

To help us plan for a fruitful Lenten journey, I again offer this for your use. – Fr. Matthew

LENT; WHAT IS IT ABOUT?

OUR souls, like our bodies, get run down. Lent is a time for spiritual training; for raising ideals, for practising exercises and virtues in the hope that they may have permanent effect, and for doing penance for our sins.

But we must be practical, not vague. It is better to choose one penance and stick to it, rather than aiming to do too much and failing in fact to do anything. Use this card to write down what you want to achieve, keep it by you, and assess how you have done each night.

FOUR THINGS TO AIM FOR DURING LENT 20...

- ♦ Acquiring a particular virtue is in many ways more practical than trying to wipe out a particular sin. For instance, if tempted to gossip or scandal, try finding each day specific kind things to say about people. If the temptations are to envy or jealousy, try being especially kind to the person of whom one is envious; if to sloth, specific energetic acts can be undertaken. Then there is that long put-off fitness plan ...
  - ♦ The practice of a particular devotion is also an important part of Lent. For instance, you might consider coming to Mass during the week, or saying the rosary: any particular undertaking is a good idea, as is regular prayer for a particular intention.
  - ♦ A particular penance is the most traditional form of Lenten observance, and is vital for training the will. If we cannot even control our appetite for a cigarette, or a spoon of sugar in our tea, how can we hope to control a harsh temper or a cruel tongue?
  - ♦ Almsgiving is also vitally important. We remember that there are so many people in the world worse off than ourselves, and we set aside part of our income, or take the trouble to earn money for those less fortunate.
- It is wise every day to pray for strength to fulfil your intentions, and each evening to consider how your resolutions have held up during the day.

My resolutions for Lent 20...

The VIRTUE at which I will aim is ...

The DEVOTION that I will undertake is ...

The PENANCE that I will do is ...

I will give ALMS to ...

(Signed).....

(Date).....

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FORMED

PICK OF THE WEEK

February 14, 2021

LEARN

FORMED NOW!  
HOW TO STUDY THE BIBLE

Are you looking to take your spiritual life deeper this Lent? There's no better place to start than the Lord's Word. Join Dr. Gray and Dr. Giszczak as they explain how to study and devote yourself to Scripture!



WATCH

BELOVED—SESSION 1:  
DOES MARRIAGE MATTER?

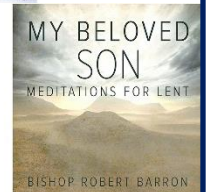
Happy Feast of St. Valentine! This Valentine's Day, remind yourself of the beauty of the Sacrament of Marriage with the Beloved series, presented by the Augustine Institute.



LISTEN

MY BELOVED SON: MEDITATIONS FOR LENT  
BY BISHOP ROBERT BARRON

Lent is a season of discipline where we focus on prayer, fasting, and almsgiving. In five riveting homilies, join Bishop Barron as he describes the spiritual disciplines we undertake during Lent.



To set up your free account visit [formed.org/signup](https://formed.org/signup) and select our parish.



Ash Wednesday  
Dinner

February 17, 2021  
Our Lady of Mercy Parish Center  
44 Lake Street, LeRoy

Take Out Only—4:30 to 6:30pm  
(or until sold-out)

Proceeds to benefit Love Bugs Preschool

**MENU FEATURING**

Your choices:

MAC 'N CHEESE \$7\*

PASTA WITH OIL & GARLIC \$7\*

Add SAUTEED SHRIMP to any dinner \$2\*

All dinners served with: green beans, roll & butter, and a cookie

\*Suggested Donation

To order visit [www.ourladyofmercyleroy.org/lbash](http://www.ourladyofmercyleroy.org/lbash), or

Email [lovebugsleroy@gmail.com](mailto:lovebugsleroy@gmail.com), or

Call or text 585-709-2764

## LENT ARRIVES THIS WEEK!

### ASH WEDNESDAY MASSES

7:30 am - OL of Mercy

8:30 am – St. Brigid

12:00 noon – OL of Mercy

7:00 pm – OL of Mercy

*In addition to our regular Mass and  
Confession schedules...*

### ADDITIONAL LENTEN SERVICES

#### MASS

*(or Communion Service)*

Friday, 8:30am – St. Brigid

#### Stations of the Cross

##### St. Brigid

Friday morning

*following the*

*8:30am Mass or Communion Service*

##### Our Lady of Mercy

Friday evenings at 7:30pm

*Holy Communion available for those who  
have not yet received at Mass that day*



# Lenten "Briefs"

Lent is a time to **give** and **remember** the **Needy** with  
**New Underwear & Socks**

During Lent, Ladies of Charity will be collecting  
**"Briefs"** (Underwear) & **Socks**

Please Donate new Briefs for Men (sizes 32-38),  
Undies for Women (sizes S-XL) & Children (sizes 2-12)

And **Socks (crew style)** for Men, Women & Children

All **"Briefs"** & **Socks** will be donated to Ladies of Charity Thrift  
Store in Buffalo and given to those in need.

There is a collection box in St. Brigid's Parish Center &  
in Our Lady of Mercy's Vestibule.

Thank you for your generosity

