



Dear Parish Family,

Lent is a time when we prepare for our celebration of Easter through prayer, fasting, and almsgiving. It is ultimately a time of voluntary self-denial to train our body and nourish our spirit so that, in prayer, we may begin to truly see the unfathomable value and riches of giving ourselves entirely over to God. This is never to be something superficial or self-centered. As St. John Chrysostom wrote in the 4th Century, no act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually if you do no good to others, you do nothing great.

So, let us always remember that Lent is about cultivating a love for Love, who St. John says is God. As we begin this time of cultivating a love for Love, I would like to suggest a few things for you to consider to help foster your spiritual growth and relationship with God:

(1) Attend Daily Mass

Monday, 8:30 a.m. Communion Service. Tuesday, Thursday, and Saturday 8:30 a.m. Mass. Wednesday and Friday 8:30 a.m and 6:30 p.m. Mass.

NOTE: Don't forget the Sunday Mass schedule: Saturday Vigil 4:00 p.m. Sunday, 7:00 a.m., 10:30 a.m. and 5:30 p.m.

(2) Participate in the Way of the Cross.

Please join us for Stations of the Cross on Friday at 8:00 a.m. and 6:00 p.m. Stations of the Cross for children are at 2:10 p.m. every Friday (parents and parishioners are welcome to attend).

(3) Receive the Sacrament of Reconciliation (Confession)

Confession is available on Wednesday from 5:00-6:15 p.m. Saturdays from 3:00-4:00 p.m. "First Saturday of the month following the 8:30 a.m. Mass".

(4) 2019 Lenten Parish Mission.

Attend our Parish Lenten Mission *Simply Live: True Religion for the 21st Century*, March 31-April 3. See insert in the parish bulletin and website (OLLParishSlidell.com) for additional information.

(5) Perpetual Adoration Chapel

Did you know that we have a Perpetual Adoration Chapel here at Our Lady of Lourdes? It is located between the school parking lot and the Parish Life Center. Please come and spend some time with our Eucharistic Lord in the Blessed Sacrament.

(6) The Most Holy Rosary

Let us consider praying the Rosary during this Lenten Season privately, with our family and neighbors, before Mass, and before the Blessed Sacrament in the Perpetual Adoration Chapel. If you would like to learn how to pray the Rosary, or if you need a Rosary call the parish office at 985-643-4137.

(7) Spend some time in spiritual reading.

I suggest that you use the little black books distributed after Mass recently. You may also consider reading the Sacred Scriptures (Bible) 10-20 minutes a day. Also, you may want to go to St. Paul's Catholic Book Store, "Metairie, LA", or go online to order an age-appropriate book during the Lenten Season for yourself and members of your family.

Let us ask the Lord for the grace to enter these days of Lent with anticipation of our meeting Him in a profound and intimate way.

Wishing you a blessed and fruitful season of Lent,

Sincerely yours in Christ,
Very Reverend W. C. Paysse, V.F.

Pastor