

Dear Sisters and Brothers,

February 25, 2010

As many of you know, I write a daily blog which you can find at www.ConcordPastor.blogspot.com A blog is a kind of personal website and mine centers mostly around the Word, especially as it relates to the Sunday liturgy, and on prayer and spirituality. As you might guess, these days my blog is heavily focused on Lent and I invite you to visit, hoping that you might find there things helpful for your living out this holy season. At the beginning of Lent I posted an entry titled, "Intro to Fast and Abstinence 101." In addition to other quotes, I included the following:

Lent is a season that calls us:

**to fast from discontent and to feast on gratitude;
to fast from anger and to feast on patience;
to fast from bitterness and to feast on forgiveness;
to fast from self-concern and to feast on compassion;
to fast from discouragement and to feast on hope;
to fast from laziness and to feast on commitment;
to fast from complaining and to feast on acceptance;
to fast from lust and to feast on respect;
to fast from prejudice and to feast on understanding;
to fast from resentment and to feast on reconciliation;
to fast from lies and to feast on the truth;
to fast from wasted time and to feast on honest work;
to fast from grimness and to feast on joy;
to fast from suspicion and to feast on trust;
to fast from idle talk and to feast on prayer and silence;
to fast from guilt and to feast on the mercy of God.**

(Based on a version often attributed to William Arthur Ward)

One might even use that piece as an examination of conscience in preparing for confession in the Sacrament of Reconciliation. As you know from my letters over the past couple of weeks, the Archdiocese of Boston is sponsoring an effort this Lent in which there will be a priest available for confessions in every church and chapel of the archdiocese on the Wednesday nights of Lent: February 24 and March 3, 10, 17, 24 and 31 from 6:30 - 8:00 p.m. Our parish is participating in this effort on those dates and at the prescribed time. On most Wednesdays I will be the priest available for confession but Fr. John Murray will be here on March 10 and Fr. Michael Medas will be here on March 24.

To assist you, I included in last week's bulletin an insert with a guide for celebrating the Sacrament of Reconciliation, with explanatory notes, a refresher on "what to say and do," and, on the reverse side, a guide for examining one's conscience prior to coming to the sacrament. This insert should be helpful to adults and high school students. For those of you who were not here last weekend, copies of this insert are next to the bulletins and will be available in church on the Wednesday nights of Lent. A similar guide, suitable for younger children, will be available in the same way.. And of course, in addition to these special times, confessions will also be heard at the regular time on Saturday afternoons from 4:00 - 4:30 p.m.

Sincerely,
Fr. Fleming