



Sixth Sunday in Ordinary Time

Try a Team Approach to Lent

Lent Begins on Wednesday!

This year, consider approaching Lent as a team. That doesn't mean you have to give up—or do—the same things as your spouse, brothers and sisters, or friends, although that's a possibility. It does mean sharing your Lenten resolution(s) and asking for each other's prayers and active support. People often find that they're much more likely to keep their resolutions when they hold themselves accountable to another person. Knowing that someone walks with us, even if it's not exactly the same path, can be a great comfort and motivator.

If you're thinking about Lenten resolutions, consider the following traditional practices:

Prayer

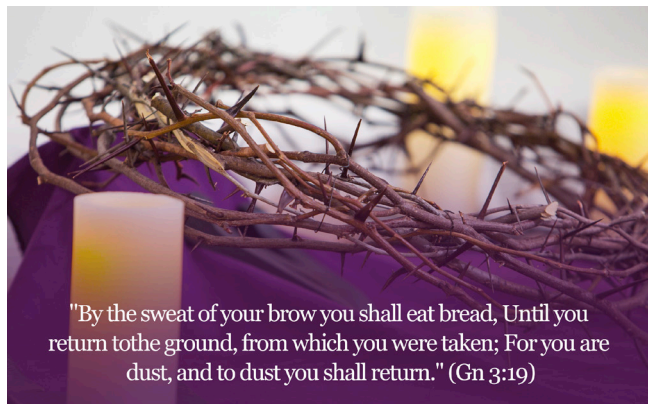
Lent is an excellent time to evaluate our prayer life and, if necessary, make improvements.

Fasting

Giving up a favorite food or drink is a tangible reminder of our commitment to draw closer to Christ. Or we can fast from a non-productive behavior or attitude.

Almsgiving

Consider making a commitment that will last beyond the Lenten season.



"By the sweat of your brow you shall eat bread, Until you return to the ground, from which you were taken; For you are dust, and to dust you shall return." (Gn 3:19)

National Marriage Week

National Marriage Week is recognized every year from February 7–14.

Prayer for a Married Couple

O God, who in creating the human race willed that man and wife should be one, keep, we pray, in a bond of inseparable love those who are united in the covenant of Marriage, so that, as you make their love fruitful, they may become, by your grace, witnesses to charity itself.

Through Christ our Lord
Amen.

For resources to prepare for marriage or strengthen your marriage and family, visit:

www.foryourmarriage.org www.portumatrimonio.org

Collection for the Church in Central and Eastern Europe

On Wednesday, February 14, the USCCB will host a collection for the Church in Central and Eastern Europe. Please consider making a donation on Wednesday.

Our shared faith is deeply present in the cultures of Central and Eastern Europe, but this faith was severely tested over the course of the previous century. Countries in this region were under communist rule for 40 to over 70 years. During this time, bishops, priests, and church leaders were arrested and martyred. Churches were confiscated, communities broken, and people were forced to practice the faith in secret. Despite this religious persecution, the faithful of Central and Eastern Europe today are rebuilding and renewing what was lost—and you can help. With your support of the Collection for the Church in Central and Eastern Europe (CCEE), you aid those who strive to rebuild their faith communities.

For more information about making a donation visit: www.usccb.org/catholic-giving/opportunities-for-giving/central-and-eastern-europe/how-to-give.cfm