, there are times of great joy. But there are also times of sorrow and frustration and things just not being right. Every time we pray "Thy kingdom come," we pray that Jesus return to earth in his second coming and establish his kingdom here on earth when everything will be made right.

Monday, March 4, 2019 Morning. Thy will be done. Let us pray that God reign supreme in our lives and throughout the entire world. Let us do everything we can to cooperate with what God wants to do our own lives, and to promote what God would like in the world. If each one of us works toward cooperating with God's will, we can counteract those who act to oppose God's will.

Afternoon. Give us this day our daily bread. We have so very many needs. Let us take a moment to focus on our need for spiritual nourishment and pray that God grant us that spiritual nourishment.

Evening. Forgive us our trespasses. From time to time, sadly, we do give into temptation and actually sin. We thank God for having forgiven us of our past sins, and for granting us grace to resist temptation and sin in the future.

Tuesday, March 5, 2019. Morning. Forgive us our trespasses, as we forgive those who trespass against us. We are making a promise. God forgives us of our sins and we forgive those who have sinned against us.

Afternoon. The argument is often given: What if I cannot forgive? We need to distinguish between the act of forgiving: I ask that what this person had done to me not be held against him or her. And the memories that do not necessarily leave us,

even though we have forgiven someone. Forgiveness is an act: I ask that these sins not be held against this person.

Evening. The argument is often given: What if the person is not sorry for what he or she did to me? I can forgive a person without speaking to them. If they are not sorry for what they did to me, I can still go to God and ask that what this person had done to me not be held against him or her.

Wednesday, March 6, 2019. Morning. Today is Ash Wednesday. Adam and Eve came to life when God formed their bodies out of the dust of the earth and blew the breath of life into them. When we receive Ashes, we may hear: “Remember that you are dust, and to dust you shall return.” Let us take a moment to be aware of that breath of life that we carry for the next day or week or month or year or decade or more until we return to dust. It is the breath of God in us that enlivens us!

Afternoon. When we receive Ashes, we may hear: “Repent, and believe in the Gospel.” Lent is a time for us to be mindful of our sins and Repent as preparation to participate in the Great Easter event several weeks from now.

Evening: When we receive Ashes, we may hear: “Repent, and believe in the Gospel.” We are called to believe in the Gospel. The Good News that Jesus has Risen. As there are many chapters in each Gospel before we reach the Resurrection account, so there are many days between now and Easter Sunday. Let us live out those days believing in the magnitude of the Resurrection event, so that we can be fully transformed by it on Easter Sunday.

Thursday, March 7, 2019 Morning: Let us return to our consideration of the Our Father. The argument is often given: I tried to forgive the person in the past, but the psychological and emotional effects still linger. We need to believe in faith that when we forgive somebody, that the act is completed. Psychological and emotional effects may linger in our lives, and if they are overwhelming and the sin involved trauma done to us, we can take the further step of seeking healing on the psychological and emotional level through counseling.

Afternoon: We pray to be free from temptation. Let us do whatever we can to avoid temptation, avoiding those people and places and things that lead us into experiencing temptation. And let us rely on grace and the power and strength that comes from God to resist the temptation that is unavoidable.

Evening: We pray to be delivered from evil. We pray to be delivered from the evil that is part of our own individual lives. And we pray for those Christians who

experience that evil in the form of oppression and martyrdom for the simple act of being Christians.

Friday, March 8, 2019. Morning. Each Sunday is a mini-Easter. Each Friday is a mini-Good-Friday. Let us be mindful of our Lenten observance today, as we continue the journey that we began two days ago on Ash Wednesday. Easter is too big of a day for us to simply stumble upon, unprepared.

Afternoon. Let us again renew our commitment to our Lenten observance. All across the world, Catholics are observing this Friday in lent. Lose yourself in the immensity that 1.2 billion Catholics are simultaneously observing this day as a Friday in lent.

Evening: Once again, I ask you to remember your lenten observance. And if you find that you falter in that commitment or forget and do not carry it out for a moment or an hour or a day, simply get back to it and look forward.

Saturday, March 9, 2019. Morning. Remember our consideration of the Our Father of the past few days. Recite the Our Father and allow the thoughts of the last few days to transform us.

Afternoon. Recite the Our Father and allow the thoughts of the last few days to transform us.

Evening. Recite the Our Father and allow the thoughts of the last few days to transform us.