Saint Ephrem’s Newsletter… for you!

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**To all of our homebound Parishioners,**

Once again, this newsletter comes with the loving assurance that you are remembered in our prayer each time we gather as the Faith Community of St. Ephrem to celebrate the Eucharist.

And now, we await the coming of several important March happenings…

* First and foremost, the beginning of the Lenten season 2019 on Ash Wednesday, March 6th.
* On Sunday, March 10 we will be turning our clocks ahead one hour—remembering *spring forward…,*
* March 5 will be Mardi Gras or “donut day”,
* March 17th is St. Patrick’s Day,
* March 20 is the first day of Spring, and on
* March 25th we will be celebrating the feast of the Annunciation.

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Please remember in your prayers our St. Ephrem’s 3 catechumens, who are preparing for Baptism at the Easter Vigil and also our 8 candidates who will enter into full communion by their reception of the Eucharist on April 28.



**Our Lenten Journey…**

We remember that the ultimate purpose of the Lenten Season is to challenge us to reflect on how we are living the Paschal Mystery of Jesus in our daily lives.

We pray… “Each year you give us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed.  You give us a spirit of loving reverence for you, Our Father, and of willing service to our neighbor”.

The paschal mystery embraces the passion, death, and resurrection of Jesus and the sending of His Holy Spirit. We participate in this Paschal Mystery each day by accepting our daily inconveniences, our daily pains and aches, our loneliness… in union with the presence of Jesus.

By being joined to the mystery of Jesus’ life, death and resurrection we are promised a final share in His Resurrection.In this Lenten season may we support one another by our prayer, penance and almsgiving.

Let us pray for each other daily!

SOME IDEAS FOR LENT…..

Fast from worry…Feast on trusting God.

Fast from complaining…Feast on appreciation.

Fast from unrelenting pressures…Feast on prayer.

Fast from discontent…Feast on gratitude.

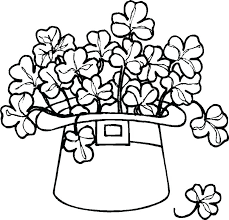
Fast from anger…Feast on patience.

Fast from bitterness…Feast on forgiveness.

Fast from discouragement…Feast on hope.

Fast from gossip…Feast on purposeful silence.

Fast from problems…Feast on prayer that sustains.



Have you ever heard of a “thin place”

**“a thin place is a term used for millennia to describe a place in time where the space between heaven and earth grows thin and the Sacred and the secular seem to meet.** **Celtic Christians, were deeply connected to the natural world and considered every aspect of life to be infused with the presence of the Divine, even (or perhaps, especially) the ordinary elements of everyday life. Do you have or ever have experienced a thin place or time…go there often!**

A “wee” bit of Celtic spirituality…