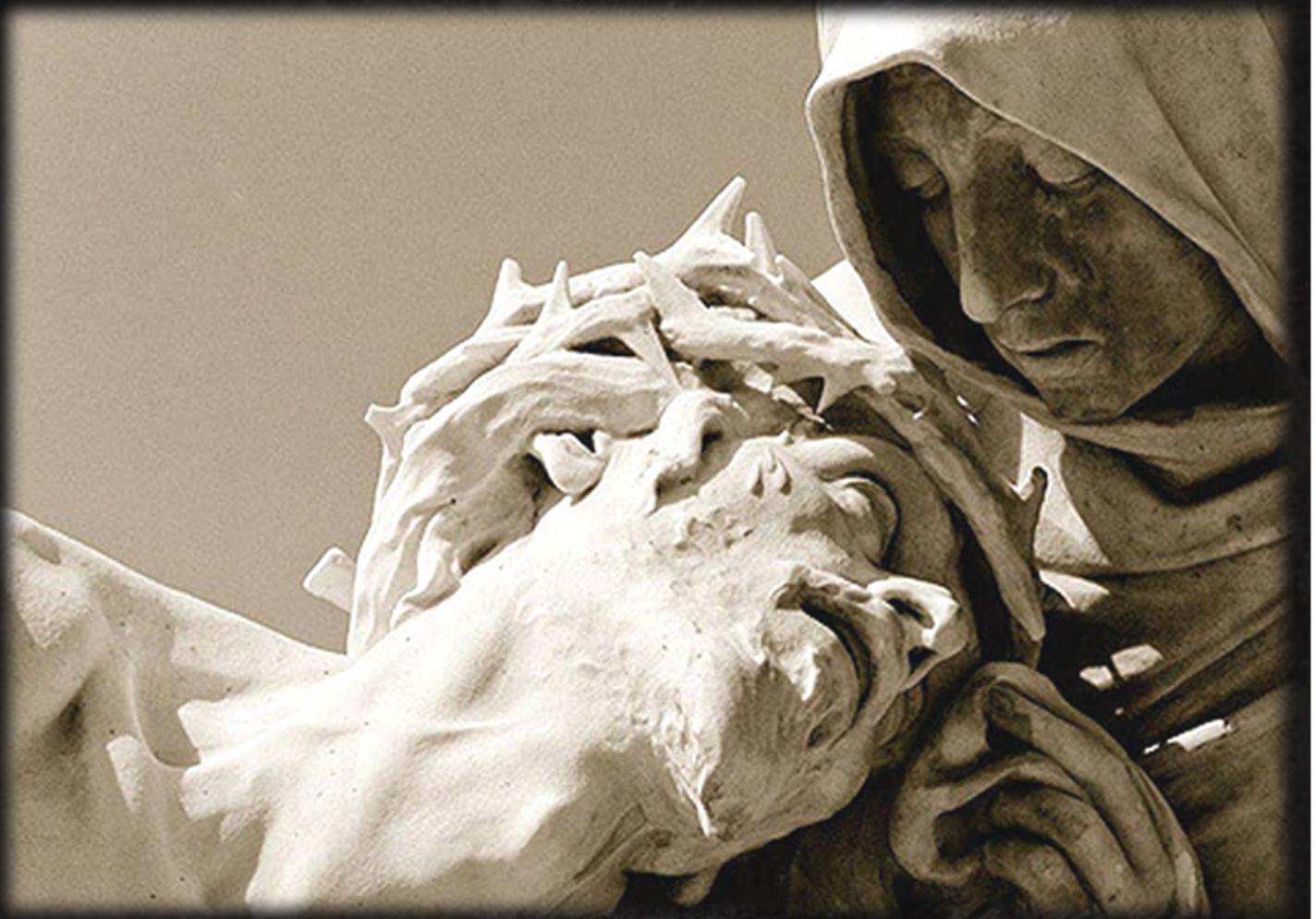


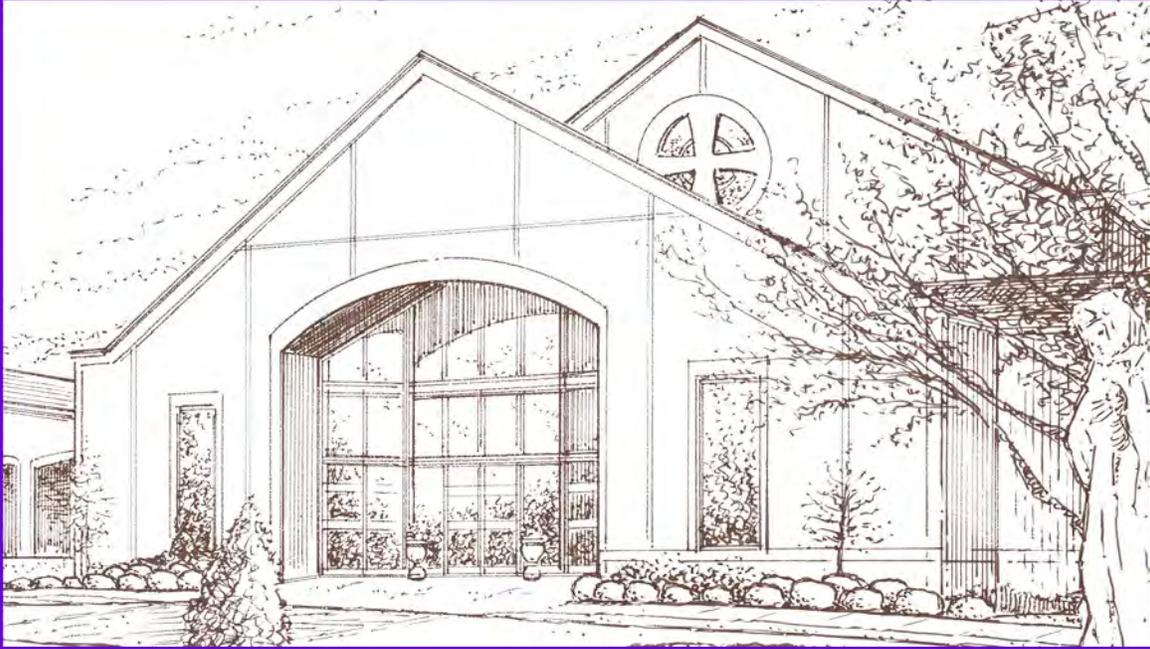
LENT 2019



THE ASCENT

A QUARTERLY PUBLICATION OF CHURCH OF THE ASCENSION





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February 2019

Dear Parishioners,

Once again we begin our Lenten journey of conversion and growth in our life in Christ. Lent is really a gift of grace; it is a graced moment in which we experience our own dignity as baptized persons and God's abundant goodness to us in our daily lives. It is a time of being mindful and of taking positive steps to grow in virtue.

Usually when we enter into Lent we focus on our own personal faith journey and reflect on how God is calling me as an individual to put aside sin, to embrace goodness and advance in virtue. Obviously this is something that is important for all of us.

However, this year I am asking that we all do something in addition to our personal Lenten resolutions. What I am asking is pretty simple, but it can also be pretty impactful on our spiritual life. You may have heard me mention previously that when it was announced that all of us were invited to take a moment before receiving Holy Communion to bow as a sign of reverence, I really felt that this little gesture would be insignificant in how we approach the Eucharist. How wrong I have been!! It is obvious to me that more and more people are approaching the Eucharist with a greater sense of mindfulness and reverence. I hope that the following little things will make a similar difference.

This Lent I am asking all of us to focus a little more attentively and consciously on the Eucharist and the abiding presence of Christ in our sanctuary. Here are some practical recommendations:

- 1) Take a few minutes before Mass to become familiar with the day's scriptures and how they apply to your life.
- 2) Actively join in the prayers of the Mass including the acclamations and hymns.
- 3) Use times of silence to enter more deeply into a spirit of personal reflection and prayer.
- 4) Stay until the end of the final hymn and then kneel down to spend a few more minutes of personal prayer with Christ who is intimately present to us through Holy Communion.
- 5) After Mass do not use the sanctuary as a place for visiting. Rather leave quietly recognizing the abiding presence of Christ and respecting the desire of others to spend some time in prayer. Feel free to use the gathering space as a place to visit.

Obviously none of these is earthshattering, but like the bow before Holy Communion doing these simple things can make a significant difference to our celebration of the Mass. If we all make an effort to do these things during Lent, I am hoping that they will carry over afterwards into a deeper appreciation of the Eucharist and spiritually enriching celebration of our weekly Liturgy.

God's blessings for a grace-filled Lent for each of us and for our parish!

Father Tom

LENTEN IDEAS

Prayer and Reflection

- ◆ Daily Personal Prayer
- ◆ Meditate on the daily readings
- ◆ Download an app with the daily readings or other Catholic prayers and read over lunch or in the carpool lane.
- ◆ Visit the Adoration chapel weekly
- ◆ Pray the rosary as a family
- ◆ Read a book about the Catholic faith: visit the Adult Faith Library or
- ◆ DynamicCatholic.com
- ◆ Download an .mp3 from the store at lighthousecatholicmedia.org
- ◆ Purchase a CD from the display in the Gathering Area

Fasting, a Time of Sacrifice

- ◆ Take some time to think about what occupies your thoughts and actions most often (food, Facebook, etc.) Fast from THAT.
- Regarding Lenten fasting guidelines:
- ◆ All Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday, and all the Fridays of Lent.
 - ◆ Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday.
 - ◆ Fasting means taking only one full meal and two other smaller meals that don't equal a full meal.

Almsgiving, Acts of Charity

- ◆ Heal an old hurt: Forgive someone or ask for forgiveness
- ◆ Participate in Operation Rice Bowl
- ◆ Invite someone to Mass or to Stations of the Cross
- ◆ Sign up to support one of the parish's charitable programs (kcascension.org under "Volunteer" tab)
- ◆ Set aside one day of Spring Break to do a charitable act as a family or with other friends
- ◆ Do one random act of kindness each day, keep a journal for reflection

LENTEN ACTIVITIES AT CHURCH OF THE ASCENSION

- ◆ **Ash Wednesday:** March 6th, Masses at 6:45AM, 8:00AM, Noon, 5:00PM, 7:00PM
- ◆ **Stations of the Cross:** Fridays during Lent at 7:00PM (March 8– April 5)
- ◆ **The Seven Last Words of Christ:** Friday, April 12th at 7:00PM
- ◆ **Reconciliation:** Every parish in the diocese offers reconciliation on Wednesday evenings from 6:00PM-7:00PM. Other times at Ascension: Tuesday 6:15AM and 11:30AM, Thursday 6:30PM and Saturday, 3:30PM
- ◆ **Palm Sunday:** April 13, normal Mass times



**Holy Thursday begins the Triduum,
the conclusion of Lent and the introduction of the Easter season.
The Triduum includes Holy Thursday, Good Friday and the Holy Saturday Easter Vigil.
If you do not normally attend these Masses,
choose to attend one or all. Each is incredibly unique!**

- ◆ **Holy Thursday:** April 18th, Mass at 7:00PM
- ◆ **Good Friday:** April 19th, Stations of the Cross at 11:30AM followed by Tre Ore prayer and reflection from Noon-3:00PM, Service at 3:00PM and 7:00PM
- ◆ **Holy Saturday Easter Vigil:** April 20th, Mass at 8:00PM
- ◆ **Easter Sunday:** April 21st, Masses at 8:00AM, 10:00AM and Noon



Friends, it is that time of year again when we enter into the most solemn season of prayer and penance. Lent is such a good time for us to look at where we are spiritually and to evaluate the relationship we have with Jesus, who, on Good Friday, will make the ultimate sacrifice for us by volunteering to die on a cross. These forty days of Lent are intended for us to be days of preparation for the coming celebration of Easter: the day that Jesus Christ conquered sin and death by rising from the tomb.

And so the Church encourages us to engage in penance during this time for forty days, reminiscent of the forty days that Jesus spent in the desert. The Church is wise to give a preparation season like Lent because it serves to remind us and revive in us the central mysteries of our faith. When we give things up for Lent or perform extra works of charity, it is not so that we can earn “heaven points” on earth, hoping that God will remember that we did these things so that later when we die He will let us through the pearly gates. The reason to do these things is so that we can draw closer to Him in this life. Lenten practices are meant to help us grow in holiness so that when we meet Jesus at the end of our lives He sees the reflection of Himself in us.

The Church asks us to fast in between meals and abstain from meat on Ash Wednesday and Good Friday. We are asked to abstain from the consumption of meat on all Fridays during Lent. We are also encouraged to eat only one full meal on the other Fridays during the season. Abstinence pertains to those who have reached the age of 14 and older, while fasting in between meals is intended for those between the ages of 18 and 59. Daily Mass when possible and more frequent use of the Sacrament of Reconciliation is also encouraged.

The Church has given us this beautiful season to prepare for Christ’s resurrection from the dead. Hopefully, we will take full advantage of this opportunity.

PREPARE FOR LENT

*Lent summons us,
and enables us,
to come back to the Lord
wholeheartedly
and in every aspect of
our life.
-Pope Francis*

One - One - One: Plan for Lent

Choose **One** Sin to move away from this Lent. (See 7 Deadly Sins Chart)

Add **One** - during Lent, add one thing of God to your routine. (Go to a daily Mass once every week, get up early to pray, attend a fish fry and invite a friend, read the Gospel, go to Stations of the Cross).

Give up **One** - While giving up sweets, alcohol and screen time are always good options, also consider things like fasting from finding fault in others, give up impulse purchases, or give up fast food and donate the money you save.

Here are a few Apps to help you on your Lenten Journey



Laudate: Known as the #1 Catholic App. It offers a wide variety of resources, from the daily readings to Vatican documents. Great resources for Lent include the Stations of the Cross, the Rosary, Liturgy of the Hours (although it has a different translation, and the days mix up on iPhones at times) and a daily examination of conscience. (iOS, Android)



Truth & Life. This app is a dramatized audio rendition of the New Testament. For Lent, you can download the free version and study the book of Mark. (iOS, Android)



Confession: A Roman Catholic App. This App has a personalized examination of conscience for each user, password protected profiles, and a step-by-step guide to the sacrament, this app invites Catholics to prayerfully prepare for and participate in the Rite of Penance. (iOS, Android)



Mary. Made by the creators of the popular Divine Mercy app, “Mary” is a great way to get to know the Blessed Mother. Journeying with her through Lent is a beautiful way to approach her Son. The app includes information about dogma, doctrine, titles, apparitions and more, as well as prayers and devotions. (iOS)

The 7 Deadly Sins

The Catechism of the Catholic Church refers to these sins as “capital sins”. The capital sins are the source of all sins. The word capital derives from the Latin “caput,” meaning “head.”

Pride is an inordinate desire for one's own excellence.

Lust is the inordinate desire for sexual pleasure.

Greed is the inordinate love of having possessions or riches.

Gluttony is an inordinate desire for food and drink.

Envy is sadness on account of the goods possessed by another which are regarded as harmful to oneself since they diminish one's own excellence or renown.

Sloth is physical laziness, also disinterest in spiritual matters or neglecting spiritual growth.

Anger is the inordinate desire for revenge.

Examples that can lead us to The 7 Deadly Sins

Pride



Lust



Greed



Gluttony



Envy



Sloth



Anger



**7 Heavenly Virtues - Humility - Chastity - Charity -
Temperance - Kindness - Diligence - Patience**



I imagine Jesus at the Last Supper, reclining with His friends around a table, contemplating the life He had lived thus far. He is aware of the trials and suffering that lay ahead and knows that in a few short hours these friends, His chosen ones, will fall asleep when He needs their prayers and support most, deny Him to others and in the most grievous way, and one will betray Him to those who will send Him to His death.



In this pivotal moment of Jesus's life, with all of this knowledge, He picks up the bread and the wine and gives His beloved apostles the beautiful gift of the Eucharist. Can you imagine loving others as Jesus did? Knowing that His apostles will break His heart, disappoint Him, leave Him alone to suffer, and deny their love for Him in front of others – yet Jesus loves them enough to give Himself. In His time of greatest betrayal, He gives them a gift to take out into the world and change the lives of countless people.

One Sunday a couple of months ago, I was watching Father Michael during the consecration and in his silence after blessing the bread, I began to think about the love Jesus has for us. His love for us is so profound, that in His final moments of peace on this earth, He gave His apostles one of the great keys to our salvation. He gave of Himself for us, knowing how many of us would reject Him, dismiss His teachings, and turn to a life of sin and loneliness. Yet, He gave anyway.

As I contemplated this in prayer, I began to think of the perfect timing Christ choose for this gift. He could have instructed the apostles many times, over many different meals shared together, but He choose that night, the last night, the night that several of his friends would be tested, and one friend had already sold Jesus to His enemies.

We should take this timing and apply it to our own lives. When we love our children, extended family, friends, and neighbors, we should do it with agape love, a sacrificial and total love. We are invited to love completely, knowing that in return our gifts to others and our love for them may be rejected. We should give anyway. We may be dismissed. Our morals and values –lessons we hold as precious -- might be laughed at, looked at as old fashioned, or deemed not progressive enough for the world in which we now live. Hold true to them anyway.

Pray that in your times of greatest need, staring down a road you know will be treacherous and scary, that you still can demonstrate how to love and live with suffering just as Jesus did in His last days. You can show the world that in your pain, there is still room to look beyond yourself, to touch your loved ones with gifts they can carry on in your absence.

Look to Jesus and the gift of the Eucharist and His perfect timing. Know that until the end of your life, sharing your faith with those close to you, grabbing onto them and showing them the path to Heaven, will be your greatest legacy. During this Lenten season, pray that Jesus will show you in small ways how His life, and His sacrifice, and His perfect timing will bless you with lessons to pass on to those around you and help pave the road to eternal life.



Do Small Things..... with Great Love

Lent Theme for 2019

This famous quote seemed to be the perfect theme for Lent this year. So often in life, we hear in the news and the world around us about things, people or events that are bigger – better – faster – richer – prettier.... The list goes on!

But the reality is that most of us will not be featured on the nightly news for some monumental accomplishment we have made. No, for most of us, our days are spent with millions of little, routine tasks, many which are unseen by others. So does that mean our lives don't matter? No! It means we have the opportunity to take every little action in our day and allow it to transform us (and maybe others) by doing these small things with great love.



Spend some time in prayer asking God where He wants you to grow this Lent. Pray for an open heart and eyes to recognize the opportunities placed in front of you each day. Pick a family member or friend to chat over these ideas and come up with your own!

- Give a smile to a stranger
- Call a family member you are estranged from
- Let someone go before you in the checkout lane
- Offer your “prime” parking spot to another
- Say “hello” to the person you see at Mass each week but don’t know
- Approach someone at doughnuts after Mass and introduce yourself
- Invite a neighbor to attend Fish Fry and Stations with you
- Offer to watch some young kids so mom and dad can have a night out
- Visit an elderly neighbor who does not get out much
- Sign up to help on the Parish Volunteer Opportunities Page
- Pray for someone who you find difficult
- Send someone a thank you note who helped you in some way
- Give a stranger a compliment

DO SMALL THINGS...WITH GREAT LOVE (CONTINUED)

- Tell a young mom or dad having a time with a kid you've been there
- Hold open the door and let people pass through
- Have the kids make cards for the sick in the Parish
- Send a friend a note of encouragement who is having a tough time
- Leave a big tip and a thank you to a waiter
- Bring a welcome basket to a new neighbor
- Cook dinner for a neighbor who had a baby
- Tell your sweetheart or kids or friends something concrete that they did that you appreciate
- Invite someone new to your house for dinner
- Buy coffee for the car behind you in the drive thru line
- Smile at your family members when they frustrate you
- Sincerely complement those closest to you
- Send a kind text to a person who needs encouragement





WHY DO CATHOLICS FAST, ANYWAY?

Fasting, as defined by the Catholic Catechism, is “a renunciation of normal food and drink, which imitates Jesus.” We are reminded to think of Jesus in the Gospel. After his baptism by John in the Jordan River, the spirit drove him into the desert where he remained for 40 days fasting and living among the wild beasts. While in the desert he was tempted by Satan who was trying to compromise his obedience to the will of the Father. But Jesus was prepared, through “fasting”, and continued to carry out the plan that God had for his life.

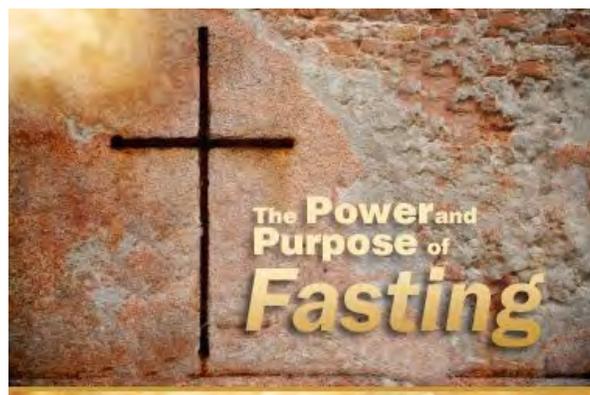
The Roman Catholic Church officially teaches that fasting is one form of penance and a means to make satisfaction for sin. Beginning this experience is somewhat a jolt to our systems, but giving of our bodies is a sign of having really given ourselves to God. Beyond Lent, Friday of each week could be what Lent is in the entire year. All are urged to freely make “each” Friday a day of self-denial in prayerful remembrance of the Passion of Jesus Christ.

Christians have always observed certain times of penance....these being Advent, Lent and the vigils of certain feasts. However, Lent is the principal season of penance in the Christian year. It begins on Ash Wednesday, includes Good Friday and all other Fridays during the season. These Fridays are considered “obligatory” days of abstinence and the Catholic Church asks that we, as a people of God, make the entire Lenten season a period of special penitential observance.

Fasting means to eat one full meatless meal and two smaller meals not equal to one full meal. Liquids are allowed anytime. **Abstinence**, an important part of fasting, is to NOT eat meat that comes from animals, chickens, cows, sheep or pigs, or birds and animal derived products. Fish saltwater and freshwater species of fish, amphibians, reptiles and shellfish are permitted.

Lent reminds us of our weakness. Many people set goals of something to “give up” during Lent, but most of us still have trouble keeping our promises. Prayer, fasting and almsgiving are recommended as the three things we should consider during Lent.....but fasting is a form of penance which helps us turn away from sin and turn toward Christ. Pope Frances said “Fasting weakens our tendency to violence. It allows us to experience what the Israelites felt and shows us how to endure. It revives our desire to obey God, who alone is capable of satisfying our hunger.”

So, this year if fasting is new to you or a practice you have not seriously observed, why not try it? It may give you a new commitment to the spiritual values we cherish so dearly.





Thomas Olmsted, Bishop of Phoenix, in his latest encyclical *Complete My Joy* wrote, “I want to especially encourage you to bring your young children to Mass. Your presence is wanted and needed among us in the family of the Church. While the squirming or crying of children may seem bothersome, these certainly do not block your reception of God’s grace. ‘If the Church is not crying, it is dying.’ Present at Mass during these early years, your children are learning the rhythm of relationship with the Lord and His Church (Complete My Joy, 81).”

10 BEST STRATEGIES FOR MASS WITH KIDS

- ◆ **Feed Them Before Mass:** Young children do not have a Eucharistic fast to worry about. So, it is best to feed them before arriving at Mass. Make sure that they can make it through without rumbly tummies.
- ◆ **Special Clothes and Items:** Children thrive on regularity and schedule. They also have certain items that they associate with certain actions. It is a good idea to dress children in special clothes that are only for church. These should be nicer than normal clothing, but make sure that it is still comfortable. It is also a good idea to have a special bag that is just for Mass. You can put a small toy or book that is only for Sunday Mass, made of soft, quiet material.
- ◆ **Stay Fresh:** If your children are still in diapers, put a fresh diaper on them either right before you leave your home or as soon as you arrive at the church. If your children are potty-trained, then have them use the restroom, or at least try, when you arrive at the church.
- ◆ **Set Expectations:** Remind your child that they are about to go to Mass and it is important to be still and quiet. This is an expectation and probably will not be a reality every time. Nonetheless, remain patient and steadfast in your approach. The expectations should be simple. For example, stay in the pew, use a quiet voice, and no banging. Remind them the day before, the night before, the morning of, in the car, and in the pew.
- ◆ **Set the Example:** This is not just another activity or a ballgame. Your child should know that the situation is different just from watching you and your body language. You set the tone. If you are calm and focused, despite the craziness of children, they will stand a better chance of getting the message.
- ◆ **Sit in the Front:** You may be thinking, “there is no stinkin’ way that I’m sitting up front with my one-year-old.” And I get it. It seems very counter-intuitive. But the vast majority of sources on the matter suggest sitting up front. Children are able to see what is going on and will be much more likely to stay occupied if they can see.
- ◆ **Take Turns:** If you have a spouse or older child who can help you, then use the help. Take turns with who is holding the child. By holding your child, you have a bit more control over their attention. You can point things out to them or try to turn their attention somewhere else.
- ◆ **A Little Noise Is Okay, Continual Noise Is Addressed:** If your child is making a little noise, then do not worry about it. Do not be self-conscious. It will be okay. Your fellow parishioners will be forgiving, and if they are not... that is really their problem, not yours. Now, if your child is making continual noise, it does need to be addressed. If you leave the nave of the church, do not put your child down to play or they will learn that they can get away with this. Leaving and coming back a few times is less disruptive than a crying baby. Don’t be self-conscious though! Children belong in Mass.
- ◆ **Answer Questions about Mass:** You are the primary catechist of your child. You are the best chance for your child to learn and assimilate the Faith. This does not happen through osmosis. It is an active process. The more your child knows about the Mass, the more they will be able to participate and enter into it.
- ◆ **Be Patient and Persevere:** These strategies are meant to be a help to you, and I hope that they are. Even if they do not work right away, remember to be patient. Behaviors are formed over time and require perseverance and work, on your part and your child’s part. Don’t lose hope. God wants your child at Mass. In the end, we have to remember: God loves your child infinitely more than you do.

Adapted from, *A Catholic Dad Gives His 10 Best Strategies For Mass With Kids.* (by Will Wright)



Soon after Charlie's birth, a visitor to our home asked, "So, is he mild, moderate, or severe?" She was referring to his level of cognitive impairment. I was very familiar with her terminology, but the question shocked me. In my arms I held my beautiful baby boy, who defied easy categorization. Clinical labels may describe some aspects of an individual's "functioning," but they don't tell the whole story. Labels could not describe how Charlie's smile lit up a room or how the sweetness of his soul had captured our hearts so completely.

Relationship Changes Everything

I have since come to understand that clinical categories also miss another important dimension of personhood: we are created to be in relationship with others. As Pope Saint John Paul II said in his encyclical *Evangelium Vitae* (The Gospel of Life), "Within the family each member is accepted, respected and honoured precisely because he or she is a person; and if any family member is in greater need, the care which he or she receives is all the more intense and attentive." Seen through this more complete lens, Charlie is very "high functioning" within our family.

He does well because we love him and attend to him out of that love. We make accommodations to compensate for the challenges that arise, with the result that his strengths become more apparent. He plays an integral role in our family's happiness. For example, he is our most empathetic child—the first one to notice when we are hurt and the first to offer comfort.

Our love for our children has nothing to do with their abilities. We love them simply because of who they are.

People often say, "I could never handle a child with a disability." The beauty of parenting, I tell them, is that you aren't given a child with a disability. You are given your child with a disability. Your child enters the world in a relationship with you, and that relationship changes everything. You are not called to "handle" a disability. You are called to love a particular person, and caring for him or her grows out of that love.

Stained Glass

I once read an article in which a woman discussed the reasons for aborting her child with Down syndrome. The deal-breaker for her was watching a boy with Down syndrome at a restaurant with his mother and father. They had to hand-feed him a slice of pizza, she said, and wipe his face with a napkin.

This hit home for me. We are now weaning my seven-year-old Charlie off a feeding tube. Although he's making progress, we still spoon-feed him and often wipe his face afterwards. I wonder how many people have watched us feeding him in public and decided a life like his isn't worth living. But if anyone were to ask, I would say, "It might look a little crazy from the outside, but he's an amazing little boy, and it's a good life."

It's like looking at a stained-glass window from the outside: The colors look dark, and you can't quite make out the figures. From the inside, however, with the sun shining through it, the effect can be brilliant. From inside our family, love illuminates our life with Charlie. What may seem dreary to others, perhaps even unbearable, is actually filled with beauty and color. We know, for instance, that Charlie has worked hard to gain basic feeding skills that most people take for granted, and we are so proud of his valiant efforts.

A PERFECT GIFT (CONTINUED)

Perfection

Many parents want perfect children. Our culture is obsessed with perfection—a superficial perfection. Photos are airbrushed, and social media sites depict seemingly perfect lives. God calls us to seek perfection, too. He does not call us, however, to perfection of appearance or abilities, but to perfection in love.

Christians know what perfect love looks like—Jesus offering himself on the Cross. Love in a family where one member has a serious disability may look unappealing from the outside. Indeed, love in any family is messy; there are faces to wipe and sacrifices to make. It's natural to fear that such sacrifices will require too much. But this is where the deep mystery of sacrificial love becomes apparent. In our family we have found that our hearts, rather than being weighed down, have become larger. Caring for Charlie has given us more patience, more compassion, and more love for others—especially those on the outskirts of society, whom Pope Francis so often calls us to care for.

A Fundamental Truth

Perhaps this is why so many families of children with disabilities, despite difficulties, often radiate joy. When I meet another parent of a child with Down syndrome, there is usually a moment of instant recognition and understanding. Our eyes meet, and we smile conspiratorially, as if we're in on the same secret.

The secret we share is the fundamental truth of our existence: every life is a good and perfect gift. Many know this on an intellectual level, but those who love someone with a disability see it in their loved one's face in a particular way. Our love for them has nothing to do with what they can or can't do. We love them simply because of who they are. Understanding this teaches us how to truly love everyone, whether they have a disability or not. We also begin to understand our own worth, which depends not on our skills or appearance, but solely on the fact that we are persons created in the image and likeness of God. Our lives—all our lives—are worth living.

The author has a Ph.D. in developmental psychology and has been advocating since the birth of her son Charlie* for children who are prenatally diagnosed with disabilities. She and her husband are the proud parents of five children.

*Name changed for privacy.

1 John Paul II, *Evangelium Vitae* (The Gospel of Life) (Washington, DC: United States Catholic Conference, 1995; reprint, Washington, DC: United States Conference of Catholic Bishops, 2008), no. 92.

DONNELLY COLLEGE

I would like to pen a few notes about a college you might not be familiar with or you might not have on your list of perspective colleges for your son or daughter. This college has no sports teams, no sororities or fraternities, is rather small and is located in the inner city of Kansas City, Kansas. It is one of the Call to Share recipients. I graduated from this college, years ago, and by remaining close to Donnelly all these years, I know how much it changed my life and why it is still changing the future for many young students today. Now days, Donnelly provides access for low-income and first-generation students who are significantly less likely to complete college.

Students today are graduating from colleges and universities with student loans which puts them deep in debt, possibly causing them to move back home with their parents after graduating. At Donnelly College the tuition is \$6,822 a year and one can become an RN/Registered Nurse in three years for approximately \$21,000. Donnelly's commitment to access means that tuition must remain low. Because tuition doesn't cover the full cost of education, Donnelly seeks donors to invest in their mission, and most students that attend Donnelly are able to get financial assistance. They work hard to keep costs affordable, especially in comparison to other private, Catholic colleges. Cost alone should not keep anyone from going to college, but it does. Donnelly's low tuition rate increases accessibility and helps students graduate in a timely manner with minimal debt.

When you drive into the parking lot and enter the halls of Donnelly College, you will be in one of the most caring educational environments existing today. There are small class sizes, a dedicated teaching staff and most importantly, a Catholic institution that seeks to continue the mission of Jesus Christ in our time by making the love of God tangible in our world. Rooted in Benedictine and Christian values, Donnelly is proud of its diverse and inclusive community, and its mission is "to provide education and community services with personal concern for the needs and abilities of each student, especially those who might not otherwise be served."

Each time you donate to Call to Share, you are helping students that would normally be unable to attend college (as well as kids with little hope, very little financial ability but with a strong desire to better themselves), seek a higher education. I was one of those student's years ago and I am still thankful to Donnelly College for all that it gave to me.



**DONNELLY
COLLEGE**

EST. 1949



Donnelly College is located at 608 N. 18th Street, Kansas City, Kansas 66102

For additional information you may go to their website: <https://www.donnelly.edu>



THE AGONY IN THE GARDEN: A MOTHER'S PRAYER GUIDE

The following is a guided meditation on the Mystery of the Agony in the Garden, prepared specifically for wives and mothers. You may wish to use this as a starting point to enter into your own prayer. The Fruit of the Mystery of the Agony is conformity to God's will. How is God inviting you to conform to His plan for your marriage and family? Are parts of His calling difficult or even painful at times? How are you being invited to say "yes" to God's will in all circumstances?

From the warmth of Your intimacy, from the comforts of the upper room and the last supper, You lead me into the dark night of Your agony. Having filled me with the bread of Your heavenly body and the chalice of Your salvation, You now offer me a new cup, the cup of Your suffering.

Your agony calls me to be profoundly still, fully awake, and willing to wait with You. I look into my heart, and find myself hopelessly lacking. So much of me is not ready. I find my soul cluttered with attachments. My fiat is feeble, and my heart is slow.

Like Your twelve apostles, I am divided. Most of me is not yet ready to pray with You through the night of Your agony. Yet I also find, budding within, an emerging part of myself who longs to drink the cup of suffering with You. This new "me" – this small but growing self – is invited to stay at Your side, to pray in agony with You, to experience sorrow with You, and to comfort You in some small way.

Though willing, I often find myself asleep, imperfect in my vigil. You invite me out, beyond the limitations of my comfort. Divided, imperfect, and yet so deeply desiring, I answer. Your Mother lends me her "yes" when mine waivers. I find my voice inside of her words, inside of Your words, "Not my will, but Your will be done."

So many times I have prayed for Your cup of suffering to pass from my lips, but now Lord, I beg to drink it with You. Even if my capacity remains small and my resolution wavering, You can work Your miracle of life born through death within me.

I lay down all that my heart has previously tried to manage, manipulate, or control. As a mother, I lay down areas where my children struggle, fail, or suffer. Rather than frantically trying to "fix" them, I release them to You. I relinquish my desire to control; I still myself at Your side, awake and waiting, trusting You and Your plan.

As a wife, I lay down the intricacies of my relationship with my husband. I give You our good times and difficult times. I release my expectations of my husband from tightly grasped fists. I entrust him to You; I entrust our relationship to You, the joyful and sorrowful parts together.

Finally, I lay down my total self. I give You my preference for comfort over suffering, pleasure over pain, and recognition over a hidden life. I give You my circumstances – all I have prayed You would change, and all I so desperately try to change myself. I sit with you here, in the darkness that surrounds us, in the darkness I encounter deep within myself. I say with You, "Not my will, but Your will be done."



Jesus, grant me the grace to remain with You in darkness. Teach me to be profoundly still, fully awake, and ready to wait at Your side. Prepare my lips to drink the cup of suffering with You; prepare my heart to trust you in all circumstances. Not my will, but Your will be done.



FAVORITE LENT FOODS WORD SEARCH

S	A	L	A	D	M	N	V	E	G	E	T	A	B	L	E
B	P	E	A	N	U	T	O	B	U	T	T	E	R	P	G
J	I	L	N	P	Q	C	B	O	V	E	G	G	I	E	G
M	Z	D	A	S	A	N	H	P	D	L	A	S	D	N	P
N	Z	S	T	H	D	O	L	E	C	L	A	M	T	U	W
H	A	W	S	E	A	M	L	C	D	T	E	H	O	C	P
C	R	M	A	C	L	L	F	M	L	D	Y	S	Q	J	O
I	E	L	P	I	I	A	T	U	N	A	A	W	U	I	F
W	T	O	B	R	H	S	A	L	P	S	H	R	I	M	P
D	F	D	G	Y	C	R	C	H	I	P	S	G	C	D	E
N	R	A	H	E	N	S	O	N	S	H	T	K	H	U	C
A	I	R	C	H	E	E	S	E	W	H	I	T	E	R	U
S	E	F	I	S	H	N	T	M	A	R	I	N	A	R	A
V	D	L	A	S	A	G	N	A	C	C	H	F	T	T	S
B	E	A	N	B	R	G	I	T	T	E	H	G	A	P	S

FIND THE UNDERLINED WORDS

Bean and Cheese Enchilada

Fish and Chips

Shrimp Fried Rice

Broccoli Cheddar Soup

Fish Tacos

Spaghetti and White Clam Sauce

Chinese Peanut Butter Pasta

Grilled Cheese Sandwich

Tuna Salad

Cheese and Veggie Quiche

Mac and Cheese

Vegetable Lasagna

Egg Salad

Pasta and Marinara

Veggie Pizza

Fettuccine Alfredo

Salmon

Zucchini Noodles

NOTES:
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PLEASE RETURN TO US ON OR BEFORE March 8
THANK YOU!!!

If you have any questions, please call Sharon or Maggie at
(913) 681-3348.

THANK YOU!!!

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