

St. Ambrose Parish

Our 101st Year!
MARCH 5, 2017
BEEHIVE

CATHOLICISM: THE PIVOTAL PLAYERS

The **ST. AMBROSE LENTEN SERIES** is a multi-part film series that illumines a handful of saints, artists, mystics, and scholars who not only shaped the life of the Church but changed the course of civilization.



MARCH 5TH – ST. FRANCIS THE REFORMER

Rebuild my Church! That's the mission Christ gave to St. Francis and it's the perennial task of the Church in every age of its life. But how is the reform and renewal of the Church to be accomplished? The life of St. Francis demonstrates that Christ intends the foundations of true and lasting reform to be built on the solid rock that is the radical witness of the saints.

MARCH 12TH – ST. THOMAS AQUINAS THE THEOLOGIAN

The relationship of faith and reason is under intense scrutiny in an age beholden to the competing claims of fundamentalism and secularism. So called "new atheists" insist that the claims of religion amount to mere superstition, a retrograde holdover from a time long ago. Others insist that the life of faith is a retreat into emotions and subjectivism. St. Thomas Aquinas anticipated these objections and trends and demonstrated that to believe is to think and that the life of the mind is integral to life in Christ.

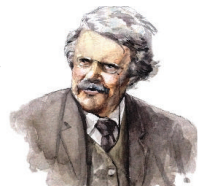


MARCH 19TH – MICHELANGELO THE ARTIST

The master of sculpture and painting is not a saint but serves as the privileged representative of the creative potential engendered by the Catholic Faith. The Church professes that beauty is a route of access to God, and through humanity's creative artistry we glimpse the power and glory of the Lord.

MARCH 26TH – G.K. CHESTERTON THE EVANGELIST

How does one engage a culture that is befuddled by Christ and suspicious of the Church? The life and witness of this nineteenth century literary convert shows that the fundamental disposition of effective evangelization is joy, and life in Christ is a day-to-day encounter with an abundant and surprising offer of grace.



APRIL 2ND – ST. CATHERINE OF SIENA THE MYSTIC

Is the physical world all there is? Is science the only path to ascertaining truth? St. Catherine of Siena witnesses to a higher world beyond the material. Though the fourteenth century mystic never studied theology, and never learned how to read or write, her life constitutes a powerful challenge to the flattened-out secularism of our time.

APRIL 9TH – BL. JOHN HENRY NEWMAN THE CONVERT

Is there any truth in matters of religion? Should the Church simply retreat in the face of the challenges of culture? John Henry Newman came into the Church as a convert and used his prodigious intellectual gifts to help the Church better understand its identity and mission and engage the challenges of a secular age.



THIS SERIES WILL MEET IN BETWEEN SUNDAY MASSES
FROM 9: 45 A.M. TO 11 A.M. IN THE ARK. ALL ARE WELCOME TO ATTEND.

“FRANCIS, REBUILD MY CHURCH, WHICH, AS YOU SEE, IS IN RUINS”

In St. Francis’ time (1181-1226) more or less everyone acknowledged the need for reform in the Church. Tensions and deep lacerations scarred the body of the Church. On one side was the institutional Church – the pope, the bishops, the higher clergy – worn out by perennial conflicts and their very close alliance with the empire. It was a Church then seen as distant, involved in matters far beyond the interests of the people. With them were the great religious orders, among them the Cistercians, many of which flourished in culture and spirituality, thanks to the reforms of the eleventh century. However, many orders were identified with the great landowners, the feudal lords of the time, who were remote from the problems and the tenor of life of the common people.

On the opposite side, there was a society that was beginning to emigrate from the countryside to the city in search of greater freedom from different forms of servitude. This part of society identified the Church with the dominant classes from which they felt the need to free themselves. Because of this, they would gladly take sides with those who contradicted the Church and fought against her – heretics, radical movements, and groups, that preached poverty – while they sympathized with the lower clergy, who were often spiritually not at the level of the prelates but closer to the people.

There were, therefore, strong tensions that everyone sought to exploit to their own advantage. The hierarchy sought to respond to these tensions by improving its organization and suppressing abuses, both within its leadership

(e.g., simony, concubinage of priests) and outside of it (i.e., in society). The hostile groups sought instead to bring the tensions to a head, radicalizing the conflict with the hierarchy and giving rise to movements that were more or less schismatic. All of them used the ideal of evangelical poverty and simplicity against the Church, turning it into a hostile weapon and making it something other than a spiritual ideal to be lived in humility.

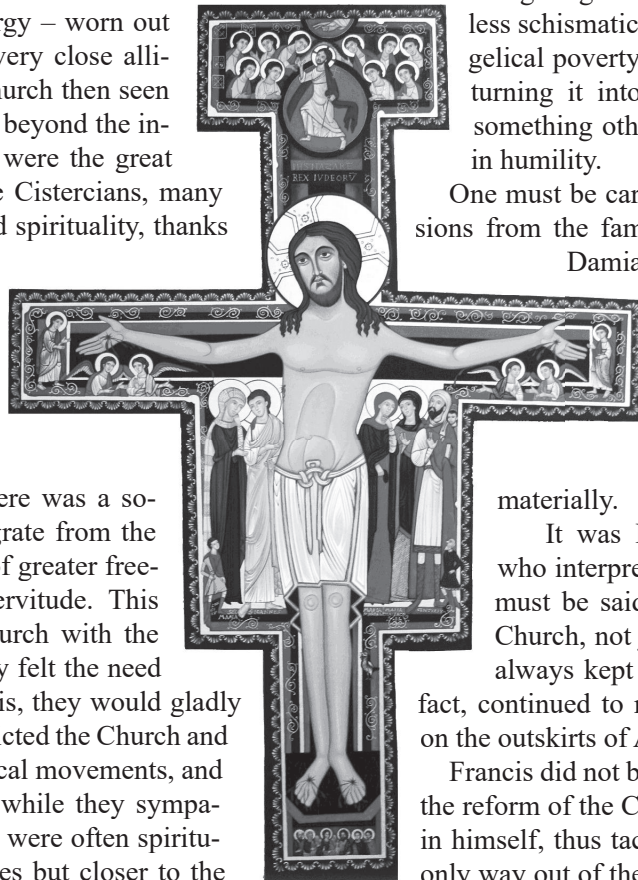
One must be careful not to draw the wrong conclusions from the famous words of the Crucifix of San Damiano: “Francis, go and repair my Church, which as you see, is in ruins.” The (near-contemporary) sources themselves assure us that he understood those words in the rather modest sense of repairing the little church of San Damiano

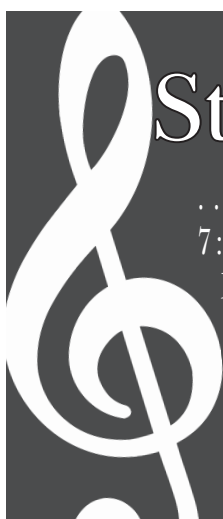
materially.

It was Francis’ disciples and biographers who interpreted those words – and rightly so, it must be said – as referring to the institutional Church, not just to the church building. Francis always kept to his literal interpretation, and, in fact, continued to repair other small, ruined churches on the outskirts of Assisi.

Francis did not build a theory ... or ... a program for the reform of the Church. He accomplished the reform in himself, thus tacitly pointing out to the Church the only way out of the crisis: to come close to the Gospel again and to come close to the people again, in particular to the humble and the poor.

Excerpt from the Pivotal Players Study Guide by Bishop Robert Barron. For a video preview go to pivotalplayers.wordonfire.org/#previews.





St. Ambrose Liturgical Choir

... under the direction of Norah Duncan, IV ... holds rehearsals on Thursdays after the 7:00 p.m. Mass. New members are always welcome.

Interested volunteers who would like to sing for Lent, Holy Week and Easter but cannot commit to the entire year are especially welcomed at this time.

For more information, contact Dr. Duncan through the parish office at stambrose@comcast.net or stop up in the loft before or after Sunday’s masses.

All Things Considered

The photo on this page shows Archbishop Allen Vigneron, our seminarian, John Maksym and the vocation director of the Archdiocese, Fr. Joe Horn, in the sacristy of the John XXIII seminary in Weston, Massachusetts preparing for mass last week. The photo was precipitated by the Archbishop's visit on February 22nd to that National Seminary community as ten seminarians from across the U.S. were accepted as worthy candidates for Holy Orders.

These men have been formally approved by their local Bishops and will continue a year of study to be ordained as Roman Catholic priests — John Maksym in one of them. John will be ordained a (transitional) Deacon by Auxiliary Bishop Battersby on Saturday, April 22nd at Sacred Heart Major Seminary here in Detroit. Although we are awaiting official word, it appears that John will spend his Diaconal internship here this Summer.

The John XXIII Seminary exists to train men from all over the United States who come to their vocation later in life. For more than five decades, bishops have sent candidates there from various professional backgrounds; such as law, medicine, business, teaching, sales, banking, social work and military service. John, for example, came to the seminary after a career in law and in the Navy. The diversity of life experiences shared by these mature seminarians at the John XXIII enriches both the Seminary community and their future ministries in the Church.

Are you, or do you know someone who is considering a vocation to the priesthood later in life? You might want to check out a new group called 'The Watchmen.' This is a Discernment Group for men ages 16-55 who want to actively discern the call of the Lord in their lives. The Watchmen meet for times of prayer, presentations

on vocation, food and fellowship with other like-minded men. These groups are facilitated by the Archdiocese's regional vocation promoters. This is the contact information: detroitpriest.com/programs/the-watchmen/



(l-r) Archbishop Allen Vigneron, seminarian John Maksym and Fr. Joe Horn.



Our Lenten Dinners began last week Friday and will continue through Good Friday. Invite someone you work with, or a neighbor to join you for a fellowship meal. This is an excellent way of building friendships and strengthening our parish community.

And, while you are nourishing your body, consider nourishing your soul too. Stations of the Cross and Benediction of the Blessed Sacrament will be celebrated at 7:00 on the Fridays of Lent. So, come for an early dinner and stay for devotions, or come for devotions and then have a later dinner.

In order to keep prices reasonable, we depend on lots of volunteer labor. If you can help bus tables, contact our volunteer coordinator, **Mary Oberly** at moberly007@comcast.net or call us at 313-822-2814.

We have postcards and posters for this event available for you to pass out to your friends.



This Sunday morning we begin Bishop Robert Barron's new series, **CATHOLICISM: The Pivotal Players**. Sessions will meet in the ARK in between masses on the Sunday mornings of Lent. Bishop Barron's work is still in progress, but Part One is complete and this is the component we will be using this Lent.

Pivotal Players is a multi-part, high-production-value film series that illumines a handful of saints, artists, mystics, and scholars who not only shaped the life of the Church but changed the course of Western civiliza-

tion. Each episode covers a different topic and study (and person, of course) while maintaining continuity of the central message: how this "pivotal player" contributes to Catholicism as we know it. It goes to show that, sometimes, the pivotal players are not just the saints. You won't find a more robust and diverse study of Catholic personalities.

To serve as moderator and discussion leader for each session we are inviting persons who have special affinity for these Pivotal Players. We begin this Sunday with a look at St. Francis of Assisi. **Deacon Robert Wotypka** is our moderator.

Next week **Dr. Victor Salas** from Sacred Heart Seminary will be our group leader. Dr. Salas is an Associate Professor of philosophy who specializes in medieval and late scholastic metaphysics.

I encourage you to take part in our Lenten series which focusses on highlighting a magnificent composition of five Catholic personalities who played a pivotal role in the development of Catholic thought, art, history, rhetoric, culture, and literature.

These five "pivotal players" are just that, game changers, and through each presentation you'll learn how each of them contributed to the way we see and know the Church today.

Diakonos Post

Fasting. Ugh. Alms-giving and prayer, sure, the more the better, but fasting? The less the better? Ugh. But there it is, front and center in the Gospel. It's a heavy-duty rollout of virtues in this week's readings, what with abstinence and obedience at work in the Genesis account that is the First Reading. Bear in mind the premise in Matthew, Chapter 6: it was the Spirit that led Jesus into his ordeal of forty days. Psalm 143:10 calls out, "Let your good Spirit lead me on level ground," and we cannot doubt that Jesus prayed thusly, too. So he went, with trust in God, to fast in the desert and endure three trials. How come?

Well, fasting does heighten the senses, of that I'm sure. In my past is a brief entry into the penitential fasting, when my conversion was a bit scattershot, as they should be when they begin. I was reading Merton's The Seven Story Mountain, and he tried everything when he was seeking divine light, so I did, too. And I can speak from experience, though it was brief and limited, the wisdom of the desert father John the Little became real for me: "If a man goes about fasting and hungry, the enemies of the soul grow weak." My focus was purified and turned upward.

In my spiritual catalogue I see exercise and fasting as complementary. The former builds self-confidence and helps purge inner demons through outward expressions and activity, while the latter builds up confidence in God and God's providence and heightens the focus on God dwelling within. And as I wrote last week, in these times which offer tyrannies of choices, to say "Nothing for me" is counter-cultural in an uncomplicated and Christian way. Is there time for one more adjective? How about 'paradoxical'? Note this analysis from the Dominican Timothy Radcliffe, whom I've quoted before: "*It is paradoxical that just when consumerism was taking off in a big way in the sixties, the Church began to let go of fasting as an intrinsic part of Christian living.*" True – but if it proves to be life-giving, there's nothing to hinder taking up fasting as a personal practice.

A brother once counseled me to monitor not just what I was consuming, but what was consuming me. Being mindful of that dynamic is a wise way to begin entering into a saving penitential practice during Lent. An endless array of objects, each with a short shelf life, brings a slight return, to borrow the musical term (you may know it from Jimi Hendrix' "Voodoo Child," and/or Stevie Ray Vaughn's version; I love them both). I speak from experience, having tried to spend my way to wholeness when the good times finally started to roll. Are you familiar with your deacon's definition of 'retail therapy,' which he underwent intensely in those lost years? It is this: buy something you need, feel better. Buy something you don't need, feel much better. Then I tried fasting. Ah.

Deacon Robert Wotypka

Lenten Day of Spiritual Reflection

This day of reflection is called — **Compassion: The Heart of Healing and Forgiveness**. Learn about the miracle of healing and forgiveness through the compassion and mercy of Jesus at a free day of spiritual reflection on Saturday, March 18th, at Sacred Heart Major Seminary in Detroit. Enjoy the presentations by Rev. John Esper, Pastor, St. Vincent Ferrer Parish, on The Compassion of Jesus: Healing; by Judy Maten, Via Maria Consulting, LLC, on Breathing Forgiveness, Living Mercy: The Grace of Healing, and by Rev. Mark Brauer, Pastor, Our Lady of Sorrows Parish, on Sacramental Reconciliation: Christ's Compassion in Forgiveness and Healing.

Newly ordained Bishop Gerard Battersby, Archdiocese of Detroit Regional Moderator, South Region, will celebrate noon Mass, followed by lunch. There will be opportunities for Reconciliation, intercessory prayer; and questions and answers with the presenters. Reserve your place by calling (313) 596-7411 or e-mail: cruz.patricia@aod.org.

Lenten Observances



- Lent is the liturgical season which runs from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday.

- Ash Wednesday and Good Friday are days of *total* fast and abstinence from meat.

- All the Fridays of Lent are days of Abstinence from meat.

- The **Law of Abstinence** from meat binds persons from the completion of their 14th year — from the day after their 14th birthday, throughout life.

- The **Law of Abstinence** forbids the use of meat, but not eggs, milk or products or condiments made of animal fat. Permissible are soups flavored with meat, meat gravy and sauces.

- The **Law of Fasting** binds persons from the completion of their 18th year to the beginning of their 60th year, i.e., from the day after their 59th birthday.

- The **Law of Fasting** allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing as far as quantity and quality are concerned — approved local custom. The order of meals is optional; i.e. the full meal may be taken in the evening instead of at midday. Also: (1) the quantity of food taken at the two lighter meals should not exceed the quantity taken at the full meal. (2) the drinking of ordinary liquids does not break the fast.

- In keeping with the spirit and meaning of the Lenten fast, Catholics are encouraged to observe the Good Friday fast through Holy Saturday and until after the celebration of the Easter Vigil.

Faith Formation Station

Lent is a very special time of the Church year. In her wisdom the Church has built in a sort of “seasonal retreat” for us. She has set aside forty days out of a busy year to dynamically change us in the direction of our spiritual growth. The word “Lent” means “spring.” The awakening and rebirth of nature became a sign of the awakening to new life of Christians through baptism. In the Christian tradition, Lent is a time to focus on the more serious side of life. The forty days of Lent are a time of renewal, and an annual change to live the Gospel as fully as possible.

Lent and all the opportunities that the parish community provides are there for the taking: daily reading booklets, weekly Mass, Reconciliation, Stations of the Cross, Triduum services. All of these serve only one purpose: to “invite” us to take stock of where we are and where we want to go in relationship to self, family and God. Our faith is a “growth process.”

During Lent we should concentrate on performing good deeds, fasting and praying. By getting rid of lesser things, we can make more room in our hearts for God’s love and the love of others.

We don’t often think about preparing for Lent, though. Yet, preparing for something is one way to ensure that we get the most out of it. Take time this week to prepare your child/ren to get the most out of their Lenten journeys. Ask your child/ren what they learned in class this week (and every week) throughout this holy season. Review/discuss the Lenten information provided in the parish bulletin and monthly religious education emails. Faithfully attend Mass each week as a family. Pray the Stations of the Cross or share a Friday fish fry meal with your greater parish family. Each week throughout Lent, share moments of generosity, prayer, and fasting with your child. Together, we can help your child/ren have a meaningful Lent.

Here are 10 more Lenten ideas to help bolster your family’s spiritual journey:

1. Begin each day with the prayer, “Lord, we offer you this day, and all that we think, and do, and say.”
2. Take the kids grocery shopping for the poor and bring the food to a parish pantry or local food bank.
3. Let children light a candle at home or church for people who are sick or suffering.
4. Write a letter to someone you know who is in need of an extra prayer or smile.
5. Turn off electronic devices and spend quality time together.
6. Read the Lives of the Saints to your child/ren or pray the Rosary together.
7. Encourage each family member to do something nice for someone every day.
8. At dinnertime, let each family member mention one person or problem that they would like to pray for.
9. Abstain from meat for an extra day or two each week and donate the savings to charity.
10. Volunteer as a family to help your parish. Whether it’s cleaning the church, assisting with a food drive, helping out at the fish fry, it gives you a chance to serve together.

RELEGIOUS ED PROGRAM REMINDERS:

- First Reconciliation appointments begin March 9th. Students will be visiting the Confessional this Sunday March 5th during class time. The sign-up sheet continues to be in the Merit hallway.
- Program Evaluations are being collected in the hallway at Merit Academy. We look forward to your feedback.
- Student Evaluations are being collected in class for any parents wishing to respond to their child/ren’s progress report and/or thank their catechist for his/her faith and dedication.
- First Eucharist Families were sent an email this week with important information and reminders. Please be sure to check your inbox. A hardcopy is being sent home from class with students this week.

Kelly Woolums

Marcellina’s Book Club Goes to the Movies



Silence is a 2016 epic historical drama film directed by Martin Scorsese and written by Jay Cocks, based upon the 1966 novel of the same name by Shūsaku Endō. While the story is set in Nagasaki, Japan, the

film was shot entirely on locations in Taiwan, in and around Taipei. The plot follows two 17th century Jesuit priests who travel from Portugal to Japan in order to locate their missing mentor and spread Catholicism.

You can pick up the book or watch the recently released DVD. We are still trying to connect with the producer, Matt Malek, a former Detroit seminarian, so that we can have a session with him about the meaning and making of the film.

The Beehive

is the parish weekly bulletin of the St. Ambrose Catholic Community Detroit/Grosse Pointe Park, Michigan

Pastor: Rev. Timothy R. Pelc
Assistant: Rev. Mr. Robert Wotyпка OFM, Cap
Pastoral Minister: Charles Dropiewski
Religious Education: Kelly Anne Woolums
Minister of Music: Norah Duncan, IV
Office Manager:

Sacramental Celebrations

Masses: On the Lord’s Day –
 Saturday Vigil - 4:00 p.m.
 Sunday - 8:30 and 11:15 a.m.

Baptism: Arrangements for both adults and infants to be made by contacting the rectory.

Penance: As announced and by appointment.

Marriage: Couples should contact the rectory office a minimum of six months in advance of the proposed date to make arrangements.

Funeral: Normally celebrated within one week after the deceased’s passing.

Directory

Parish Office: 15020 Hampton
 Grosse Pointe Park, Michigan 48230
Tel: (313) 822-2814 **Fax:** (313) 822-9838
Email address: stambrose@comcast.net
Religious Education: (313) 822-1248
Pastoral Ministry: (313) 822-2017
Ark Scheduling: (313) 822-2814
Parish Website: stambrosechurch.net

Liturgy Schedule for the Coming Week

Monday, March 6

8:30 - Morning Prayer

Tuesday, March 7

SS. Perpetua & Felicity, martyrs

8:30 a.m. - Mass - Patrick Dolan

Members of the Imesch Family

Wednesday, March 8

St. John of God, religious

8:30 a.m. - Morning Prayer

Thursday, March 9

St. Frances of Rome, religious

7:00 p.m. - Mass - Kathy Murphy

Angelica Mary Busque

Friday, March 10

8:30 a.m. - Mass - George Ticknor

7:00 p.m. - Stations of the Cross

Saturday, March 11

St. Casimir

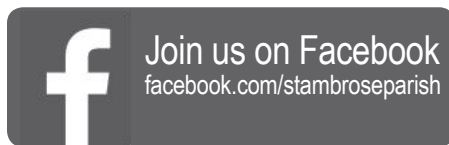
4:00 p.m. - Mass - For All People

Sunday, March 12

Second Sunday of Lent

8:30 a.m. - Mass - For All People

11:15 a.m. - Mass - For All People



Scriptures for the First Week of Lent

Monday, March 6

- Lv 19: 1-2, 11-18
- Ps 19: 8-10, 15
- Mt 25: 31-46

Tuesday, March 7

- Is 55: 10-11
- Ps 34: 4-7, 16-19
- Mt 6: 7-15

Wednesday, March 8

- Jon 3: 1-10
- Ps 51: 3-4, 12-13, 18-19
- Lk 11: 29-32

Thursday, March 9

- Est C: 12, 14-16, 23-25
- Ps 138: 1-3, 7c-8
- Mt 7: 7-12

Friday, March 10

- Ez 18: 21-28
- Ps 130: 1-8
- Mt 5: 20-26

Saturday, March 11

- Dt 26: 16-19
- Ps 119: 1-2, 4-5, 7-8
- Mt 5: 43-48

Sunday, March 12

- Gn 12: 1-4a
- 2 Tm 1: 8b-10
- Mt 17: 1-9

Second Sunday of Lent

March 11th and March 12th

4:00 p.m. – Saturday – Celebrant: Fr. Pelc **Lector:** Pat Ticknor
Eucharistic Ministers: Thomas Bennert, Jeri Krueger, Karen McShane, Elizabeth Puleo-Tague, Mary Helen Quigg
Altar Servers: Julianna & Kiernan Tague

8:30 a.m. – Sunday – Celebrant: Fr. Bede **Lector:** Colleen Jogan
Eucharistic Ministers: Colleen Drummond, Joan Jackson, Maggie Jackson, Liz & Steve Linne, Joellyn Valgoi
Altar Servers: Delaney Jackson, Dailey Jogan

11:15 a.m. – Sunday – Celebrant: Fr. Pelc **Lector:** Roger Playwin
Eucharistic Ministers: Mary Ghesquiere, Pat & Michael Mocerri, Sue Playwin, Janis Ramsey, Cristina Swiatkowski
Altar Servers: Conor & Delaney Garvey

Your Envelope Speaks . . . the Inside Story

To operate, each week our parish requires a *minimum* of \$10,100.00

On Sunday, February 26, 2017

in envelopes we received \$7,361.00
 in the loose collection \$713.00
 in electronic donations \$1,390.00
 in children's envelopes \$4.00
 for a total of **\$9,468.00**

Under budget for the week **\$632.00**

Number of envelopes mailed 800

Number of envelopes used 157

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from power and riches and put God at the center of our lives. How is God calling you to serve?

Our Sick

Please pray for our parishioners who are seriously ill or hospitalized: Pat Blake, Dominic Centorbi, Andrew Chavez, Maria Chinchilla, Karen Culver, Mary Pat Egan, Kathleen Elberson, Ann Sullivan Kay, Donald & Marilyn Miriani, Bonnie McKenna, Mary Myers, Jeanne Noto, Ray Oberly, Elizabeth Robert, Bob Ramsey, David Schumacker, Matthew Elias, George Bucec, Scott Nedoff, Betty Greenia, Emilie Kasper, Arthur Stoyshin, Anna Noto Billings, Vilma Rivers, Vilma Marone, Eileen O'Brien, Bernadette Gutowski, Anne Billiu, Martha Luna, Laurie Lavins, Dan Urbiel, Irene Scopel, Dina Engels, Cheryl Lapensee, Darby O'Toole, Lou Rondini and Bob Krueger.

Our Dead

On Monday, February 27th Fr. Pelc celebrated a funeral liturgy for **Daniel Fleming**, age 91.

Dan was born and raised on Harbor Island in Detroit. He was a long-time parishioner and came to St. Ambrose after the closing of St. Martin of Tours in 1989. He was a pharmacist, as was his dad. He owned Fleming Drugs on Harper near Cadieux for many years. Dan faithfully read the Wall Street Journal and loved big band music. His hobby was woodworking. Dan married Doris and they built their home next door to the home Dan grew up in on Harbor Island.

Dan is survived by his wife of 63 years, Doris and their children, Mary, Kathy, Linda and Patricia. Also surviving are his brother, R.J. (Skip), and sister, Joan. He will also be missed by his 3 grandchildren and the rest of his family and friends.

Vincentian Reflection

Lent is a call to "give alms for the poor." Wherever you live in the parish, there are families living in poverty within walking distance of your home. When in need, they ring the rectory bell or call the rectory office. They are, in effect, ringing *your* doorbell. Is there a family you know who needs assistance? Please contact the Society of St. Vincent de Paul Conference here at St. Ambrose by calling the rectory office, so that together we can help those who are in need.

Improve Your Spiritual Life During Lent

During the season of Lent, Catholics traditionally devote special efforts to deepen their relationship with the Lord in three areas: Prayer, Fasting, and Almsgiving. Throughout Lent, as we remember the great sacrifice Christ made, Christian stewards examine their own sacrificial giving. We do this to emulate Christ, to gain spiritual maturity and share with others. Our Lenten efforts are not like short-term New Year's resolutions, designed as a forty-day weight-loss plan or a self-help project. Instead, they embody the idea of sacrifice in the pursuit of holiness. Here are a few ideas to inspire your own thoughts and to make Lenten sacrifices that might truly be life changing. (*Hint: a Lenten journal may help in recording your growth.*)

PRAYER

- Participate in an extra community prayer activity weekly: perhaps a daily Mass, the Stations of the Cross, a day of reflection or weekend retreat.
- Dedicate yourself to an extra 10-15 minutes of daily Scripture reading.
- Find an online prayer source (www.sacredspace.ie is a good example) where you can spend 10-15 minutes of prayer at your computer during each busy day.

FASTING

- Fast from negative thoughts of others. Be conscious of your mean, petty thoughts.
- Perhaps fasting from all screen time would prove impractical. But set yourself a limit. Sacrifice some aspect of Internet browsing, television watching, or texting, and do something constructive with the time saved.
- Refraining from food or drink is often a fasting choice. Make sure you're doing it for the right sacrificial reasons and perhaps donate the money saved to a charity.
- Fast from the need to always be right. Spend more time listening to or reading the opinions and ideas of those with whom you may not think you agree.

ALMSGIVING

- A wise man was asked, "How much should I give?" His reply: "More." Stretch your charitable giving this Lent. Sacrifice a need or want to give more money to the offertory collection at Mass.
- Set aside a few hours of Lent to be with the poor, to accompany them on their journey. Serve at a food kitchen or help out at a food bank. Promise yourself you will enter your "discomfort" level sometime this Lent.
- Check out your closet. Resolve not to add to it during Lent, but instead find things to give to a charity. A real challenge: don't just give away the clothes of which you've tired. Part with something you still love!

Caring for the Caregiver

Caring for memory-impaired loved ones can be a full-time job. For many, it is. Caregivers need support and information.

Catholic Charities of Southeast Michigan in collaboration with Home Instead Senior Care will host Caring for the Caregiver on March 9th from 6:00 pm - 7:30 pm at the CCSEM Adult Day Health Services on 3300 S. Adams Road in Auburn Hills.

At this free program we will be learning approaches to improve communication with loved ones affected by dementia, techniques to reduce the caregiver's own stress levels, and resources available to help. RSVP to Trista Johnson by calling 248-559-1147 ext. 3941 or by email: johnsont@ccsem.org

Lenten Prayer at St. Ambrose

On the Thursdays of Lent, our morning Mass shifts to a 7:00 evening time slot in order to give more people an opportunity to attend the liturgy during the weekdays of Lent – leading up to Holy Thursday.

Preceding Thursday night Masses (at 6:00pm), as well as preceding Saturday afternoon Masses (at 3:00pm), confessions will be heard.

This year Lent once again includes Friday night Stations of the Cross and our popular Fish Dinners. Try this at least once this Lent: come for an early dinner and stay for Stations of the Cross. Or, come to Stations of the Cross and then enjoy a later dinner.

Good food and grace abound! Sample a serving of both.



LENTEN BUFFET DINNERS

Join us in the ARK at St. Ambrose
for dinner every Friday in Lent,
now through Good Friday on April 14th,
from 5:00 to 9:00 p.m.

\$16 per adult • \$10 for children aged 6 to 10.
Carry-out service available (313) 822-1594.

