



Saint Michael the Archangel CATHOLIC CHURCH

March 2017 Newsletter

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Important Dates

March 12 - Daylight savings time begins

April 1 - Parish Penance Service

We welcome all visitors and guests into our parish as our "Alleluias" burst forth like spring flowers!

ST MICHAEL'S LENTEN FAMILY RECONCILIATION SERVICE

April 1st - 10:00 am

Following a short Penance Service there will be 10-12 Priests from Aurora Parishes on-hand for private Reconciliation.

Lenten Regulations

During Lent the Christian faithful are to do penance through prayer, fasting, abstinence and by exercising works of piety and charity. All Fridays through the year, and especially during Lent, are penitential days.



Sundays in Lent are not considered part of the Lenten observance, because on each Sunday we continue to celebrate Jesus' resurrection. Each Sunday is like a mini-Easter.

Abstinence

All who have reached their 14th birthday are to abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

Fasting

All those who are 18 and older, until their 59th birthday, are to fast on Ash Wednesday and Good Friday. Only one full meal is allowed on days of fast. Two other meals, sufficient to maintain strength, may be taken according to one's needs. But together, they should not equal a full meal. Eating between meals is not permitted, but liquids are allowed.

The obligation does not apply to those whose health or ability to work would be seriously affected. People in doubt about fast or abstinence should consult a parish priest.

KISS and the 1-1-1 Plan

Here's a helpful acronym to help you stay focused during Lent:

Keep • It • Simple • Sinner

The best Lent is one in which we enter the season wholeheartedly. All too often, people either take on too much or don't take on enough. The solution is to simplify our disciplines, focus our intentions and

concentrate more clearly on our spiritual goals.

To keep it simple this Lent, try the "1-1-1 Plan": one sin, one add-in, one give-up. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossibly busy schedule!). Deny yourself something you really like or are attached to.



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One sin

Most of us, if we are honest, know at least one area of sin to focus on during Lent. If you aren't sure, or are having trouble narrowing it down, use the traditional seven deadly sins as a guide (at right). (Contrary to what one may gather from all the emphasis on sex these days, there are six deadly sins besides lust!) In fact, some of the other deadly sins are even deadlier, especially pride, or self-love, which St. Thomas Aquinas called, "the cause of every sin."

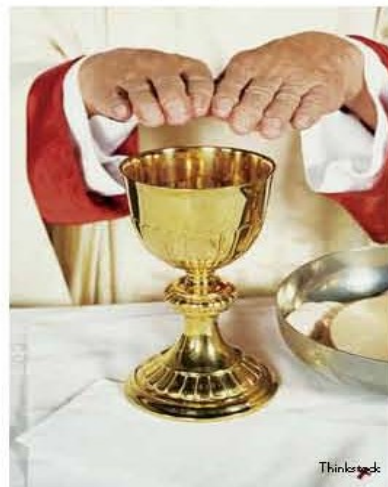
If you need help in identifying which sin to concentrate on this year, ask God in prayer to reveal it to you. If you still aren't sure, ask your family or close friends. Just be sure you are willing to listen to them and accept their assessment.

One add-in

The next step in 1-1-1 Lent is to add one thing of God to your routine that you haven't been doing. Because we are all so busy, it's a good idea to not just pick an add-in, but to schedule a regular time when you put it on your calendar so you don't "forget."

Ideas for add-ins are pretty much endless, but some include:

- ▶ Go to Mass in the middle of the week
- ▶ Attend the Stations of the Cross as a family
- ▶ Read a Gospel
- ▶ Volunteer at a social ministry
- ▶ Get up early to pray



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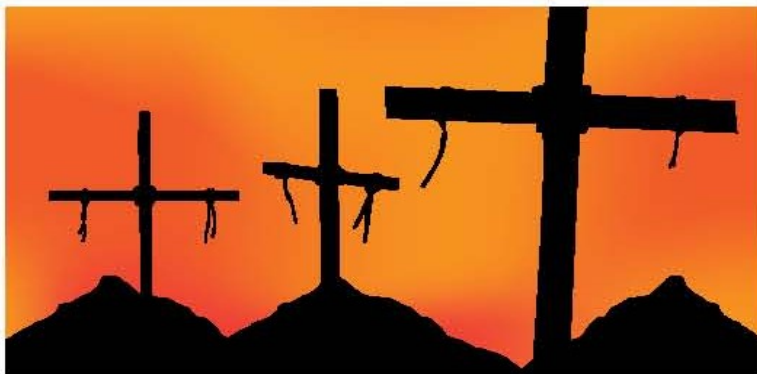


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One give up

Giving up something for Lent has been part of the Church almost since the beginning. While giving up sweets and alcohol are time-honored, consider giving up one thing that you really like or enjoy. Just make sure it is something that lets you feel the deprivation and is at least a little bit challenging. Make it difficult but doable.

- ▶ Fast from fault finding and nagging, and fast from a critical tongue or a closed mind.
- ▶ Give up impulse purchases.
- ▶ Give up an unhealthy habit, like smoking.
- ▶ Limit the time you watch television or surf the Web.
- ▶ Give up fast food and donate the money you save.



SCRIPTURE

"[But] take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you."

— Matthew 6:1-4

Our Sunday Visitor

BECOME A NEW YOU THROUGH PARTICIPATION IN DAVE RAMSEY'S "FINANCIAL PEACE UNIVERSITY"



TOPICS INCLUDE:

Super Saving Cash Flow Planning Dumping Debt
The Role of Insurance Retirement and College Planning
REAL ESTATE AND MORTGAGES

WHAT ARE THE BENEFITS TO ME?

(1) Financial Stress is greatly reduced... (2) Couples begin to communicate about money priorities, goals and more.... (3) Singles are empowered and encouraged to find accountability partners.... (4) The average family pays off \$5,300.00 and saves \$2,700 during the 9-week period.

Dave Ramsey, of the Business Network, has built the *Financial Peace University* to help those who attend these classes to build their own financial plan through video presentations and an opportunity for small group discussions. **It will change your life!** Membership kits which include the class materials are available in the Parish Office for \$93.00. For more information, contact the Teri at 303-690-6797. You are also welcome to register at www.fpu.com.

Dave Ramsey's Financial Peace University is coming to St. Michael's beginning Tuesday evenings, May 2nd through June 27th
7:30 - 9:00 pm

March 2017

St. Michael the Archangel Catholic Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 9:00 am 1st Friday Adoration With Anointing 5:00 pm Fish Fry 7:00 pm Stations of the Cross	4 4:20 pm 1st Saturday Rosary
5 6:00 pm Evening Prayer	6	7	8 12:00 noon Simple Soup	9	10 5:00 pm Fish Fry 7:00 pm Stations of the Cross	11
12 6:00 pm Evening Prayer	13 St. Michael's Mission - 9:00 am Mass & 7- 830 pm Presentation	14	15	16	17 St. Patrick's Day  5:00 pm Fish Fry 7:00 pm Stations of the Cross DPS Book Fair	18 DPS Book Fair
19 Men's Club Pancake breakfast 6:00 pm Evening Prayer DPS Book Fair	20 DPS Book Fair	21 DPS Book Fair	22 DPS Book Fair 12:00 noon Simple Soup	23 DPS Book Fair	24 DPS Book Fair	25 DPS Book Fair
26 DPS Book Fair Coffee & Donuts	27	28	29 12:00 noon Simple Soup	30	31	

**Please be advised, dates and times are subject to change*
