

WHAT IF WE DESCRIBE LENT AS A “RETREAT”?? A space of days taken to pray and to be with God. Often, one goes to a retreat house to have one; a place often of beauty, where one can meditate, listen to talks, and refresh the spirit and soul.

However, it is not practical to speak of disappearing for the 5 weeks of Lent — who of us can do that? But what about setting aside a bit of each Lenten day to partake of certain retreat practices? For instance, what about setting aside a little time daily to let your ‘insides settle down’ for awhile, and create space within you to welcome God? You might set up a special place in your home just to pray. How about a picture or crucifix, or maybe just a candle? Or how about just 10 minutes of silence?

You could take some time to read the weekend’s Gospel beforehand — read it slowly, and let the scene described ‘take place’ in your head and heart. This week, ask Jesus how it felt to have the Spirit drive him into the desert....

The point? Let the Lord’s loving deeds be your motivation for “giving up” anything during Lent. You might begin to see that you are making a gift of gratitude to God, rather than just “giving up” something you like. How does this prepare us for Holy Week and for Easter? By doing exactly what Jesus does when he makes himself a gift of suffering and death. He is returning a gift of love to the Father. Lent prepares us to witness this reality of our savior.

It is the gift we receive at every Mass when we go to Communion.

Maybe we could let ourselves be driven into the desert ourselves, and let the Holy Spirit guide us??

John Foley, SJ, St. Louis University (Sunday Website), St. Louis, MO

Only this I want:

but to know the Lord, and to bear his cross, so to wear the crown he wore.

Dan Schutte, “Only This I Want” (#499 in Breaking Bread)



¿QUÉ PASA SI DESCRIBIMOS LA CUARESMA COMO UN “RETIRO”? ... Un espacio de días tomados para orar y estar con Dios. Muy seguido, algunos van a un retiro; a un lugar lleno de belleza, donde alguien puede meditar, escuchar conversaciones, y refrescar el espíritu y el alma.

De cualquier manera, no es práctico hablar o desaparecer por 5 semanas de Cuaresma – ¿Quién de nosotros puede hacer eso? ¿Pero qué tal, si ponemos un poco de cada día de la Cuaresma, para participar de alguna practica de algún retiro? Por ejemplo, ¿Qué tal poniendo a un lado un poco de tiempo diariamente para dejar que tú ‘interior se relaje’ por un rato, y crear espacio entre tú y dar la bienvenida a Dios? Tal vez puedas poner un lugar especial en tu casa solo para la oración. ¿Que tal y pones una imagen o un crucifijo, o talvez solo con una vela-cirio? O ¿que tal solo 10 minutos de silencio?

Tu podrías tomarte el tiempo de leer el Evangelio del domingo con anticipación – lee despacio, y deja que la escena descrita ‘tome lugar’ en tu cabeza y tu corazón. Esta semana, pregunta a Jesús como se siente tener al Espíritu llevándote hacia el desierto....

¿El punto? Deja que las obras amorosas de Dios sean tu motivación para ‘ayunar’ cualquier cosa durante la Cuaresma. Talvez comiences a ver que estas haciendo un regalo de gratitud a Dios, en lugar de ‘renunciar’ a algo que te gusta. ¿Cómo nos prepara esto para la Semana Santa y la Pascua? Haciendo exactamente lo que Jesús hace cuando el mismo se da en sufrimiento y a la muerte. Él está regresando un regalo de amor al Padre. La Cuaresma nos prepara para ser testigos de esta realidad de nuestro salvador.

Es el regalo que recibimos en cada Misa cuando vamos a la Comunión.

¿Tal vez podamos dejarnos llevar hacia el desierto, y dejar al Espíritu Santo que nos guie??

John Foley, SJ, St. Louis University (Sunday Website), St. Louis, MO

Solo esto quiero:

Conocer al Señor, cargar su cruz, y ponerme la corona que él tuvo.

Dan Schutte, “Only This I Want” (#499 in Breaking Bread)

THE DOCTOR IS IN!! Dr. Ray is coming to Eugene! Join Mater Dei Radio for an exciting evening with EWTN's Dr. Ray Guarendi. Equip yourself for Lent, and don't miss Dr. Ray's "*Strengthen Your Family with Catholic Media*" at **7:00pm, March 13th**, at Marist High School. Tickets are free, but *very* limited. Get yours now, at: MaterDeiRadio.com.

YOUNG ADULT BIBLE STUDY Join Eugene Catholic Young Adult group (ages 21-39, married or single) for Thursday evening Bible Study, **6:45pm**, at St. Mary in the Parish Center — discussion on how St. Paul's letters apply to our lives today. For info contact: eugeneyoungadults@gmail.com or 541-270-9329 or [facebook.com/EugeneCYA](https://www.facebook.com/EugeneCYA).

WOMEN'S PRAYER DAY — Offered at St. Benedict Lodge (McKenzie Bridge, OR), on **March 6th, 9:30am—4:00pm**. Theme: Lent—Our Joy, with presenter Linda Beach. Cost is \$15, and includes morning snack & lunch. To reserve your spot, call St. Benedict Lodge (541-822-3572), or Linda (541-747-1064), or email to: sblodge@opwest.org.



You are invited to join other Christians for **40 Days for Life** campaign of prayer and fasting for an end to abortion, **February 14th** (Ash Wednesday) through **March 25th** (Palm Sunday). There is also a peaceful prayer vigil during this 40-day campaign, in the public right-of-way in front of the Planned Parenthood facility (3579 Franklin Blvd). There will be a 'kick-off' Mass for this campaign on **Feb. 13**, 6:00pm, at St. Mary church (1062 Charnelton) — please join us! For info, or to volunteer, contact Eileen (541-543-7168), or email: etmoregon@yahoo.com; website: 40DaysforLife.com/Eugene.

Esta primavera desde **14 de febrero a 25 de marzo**, se invita a todos los Cristianos de nuestra comunidad a tomar parte del esfuerzo provida Nacional más grande en la historia: **40 DIAS POR LA VIDA**. Además de los 40 días de ayuno y oración por el fin del aborto en America, por favor considera participar en la vigilia de oración afuera de Planned Parenthood clínica de aborto (3579 Franklin Blvd., [Glenwood área]), por una o mas horas durante los 40 días y corre la voz a otras personas sobre este importante esfuerzo por salvar vidas. Para más información, o para ayudar como voluntario(a), por favor contacta a Violet Olszyk en minispiel@gmail.com o 925-490-5389 o regístrate en 40DaysforLife.com/Eugene. También hay misa para el inicio a St. Mary's a (1062 Charnelton St.), en martes el 13^o de Febrero a 6:00 p.m. Todos son bienvenidos!

FAITH SERIES: CATECHISM THROUGH THE YEAR

WHY DO CATHOLICS GENUFLECT?

Solomon was the most glorious and powerful king the nation of Israel ever knew. Not only his subjects, but foreign visitors, as well, would have knelt whenever they came into his presence. In the ancient world, that was the universally recognized posture of reverence and submission.

According to 2 Chronicles, when Solomon entered the temple he had built, this great king, himself, knelt down before God's altar (6:12-13). He recognized that he was in the presence of the King of kings, the all-powerful, all-glorious, Ruler of the universe.

Today, our culture tends to scoff at the notion that anyone should ever kneel. To many, the gesture is a quaint leftover from medieval times, an act that is somehow beneath our modern dignity. But Catholics recognize that God is still God, and that "every knee should bend, / of those in heaven and on earth and under the earth, / and every tongue confess that / Jesus Christ is Lord" (Phil 2:10-11). So, Catholics count it a privilege to kneel before him, because he is worthy of our reverence and submission.

Jesus is present in his precious body and blood, soul and divinity, in the Eucharist. So when Catholics come before the tabernacle in a church, where the Eucharist is reserved, they genuflect, bending the right knee to the floor and then rising. In this way, they imitate the faith of the holy women who embraced Jesus' feet, upon encountering him on their way to tell the disciples he had risen from the dead: "Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage (Mt 28:9-10). Their gesture gives glory, not only to God the Son, but to God the Father, as well (Phil 2:11).

RECOMMENDED READING: Excerpt taken from The NEW Catholic Answer Bible

Ps 95:6-7 · Mt 2:11; 8:2; 9:18; 15:25; 20:20 · Lk 24:52 · Jn 9:38 · Rv 5:8 ·

& Catechism of the Catholic Church (CCC) No. 1378 ·