

Ash WEDNESDAY

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Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

- February 17 is Ash Wednesday, a day of fasting and abstinence from meat.
- Rice Bowls will be available in the back of church. By using your Rice Bowl we pray together; fast in solidarity with those who hunger; learn about the challenges in the lives of our brothers and sisters around the world and give sacrificial contributions to support those in need.
- The Little Black Book will be available in the back of church. This prayer book will help you walk through your journey of Lent.
- Sign up for in-person bible study at Holy Spirit. Not comfortable with in-person, check out Accession Press-The Bible in Year with Fr. Mike Schmitz podcast.
- Wednesday evening of Lent, St. Edwards will have Stations of the Cross and Chaplet of Divine Mercy starting at 6:30 p.m.
- We invite you to work on the corporal acts of mercy: Feed the hungry. Help with the Creston Area Food Pantry on March 1.
- Join Us as the Knights of Columbus provide a Lenten Fish Fry on March 12 and March 26 at Holy Spirit Church. More details to come.



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BIBLE STUDY

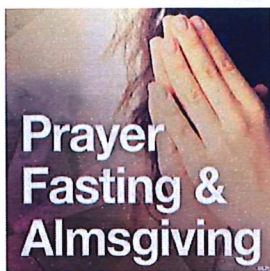
Reading the Bible should bring us closer to Christ, but understanding it is often difficult. The good news is that you CAN understand the Bible. The Bible Timeline, a twenty-four-part Bible study, makes it easy.

Presenter Jeff Cavins shows you how fourteen of the Bible's narrative books tell the biblical story from beginning to end and gives you the keys to understanding the amazing story woven throughout Scripture. In this revolutionary approach to Bible study, The Bible Timeline divides the Bible into twelve color-coded time periods that make it easier to follow its narrative thread. Using a unique color-coded chart, you will learn the major people, places, and events of the Bible and discover how they all come together to reveal the remarkable story of our faith.

Holy Spirit will offer The Bible Timeline beginning on Sunday, February 21 at 6 p.m. in the church basement. Masks will be required as long as the mask mandate remains in effect. Participants will meet every week to view an engaging video presentation followed by a time of lively group discussion and fellowship. There is a \$40 registration fee for the purchase of the corresponding workbook, materials and 1 year subscription to online materials. The online materials provide opportunities for participants when they cannot make a face to face meeting. Class will last about 1.5 hr. To register signup online (www.uccat.org) or call the parish office at 641-782-5278. **Registration needs to be confirmed by February 15, 2021.** There is a discount for SWICC students: enter SWICC into the coupon code online.

REMEMBERING HIS SACRIFICE

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Ash Wednesday

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Ash Wednesday Reflection

Good stewards realize they really don't own anything. It all belongs to God. It is not so much that God owns them, but they are not ours because we are called to offer them to him.

The reality is that you and I were born naked and with nothing. We will die naked and with nothing. If we really could possess something material, there would be a way to take it with us. But alas, it all slips through our grasp and passes away. And even though all of us came from dust and to dust we will return, through Jesus Christ we will live forever in a perfect state. The only thing we can take with us? Our hearts and whether or not we loved.



Question:

Why do we place ashes on our forehead each Ash Wednesday?

Answer:

Ashes are rich in spiritual symbolism. We recall in the second chapter of Genesis, when the human person is fashioned "out of the dust of the ground" and receives the breath of life (Genesis 2:7). In death, a person returns to the ground from which we came. The ancient Hebrews used ashes as a sign of repentance, reminding themselves that God is God and we are not.

As the priest places ashes on our forehead, we hear either "remember that you are dust and unto dust you shall return". When we receive ashes, we remember our own mortality. We're reminded that we have limited time on this earth and we ought to make the best use of it that we can! People are in need of love, care, and compassion. We all need to continually rediscover the love of God. The Gospel invites every person in every stage of life to encounter and imitate Jesus here and now. The forty days of Lent are the perfect time to assess our own awareness of these realities.

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An Ash Wednesday Prayer

"Ashes to ashes. Dust to dust."

You remind us today, oh Lord, of our origin and end.

In the beginning, You fashioned us in the Garden.

You dignified dust with the Breath of Life.

You made us in Your image and likeness.

You led Your people through the dust of the Sinai wilderness to the Promised Land.

You overcame temptation in the dry desert.

You healed the blind with dirt and clay.

Three times Your body stirred the dust

as you fell on the road to Calvary.

Hear the cry of Your people!

One day we will return to dust.

This Lenten season, stir our minds to contemplate You, our hearts to love You, and our bodies to serve You in our brothers and sisters.

May our prayer, fasting, and almsgiving be Your breath alive in us. Amen.

REPENT & BELIEVE



ASH WEDNESDAY

