

APRIL 2, 2017  
Fifth Sunday of Lent

# St. Thomas Becket



## MASS TIMES

Saturday: 4:30pm

Sunday: 9:00am & 12:30pm

7:30am & 10:45am Polish

Weekdays: 9:00am Mass: Monday,  
Tuesday, Wednesday & Friday  
Friday—7:00pm Mass in Polish

## PARISH PHONE NUMBER

(847) 827-9220

## PARISH E-MAIL:

stthomasbecket@stbmp.org

## PARISH STAFF

**Pastor:** Rev. Chris Kulig  
ckulig@stbmp.org

**Pastor Emeritus:** Rev. John Roller

**Deacon Couple:** Tony and Doreen  
Jannotta: (847) 690-9970  
jannotta@comcast.net

**Administrative Assistant:**  
Krystyna Maciorowski  
kmaciorowski@stbmp.org

**Parish Secretary / Bulletin Editor:**  
Liz Mika: emika@stbmp.org

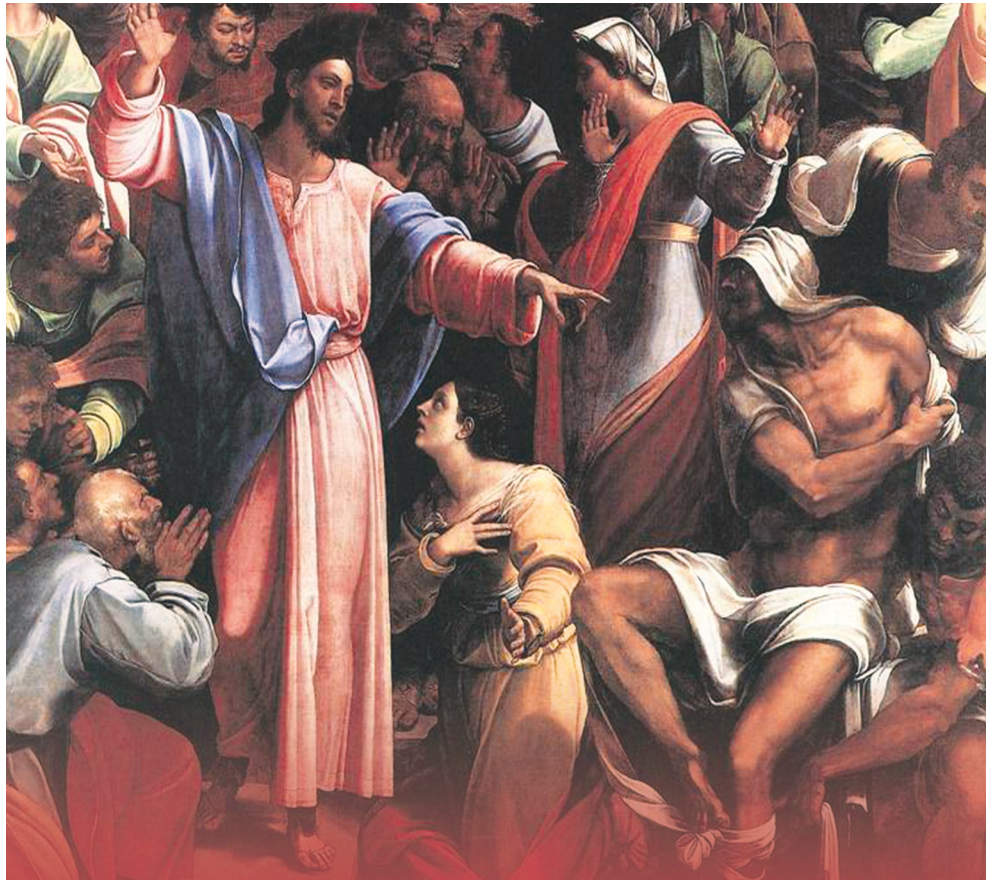
**Business Director:** Patrick Reynolds:  
preynolds@stbmp.org

**Religious Education & Formation:**  
Renata Sosin: (847) 296-9051  
rsosin@stbmp.org

**Music Director:** Paula Kowalkowski  
pkowalkowski@stbmp.org  
(847) 298-5450

**Associate Director of Music:**  
Kraig Zeronik: (847) 298-5450  
kzeronik@stbmp.org

**Maintenance:** Mariusz Klimek



## 5<sup>th</sup> SUNDAY OF LENT

Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live." —Jn 11:25

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

# LENTEN CONFESSIONS—WIELKOPOSTNA SPOWIEDŹ ŚW.

## Multi-Parish Reconciliation Service:

Monday, April 3—7pm at St. Raymond parish

3 kwiecień o godz. 7pm w jęz. angielskim i polskim—parafia Św. Raymonda

301 S. I-Oka Ave. Mount Prospect

## St. Thomas Becket:

Friday, April 7— 6pm to 8pm

piątek, 7 kwiecień od 6-8pm w jęz. angielskim i polskim

**UWAGA: ze względu na Spowiedź Św. w piątek 7-go kwietnia**

**NIE będzie Drogi Krzyżowej, Mszy Św. i Gorzkich Żali.**

**NIE będzie spowiedzi w sobotę, 8-go kwietnia.**

**NO confessions on Saturday, April 8th.**

## FRIDAY - APRIL 7: PIĄTEK - 7 kwiecień

9am—Mass in English

*Msza Św. w jęz angielskim*

9:30am—Stations of the Cross in English

*Stacje Drogi Krzyżowej w jęz. angielskim*

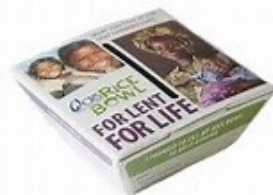
6:00pm— 8:00pm—Confessions - *Spowiedź Św.*

This Lent our community participates in CRS Rice Bowl, a faith-in-action program that invites us to encounter anew ourselves, our neighbors and our God.

**Please return your Rice Bowls filled with almsgiving by Palm Sunday. God Bless you for your generosity.**

*Nasza parafia bierze udział w programie CRS Miska Ryżu podczas Wielkiego Postu.*

***Prosimy o zwrot misek wypełnionych jałmużną najpóźniej do Niedzieli Palmowej. Bóg Zapłać za hojność.***



## MULTI-PARISH LENTEN MISSION:

Where: St. Emily Church, 1400 E Central Rd

Time: 7:30pm to 8:30pm

### Monday, April 10, 2017:

Holy Thursday:

Reflections on the Mass of the Lord's Supper  
Presented by: Fr. Ronald Kunkel, Professor of Dogmatic Theology, Mundelein Seminary

### Tuesday, April 11, 2017

Good Friday: Reflections on the Passion of our Lord Jesus Christ

Presented by: Fr. Robert Schoenstene, Professor of Biblical Studies and Homiletics

### Wednesday, April 12, 2017

Holy Saturday: Reflections on the Easter Vigil  
Presented by: Fr. David Olson, Professor of Dogmatic Theology, Mundelein Seminary

## Try Cutting Your Own Palms for Palm Sunday!

You can cut branches from anything budding in your backyard. Bring the branches to church on Palm Sunday for blessing. Your home-grown branches and the palms will be blessed together. The budding branches fill us with anticipation and joy for the coming of Easter. This is a wonderful old Catholic custom...please try it!



### **Spróbujcie przygotować własne "Palmy" na Palmową Niedzielę!**

Możecie uciąć gałązki, które mają pączki, nie ma znaczenia z jakiej są roślinności. Przyniescie gałązki do kościoła w Niedzielę Palmową aby były poświęcone. Gałązki z Waszych działek i palmy zostaną poświęcone razem. Pierwsze pączki na gałązkach sprawiają nam radość i wypełniają nas nadzieją i oczekiwaniem na nadchodzące święta. Jest to przepiękny stary, katolicki zwyczaj. Spróbujcie !!!

## LENT / EASTER 2017 AT ST. THOMAS BECKET

### WIELKI POST / WIELKANOC W PARAFII ŚW. TOMASZA BECKETA

#### **PALM SUNDAY: NIEDZIELA PALMOWA** April 9, 2017

Saturday: April 8—4:30pm (English)

Sunday: April 9— 9:00am & 12:30pm (English) 7:30am & 10:45am (Polish)

#### **HOLY THURSDAY: WIELKI CZWARTEK** April 13, 2017

7:30pm—Mass (Bilingual)

After Mass—Adoration all night to 9am on Friday

11:45pm—Night Prayer

*Dwujęzyczna Msza Św.*

*Adoracja całą noc do 9am w piątek*

*Modlitwa Nocna*

#### **GOOD FRIDAY: WIELKI PIĄTEK** April 14, 2017

9:00am—Morning Prayer (English)

12:00 noon—Stations of the Cross (Bilingual)

3:00pm—The Lord's Passion (English)

5:00pm—The Lord's Passion (Bilingual)

7:30pm—The Lord's Passion (Polish)

*Modlitwa Poranna w jęz. angielskim*

*Droga Krzyżowa—dwujęzyczna*

*Męka Pańska w jęz. angielskim*

*Męka Pańska—dwujęzyczna*

*Męka Pańska w jęz. polskim*

#### **HOLY SATURDAY: WIELKA SOBOTA** April 15, 2017

11am & 12pm & 1pm—Blessing of Easter Baskets

7:30pm—Easter Vigil (Bilingual)

*Święcenie Pokarmów*

*Wigilia Wielkiej Nocy – dwujęzyczna*

#### **EASTER SUNDAY: NIEDZIELA ZMARTWYCHWSTANIA PAŃSKIEGO** April 16, 2017

9:00am & 12:30pm (English) 5:30am & 7:30am & 10:45am (Polish)

#### **EASTER MONDAY: PONIEDZIAŁEK WIELKANOCNY** April 17, 2017

9:00am—Mass (English) 7:00pm—Mass (Polish)

Our regularly scheduled Hospitality for the second Sunday of the month falls in April on Palm Sunday. Please note that there will **NOT** be one on Sunday, April 9th. However, on Holy Saturday all are invited to our annual Hospitality right after the Easter Vigil Mass at 7:30pm.

**UWAGA:** NIE będzie Poczęstunku w następną niedzielę—niedziela Palmowa. Serdecznie zapraszamy wszystkich na nasz coroczny świąteczny Poczęstunek po Mszy Św. w Wielką Sobotę o godz. 7:30pm.





**CONGRATULATIONS  
TO OUR RELIGIOUS  
EDUCATION  
STUDENTS  
WHO RECEIVED  
THE SACRAMENT  
OF CONFIRMATION  
ON SUNDAY,  
MARCH 19, 2017.**

**MAY YOU  
CONTINUE TO  
GROW IN YOUR  
FAITH ALWAYS  
FOLLOWING  
THE HOLY SPIRIT.**





# Soup and Bread Thanks!

Prayer, fasting and almsgiving, the three Lenten mandates, were beautifully carried out during St. Thomas Becket's Lenten Soup and Bread thanks to the help of so many people. Our soup makers included: Mary Ellen Motyka, Doreen Jannotta, JoRene Anderson, Renata Sosin, Joan Gall, Laura Prostko, Pat Jason, Kathy Keane, Eileen Hinchliffe, Lil Martini, Terry Lewand, Karen & Ben Szpila, Linda White, Roz Kelley, Margaret Mullenix, Pat Archer, and Kris Urbanowicz. The soups they made and shared were delicious. A hearty "thank you" to each one of them, especially Doreen who made a double batch (two) of soup each week.

Thanks also to Wally's Market, whose generous donations of bread provided enough for each evening plus extra that was taken to local charities. Each week members of the confirmation class helped to serve the soups and clean up and their contribution was much appreciated. Finally we had the ladies who set up each week, including Doreen Jannotta, Kris Urbanowicz, Pat Jason, JoRene Anderson, Renata Sosin and Barbara Vaz. Donations were collected for this year's charity, which was Viator House of Hospitality, a home sponsored by Fr. Corey Brost of St. Viator HS. They serve young refugees waiting for immigration hearings. \$302 was raised to help them purchase necessary clothing and personal items.

Thank you to all who attended, donated, and shared in the spiritual offerings. A special thanks to Fr. Jim Presta, who spoke on the Apparitions of Mary, to Deacon Tony Jannotta, who led the healing service, and to Paula Kowalkowski, who led the Taize service. Without the contributions of so many, Soup and Bread would not have been possible. THANKS AGAIN to everyone involved.

*Fr. Corey Brost called our parish on Tuesday, March 28th and expressed his gratitude to the pastor and to all parishioners for the generous donation. The donation will be wisely spend on the most needed items by the young people in his charge. "God Bless You For Your Generosity".*





St. Thomas Becket Women's Guild is a committed group of women volunteering their time and talents to serving their parish and local community since 1979. The mission statement of the Guild states as follows:

***To promote personal spiritual growth through love of God and love of neighbor;  
to promote devotion to our Divine Lord and Blessed Mother through spiritual activities;  
to promote social interaction through attendance at monthly meetings,  
fundraisers and social functions; to perform acts of charity;  
to promote support of parish community  
through participation in ministry and assisting with special parish needs  
as requested by the Spiritual Moderator.***

The ladies meet once a month and new members are always welcome. Their last two meetings before summer break are scheduled for April 24th and May 15th at 7pm. The ladies of the Guild are actively involved in the School Supplies, Christmas Giving Tree and the Hat and Mitten Drives, PADS, PHD, and May Crowning. They are also very busy planning various parish events like the parish Christmas party, St. Joseph's Table, and spring fundraisers besides meeting on a monthly basis to socialize and have a good time.



On March 20th, the Women's Guild held their annual St Joseph's Table. The table was richly set with a myriad of delicious meatless dishes which were blessed by Fr. Chris and enjoyed by all. I was very subtly and cleverly invited to attend this meeting by Gloria, Joyce and Mary. During that meeting the tradition of announcing the Woman of the Year was upheld. To my utter surprise, the ladies have chosen me for that prestigious title. My gratitude to them for recognizing and appreciating my work this way is very humbling and deeply appreciated. Working with the ladies of the Guild for the past 8 years has been very rewarding on a personal level and in the outcome for the good of the parish. I love what I do and I enjoy helping in any way that I can. In the process, you have allowed me to get to know you, your families and you have welcomed mine with open arms. We share the good times, and sometimes the difficult and sad times. We laugh and cry together, we pray and play together and we always seem to eat well!

I sincerely thank each and every one of the Women's Guild members for this honor and I thank God for allowing me to be here at this time and this place with all of you.

*Liz Mika*





## The ladies that were awarded the WOMAN OF THE YEAR title since 1991.

Florence Ackermann  
JoRene Anderson  
Mary Buettgen  
Pola Damian  
Terry Lewand  
Lisa McCormick  
Phyllis Noakes  
Joanne Sepper  
Florence Trusk  
Mary Ellen Motyka  
Dee Szejka  
Aggie Hindman  
Grace Kellerhals  
Darlene Mc Grath

Lee Marabotti  
Mary Richter  
Jackie Lococo  
Lorry Netzband  
Elaine Lange  
Peggy Kowols  
Vera Campobasso  
Mary Ludtke  
Marie Fahey  
Gloria Konkey  
Joyce Walorski  
Mary Kulikowski  
Liz Mika

The Women's Guild began its work in the parish in 1979. However, the WOMAN OF THE YEAR is a celebration started by Vicariate I in 1991. The luncheon with Bishop Rassas and this year's winners from each parish will be held at the Cotillion Banquets on May 3, 2017.



**WOMEN OF THE YEAR IN ATTENDANCE THIS YEAR  
AND THE SPIRITUAL MODERATOR—FR. CHRIS.**

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<b>Date</b>	March 23	March 24	March 25	March 26	March 27	March 28	March 29
<b>Winning Number</b>	<b>235</b>	<b>417</b>	<b>431</b>	<b>068</b>	<b>069</b>	<b>293</b>	<b>342</b>
<b>Prize Amount</b>	<b>\$25</b>	<b>\$25</b>	<b>\$25</b>	<b>\$50</b>	<b>\$25</b>	<b>\$25</b>	<b>\$25</b>



**COMING UP  
THIS WEEK**

**Sunday, April 2, 2017**

9:30am Baptismal Prep (P)

11:45am H. S. Confirmation Class

MANNA— turn in order forms

**Monday, April 3, 2017**

7pm—Multiparish Reconciliation Service at St. Raymond

**Tuesday, April 4, 2017**

**Wednesday, April 5, 2017**

7pm Men's Club Board meeting

7pm Choir (E)

**Thursday, April 6, 2017**

1pm Women's Guild Board meeting

6:30pm Zespół „POLONIA”

**Friday, April 7, 2017**

9am Mass in English

9:30am Station of the Cross (E)

6-8pm Lenten Confessions

**Saturday, April 8, 2017**

9am-2pm First Communion Retreat

MANNA—pick up your orders

**Sunday, April 9, 2017**

NO Hospitality

12:30pm Family Mass

MANNA— pick up your orders

**MINISTRY SCHEDULE FOR APRIL 8/9**

<i>MASS TIME</i>	<i>PRESIDER</i>	<i>MUSIC/CANTOR</i>	<i>LECTOR</i>	<i>EUCCHARISTIC MINISTERS</i>	<i>SACRISTAN</i>
4:30pm	Rev. John Roller	Kraig Z. Martin H.	Margaret M. Scott S.	Allan K. Fran G. Pat W. Maggie B. Margaret M.	Lee M.
7:30am	Rev. Chris Kulig	Adam W.	Anna C. Lucyna S.	Adam S. Anna C. Marta P. Lukasz B.	Dariusz B.
9:00am	Rev. Chris Ciaston	Kraig Z. Marie L.	Lorry N. Daisy K.	Pat R. Kathy S. Bob D. Penni P. Lorry N.	Joanne K.
10:45am	Rev. Chris Kulig	Adam W.	Wojciech G. Antonina S.	Wojciech G. Antonina S. Agnieszka A. Malgorzata P. Halina W.	Jadwiga G.
12:30pm	Rev. Chris Ciaston	Kraig Z. Martin H.	Darlene M. Jeff P.	Linda M. Bogdan Z. Michelle W.	Bogdan Z.

The regular scheduled **SENIORS** meeting on April 10th is **CANCELLED** due to Holy Week activities.

We will meet again on Monday, May 8th at 12 noon.

Thank you and Blessed Easter to all.

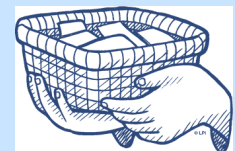
**SUNDAY OFFERING / KOLEKTA**

Each Sunday Budget	\$ 7,700
March 26	\$ 7,005
Easter Flowers	\$ 2,399
March E-Giving	\$ 3,419

Attendance at Liturgies— 1,615

YTD Budget	\$ 298,929
YTD Actual Collections	\$ 302,088

# of Envelopes Sent	501
# of Envelopes Used	247





## MASS TIMES

Saturday: 4:30pm  
Sunday: 9:00am & 12:30pm  
7:30am & 10:45am Polish  
Weekdays: 9:00am Mass: Monday,  
Tuesday, Wednesday & Friday  
Friday—7:00pm Mass in Polish

## READINGS OF THE WEEK



Readings for the Week of April 2, 2017  
Sunday: Ez 37:12-14/Ps 130:1-8/Rom 8:8-11/  
Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45  
Monday: Dn 13:1-9, 15-17, 19-30, 33-62 or  
13:41c-62/Ps 23:1-6/Jn 8:1-11  
Tuesday: Nm 21:4-9/Ps 102:2-3, 16-21/  
Jn 8:21-30  
Wednesday: Dn 3:14-20, 91-92, 95/  
Dn 3:52-56/Jn 8:31-42  
Thursday: Gn 17:3-9/Ps 105:4-9/Jn 8:51-59  
Friday: Jer 20:10-13/Ps 18:2-7/Jn 10:31-42  
Saturday: Ez 37:21-28/Jr 31:10-12abcd, 13/  
Jn 11:45-56  
Next Sunday: Mt 21:1-11/Is 50:4-7/  
Ps 22:8-9, 17-20, 23-24/Phil 2:6-11/  
Mt 26:14-27:66 or 27:11-54

Observances for the Week of April 2, 2017  
Sunday: 5th Sunday of Lent  
Tuesday: St. Isidore, Bishop and Doctor  
of the Church  
Wednesday: St. Vincent Ferrer, Priest  
Friday: Day of Abstinence; St. John Baptist  
de la Salle, Priest  
Next Sunday: Palm Sunday of the Passion  
of the Lord; Holy Week begins

**Give Central** – On line donation  
system accessible through our web-  
site: [www.stthomasbecketmp.org](http://www.stthomasbecketmp.org)

**Office for the Protection of  
Children and Youth:**  
ttharayil@archchicago.org  
Thomas Tharayil: 312-534-8267

**Duszpasterstwo  
Imigranci-Imigrantom**  
Małgorzata Antoniak: 847-917-0422

**Catholic Cemeteries:**  
[www.catholiccemeterieschicago.org](http://www.catholiccemeterieschicago.org)  
708-449-6100

**Zespół "POLONIA"**  
Anna Krysińska—847-529-2555

## PARISH PHONE NUMBER

(847) 827-9220

## PARISH FAX NUMBER

(847) 827-0370

## PARISH E-MAIL:

stthomasbecket@stb.org

## PARISH WEBSITE

[www.stthomasbecketmp.org](http://www.stthomasbecketmp.org)

## PARISH OFFICE HOURS

Monday/Tuesday/Wednesday/  
Friday 8:00am - 5:00pm  
Thursday 8:00am - 2:00pm  
Saturday 9:00am - 3:00pm  
Sunday Closed

## INFORMACJE PARAFIALNE

Parafia Świętego Tomasza Becketa  
zaprasza całą wspólnotę polskojęzyczną  
do wspólnej modlitwy i nabożeństw.

**Msze Św. w jęz. polskim—niedziela:**  
**7:30am i 10:45am piątek: 7:00pm**  
**w jęz. angielskim—sobota: 4:30pm**  
**niedziela: 9:00am i 12:30pm**

## Parish Mission Statement

*We, the parish family of St. Thomas Becket,  
are a community of believers united in Christ,  
who dedicate ourselves to proclaim the Good  
News and foster a sense of belonging.  
As we gather together in prayer and worship,  
we draw our nourishment from His word  
and the Bread of His Table.  
With shared responsibility we go forth to serve  
and affirm our sisters and brothers.  
Guided by the Holy Spirit,  
we strive to build the Kingdom of God  
within and beyond our parish.*

*My, Parafia Świętego Tomasza Becketa,  
jesteśmy wspólnotą wiernych zjednoczonych  
w Chrystusie, którzy troszczymy się o Bożę  
dziedziczość i z oddaniem głosimy Dobrą  
Nowinę. We wspólnym gromadzeniu się  
i modlitwie, karmimy się Jego Słowem  
i Chlebem z Jego Stołu.  
Z poczuciem wspólnego obowiązku podążamy  
w służbie naszym braciom  
i siostrzom. Pod przewodnictwem Ducha  
Świętego dążymy do budowania Królestwa  
Bożego wewnątrz i poza naszą parafią.*



## Sunday, April 2, 2017

**7:30am** †Ludmiła i Michał Długi  
†Romualda Zima  
†Maria Tarczan

SPECIAL: w intencji Bogu wiadomej

**9:00am** †Margaret Mary McCarthy  
†Lydia Acevedo

**10:45am** †Lech Styczeń  
†Stanisław Kowalkowski  
†Maria Kuznowicz  
†Marian Kacprzycki  
†Maria Motak

SPECIAL: Darek—o zdrowie

**12:30pm** †Lois Grote

## Monday, April 3, 2017

**9:00am** †Joseph Cudak

## Tuesday, April 4, 2017

**9:00am** †Wanda Świetlicka

†Wanda & Joseph Cudak

SPECIAL: Darlene & Bill McGrath—  
58th wedding anniversary

## Wednesday, April 5, 2017

**9:00am** For STB Parishioners

## Thursday, April 6, 2017

**NO MASS OR SERVICE**

## Friday, April 7, 2017

**9:00am** †Joseph Nejman

SPECIAL: Emma—2 birthday

**7:00pm** NO MASS—CONFESSIONS

## Saturday, April 8, 2017

**4:30pm** †Greg Kleczynski

†Shirley Corbeil

## Sunday, April 9, 2017

**7:30am**

SPECIAL: Emma—2 urodziny

SPECIAL: 2w intencji Bogu wiadomej

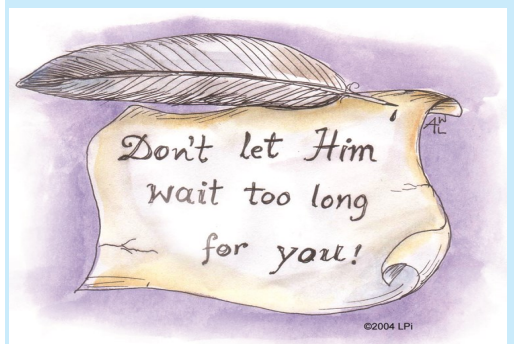
**9:00am** †Margaret Mary McCarthy

**10:45am** †Stanisław Kowalkowski

SPECIAL: Jadwiga i Antoni

Dzierzak—53 rocznica ślubu

**12:30pm** †Bernadette Lupa



## TO REGISTER IN OUR PARISH, FOR BAPTISMS & WEDDINGS

Please call the rectory to make arrangements: 847-827-9220.

### SACRAMENT OF PENANCE

Friday: 6:15pm-6:45pm, Saturday: 3:30-4:15pm.

First Fridays of the month: 5:30pm-6:45pm and ADORATION: 5:30-6:45pm

### REJESTRACJA DO PARAFII, SAKRAMENT CHRZTU I MAŁŻEŃSTWA

*Prosimy o kontakt z biurem parafialnym w celu ustalenia daty: 847-827-9220.*

*PreCana - przygotowanie do Sakramentu Małżeństwa - obowiązkowe. Kurs w języku polskim w naszej parafii odbędzie się w dniu 1-go kwietnia 2017r.*

### SAKRAMENT POKUTY

*Piątek: 6:15pm-6:45pm i Sobota: 3:30pm- 4:15pm.*

### PIERWSZE PIĄTKI MIESIĄCA

*Spowiedź i Adoracja Najświętszego Sakramentu: 5:30pm-6:45pm, Msza Św. w jęz. polskim: 7pm*

## BEYOND THE PARISH

### St. Joseph the Worker: 847-537-2740

**Fish Fry** on Fridays

### St. Alphonsus:

**Casino Night**—Friday, April 21, 2017

Lori & Mike Loquercio at (847)298-7529 or Loquerciomlj@comcast.net

**Male Golfers** are invited for Friday afternoons for a 9 hole golf league.

Ray - email: golf-st.em-st.al@att.net

**Senior Fun Club**—Coffee with the Chiefs Wednesday, April 12 at 9:00am

Alyce: 847-343-0411

## SHADOW DAY TUESDAY, MAY 02

Do you have interest in Saint Alphonsus Liguroi School?

We hope so and we'd like your children to be able to shadow on Tuesday, May 2 in the class that they would be attending in August 2017.

We offer Pre-school for ages 3 & 4 either 3 or 5 days a week; Full or part time. Our Early Childhood Center has a certified teacher plus aide that welcomes the littlest of students.

We also offer full day kindergarten as well as 1st thru 8th grades.

Gospel Centered Values and Academic Excellence is the theme that we teach by.

Bus service for families that live in District 21 for grades K-8.

Also, After School Clubs as well as Extended Day Care for working parents. Financial Aid is available for qualifying families.

Please visit our website at [www.saintalphonsusschool.com](http://www.saintalphonsusschool.com) and watch our video.

Shadow Day for Pre-schoolers and Kindergarteners will be from 7:40am-11:00am and for grades 1-8, 7:40am-2:00pm with lunch included. Please call Linda Bromer at 847-255-5538 to register your child for this special day.

## WHY DO WE DO THAT?

### CATHOLIC TRADITIONS EXPLAINED

#### Question:

Lent always helps me renew my relationship with God. What can I do to achieve that the rest of the year?

#### Answer:

The obvious answer may seem to be to do whatever you do during Lent all year. But part of the power of Lent is that we focus as a community on renewing our faith and preparing for Easter. Our Lenten practices have a purpose and a goal. Therein lies the secret. When we focus our efforts on one virtue, or try to change one bad habit, or seek to deepen our understanding of one aspect of faith, we focus our efforts and give our full attention to what we are trying to accomplish. We tend to be more successful achieving our goals. More importantly, it has a ripple effect in our lives: one thing changes or is added to the spiritual mix of our lives and many aspects are changed. Think of it in terms of exercise. We walk, lift weights, bend and stretch to attain the maximum benefit from what we do. In addition, to keep those benefits, we eat healthful food and get enough vitamins and rest. Spirituality requires the same kind of attention: we pray, fast, read the Bible, receive sacraments, and do charitable work to maximize the benefits of practicing faith. Keeping Lent year-round keeps us in spiritual shape!