

The Inland See

NEWS FROM

February 27–March 5, 2021

FOR THE DIOCESE OF BURLINGTON

For Lent, ask if one's life is centered on God or oneself, pope says

Lent is a time to reconsider the path one is taking in life and to finally answer God's invitation to return to him with one's whole heart, Pope Francis said.

"Lent is not just about the little sacrifices we make, but about discerning where our hearts are directed," he said, "toward God or toward myself?"

The pope's remarks came in his homily at Mass Feb. 17 for Ash Wednesday. In his homily, the pope said one must bow to receive ashes sprinkled on the crown of the head, which reflects the "humble descent" one makes in reflecting on one's life, sins and relationship with God.

"Lent is a journey of return to God," especially when most people live each day ignoring or delaying their response to God's invitation to pray and do something for others.

"It is a time to reconsider the path we are taking, to find the route that leads us home and to rediscover our profound relationship with God, on whom everything depends," he said.

"The journey of Lent is an exodus from slavery to freedom," he said, noting the easy temptations along that journey, including yearning for the past, or hindered by "unhealthy attachments, held back by the seductive snares of our sins, by the false security of money and appearances, by the paralysis of our discontents. To embark on this journey, we have to unmask these illusions."

The way back to God, he said, starts with understanding, like the prodigal son, how "we have ended up with empty



Pope Francis elevates the Eucharist as he celebrates Ash Wednesday Mass in St. Peter's Basilica at the Vatican Feb. 17, 2021. — CNS/Guglielmo Mangiapane, Reuters photo

POPE FRANCIS'S FASTING SUGGESTIONS

Do you want to fast this lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

hands and an unhappy heart" after squandering God's gifts "on paltry things, and then with seeking God's forgiveness through confession.

The pope again reminded confessors that they must be like the father in the story of the prodigal son and not use "a whip," but open their arms in a welcoming embrace.

"The journey is not based on our own strength. Heartfelt conversion, with the deeds and practices that express it, is possible only if it begins with the primacy of God's work" and through his grace, the pope said.

What makes people just is not the righteousness they show off to others, "but our sincere relationship with the Father," after finally recognizing one is not self-sufficient, but in great need of him, his mercy and grace.

The pope asked people to contemplate daily the crucified Christ and see in his wounds, "our emptiness, our shortcomings, the wounds of our sin and all the hurt we have experienced."

"We see clearly that God points his finger at no one, but rather opens his arms to embrace us," he said.

It is in life's most painful wounds, that God awaits with his infinite mercy because it is there "where we are most vulnerable, where we feel the most shame" and where he comes to meet his children again.

"And now," the pope said, "he invites us to return to him, to rediscover the joy of being loved."

— Carol Glatz, *Catholic News Service*

Upcoming Events



03|01, 08, 15, 22, 29 MONDAYS
Lent with St. Joseph
Cathedral of St. Joseph, Burlington
 7 - 8 pm

Holy Hour with the Litany of St. Joseph and spiritual reflections on St. Joseph by Brandon Schneider, seminarian. Confessions will be available during Adoration.



03|02, 9, 16, 23 TUESDAYS
Encounter Jesus Bible Study
via Zoom • 7 - 8 pm

Each week will focus on a different encounter with Jesus as described in the Gospels which in the words of Pope Francis, "changes our lives... and fills us with joy." Hosted by Deacon Phil Lawson. www.vermontcatholic.org/event/encounter-jesus-bible-study/all/



03|02 - 04|20 TUESDAYS
The Sacraments
via Zoom • 7:45 - 8:45 pm

Join Seminarian Greg Caldwell to think about and reflect upon the Seven Sacraments. For Zoom information email Greg Caldwell at gcalldwell@saintmeinrad.edu.



03|03 WEDNESDAY
Building a Culture of Encounter Through Fasting, Prayer, Almsgiving
via Zoom • 6:30 - 8 pm

All are welcome to attend this virtual evening of reflection and conversation, offered by Josh Perry, Director of the Office of Worship, that will help us consider anew the traditional Lenten disciplines: fasting, prayer, and almsgiving. Between each reflection, there will be time for conversation and questions, silent prayer and guided meditation, and music. Register at: www.vermontcatholic.org/event/an-evening-of-reflection-building-a-culture-of-encounter-through-fasting-prayer-almsgiving/



03|04, 09 THURSDAY AND TUESDAY
Dispel the Darkness — An Evening of Light and Hope
03|04 • Cathedral of St. Joseph, Burlington
03|09 • All Saints, Richford

Come rest in the light and the hope of Christ. Whatever the darkness you may find yourself in, come discover the hope of God. Evening will include reflections and prayers led by Deacon Phil Lawson, with music by Bill Gavin. There will be adoration, the Luminous Mysteries of the rosary and an opportunity for confession. This event will be live streamed for those who are unable to attend in person.



03|10, 24, 04|07 WEDNESDAYS
Saints and Sinners
via Zoom • 7:30 - 8:30 pm

Sinners as saints? Join us as we look at the lives of four saints and how his or her life can inspire us to live the plan God has for each one of us. There will be time for prayer and discussion with your hosts Michael Hagan and Terri McCormack. All are welcome! Register at: www.vermontcatholic.org/event/saints-and-sinners



03|12, 13, 14 FRI, SAT, SUN
2021 National Catholic Womens Conference
Online

What if you could be at peace most of the time? Discover women just like you sharing similar struggles, and learn how they're finding freedom in Faith. Learn how prayer enhances your vocation as a mother, spouse, professional, and friend. Experience how God Multiplies our time and energy when we make prayer a priority. Learn how to stop wasting time and energy on guilt, comparison, and resentment and become fully alive as a Catholic Woman. This virtual retreat will have live speakers, prayer rooms, and you will have access to 40+ speakers with a free weekend pass by registering for free: go.virtualcatholicconference.com/NCWC2021

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2020 BISHOP'S ANNUAL APPEAL

Goal: \$2,651,157

85% As of
 Feb. 17, 2021:
\$2,258,363

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BUILDING A VIBRANT CHURCH

To learn more or
 make a gift visit:
christourhopevt.org.

Goal: \$9,582,456

45% As of
 Feb. 17, 2021:
\$4,333,569

Join us as we look at the lives of four saints and hear how they've impacted the lives of our speakers. There will be time for prayer and discussion with your hosts Michael Hagan and Terri McCormack. Join for one evening or all four! All are welcome!

2 24	Laura Underhill on St. Therese of Lisieux
3 10	Fr. Joseph Sanderson on St. John the Baptist
3 24	Fr. Jon Schnobrich on St. Padre Pio
4 7	Fr. Lance Harlow on St. Faustina

Saints & Sinners
vermontcatholic.org/event/saints-and-sinners

 Diocese of Burlington — *Online Ministry*