

Good News

Dear Friends,

Last week, I discussed in detail many of the current happenings here at All Saints. This week, I am going to devote my time to prayer and focus, and to, once again, invite everyone in the parish to come to our Five Friday series which began last Friday.

This series took a lot of planning and is truly an All Saints parish effort. I am grateful to those (too many to be named) who have worked with me, and one another, to make this a prayerful and holy series, one that is certain to be a model for future events.

This week's speaker will be Fr. Kenneth Kirkman. He is the parochial vicar at St. Anthony's and St. Mary's parishes in Cortland, NY. Fr. Kirkman assists with diocesan vocations team and other ministries in the Diocese of Syracuse, and is a regular contributor to the Catholic Sun, the Catholic newspaper for the Diocese of Syracuse. He is a native of East Syracuse and was ordained to the Sacred Priesthood of Jesus Christ in 2016.

"Dying to Self: The Challenge of Lent" is his topic.

As a reminder and to assist with your planning, I am including the schedule for the Five Fridays series. As a bonus, I am also including a bit of the reflection that inspired Fr. Brown's wonderful homily on Ash Wednesday.

Five Fridays Schedule

11:30 AM	Stations of the Cross
12:10 PM	Mass
12:40 PM	Adoration
5:30 PM	Vespers
5:45 PM	Preached Reflection
6:30 PM	Stations of the Cross
7:00 PM	Simple Supper in Rogers Hall

See you Friday...and Sunday!

In Christ,

Fr. Jones

THE LENTEN THREE PILLARS OF LIFE

Prayer, fasting, and almsgiving are called the "three pillars" of the Christian way of life. They help support a full and healthy life. During Lent we try to repair and strengthen these three pillars, which also are called the "three disciplines" because they help people become better disciples of the Lord.

Prayer is conversation with God. Make a good habit of daily prayer. Read the psalms, and each Lent learn one or two by heart. Try to sing your prayer at home, and make every effort to sing well when you worship with others.

To prepare himself for his life's work, Jesus fasted in the wilderness. As Christians grow up, they need to learn traditional, healthy ways to fast. When we fast, we deny ourselves some food or other good thing. We remind ourselves of how dependent we are on God's gifts, which always must be shared fairly and never taken for granted.

Almsgiving means "sharing compassion." Almsgiving means more than giving away the things we don't need. It means giving away some of the things we do need because someone else also needs them. It means giving until it hurts.

Saint Augustine said that fasting and almsgiving are the two "wings" that help our prayers "fly to heaven." Prayer, fasting and almsgiving go together. They are ways we ask God to root out selfishness from our lives. They are ways we Christians live life to the full.