## January 28, 2024 Fourth Sunday in Ordinary Time

of 1962, Conrad Myer (D) Jared Hannon, Bill & Belle
id N LeJeune, Paul Andrepont fly, Wilbert LeJeune fly, Mary ne e Hebert <b>(D)</b> Jared Hannon, Audrey LeJeune
vho support abortion <b>(L)</b> George Guillory, Sr. <b>(D)</b> Charles & Istre, Henry "Blanc" LaCasse, Louise Guillory, fly., Mary Jor-
r, Neal & Lisa Lege, Fr. Gary Schnexyder <b>(D)</b> Souls in Purgato- natole Latiola, Jr., Don, Rena & Jeffery LeJeune, Louise & skett, Thomas & Charles Dischler, Msgr. Charles Marin
.) Judia LaCombe, Charles Leger, Lula Reed fly. (D) Willard & ucoin, Joe & Pearl Henderson, Cleve & Eula LeJeune, T-Man ne & Steve Pousson, Jimmie Reed, George Hoffpauir, Sanchez, Jeremy Latiola, Gerald LeDoux, Beulah Matte,
den Dupre <b>(D)</b> Margurite Pousson, Donald, Harvey & Judy Feddy Oliver, JoAnn Regan, Hubert & Ella Mae Regan, Leroy & y
s Bellon, Sam Dommert, Betty S. Pousson, Donna Hebert,
vation of Souls <b>(L)</b> Michael LeJeune fly, Tim LeJeune fly, Wayne Thevis, Audrey & Rigney Pousson, Sr., Michael & Na-
, Wille & Audrey Myers, Rodney & Clarice LeJeune, Souls in
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Dear Parish Family,

Lent will be here before we know it! We can often get too focused on the Carnival Season and forget why we spend all this time celebrating! Carnival Season is a season of preparation before Lent! Ash Wednesday falls on February 14<sup>th</sup> this year! So, instead of St. Valentine's Day, we will celebrate Ash Wednesday this year! We will have two masses: a 7am at St. Joseph and a 6pm at St. Michael.

Keep in mind, it is NOT an obligation to receive ashes on Ash Wednesday or even attend mass that day. So, if you cannot make mass then that is not a sin in anyway. It is, however, a common custom and practice to start Lent by receiving ashes. In the end, the Church does require us to abstain from meat and fast. Those who are 18 to about 60 are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. If we receive ashes but do not fast or abstain, then our priorities are not in order.

Who is exempt from fasting during Lent? Recently, I had some people ask me this question. Children (younger than 14), adults with physical or mental illnesses, pregnant women and those nursing are all exempt. Common sense should be used when taking on any form of fasting and no one should jeopardize their health to fast. An example I often use is someone with low blood sugar who needs to eat. If they do not eat, then their health is at a serious risk. I often recommend that those who have health issues take on another form of fasting like from social media or tv. Our penance should not harm us or make us so irritable that we are uncharitable towards those around us. That defeats the purpose of the Lenten season!

January 28<sup>th</sup> – February 3<sup>rd</sup> is also Catholic School Week. I would like to take some time to speak about the importance of a catholic education. Parents want the best for their child. As a product of Catholic education, myself, I would not be where I am today without my parent's sacrifice in sending me to a Catholic school. It is truly a sacrifice.

So, on February 3<sup>rd</sup>, from 8:30 to 9:30 St. Francis School will be doing a Pre-K Round Up. This will give any parents who are interested in sending their little ones to our school the opportunity to go into our Pre-K classroom and experience it first-hand! Please help spread the word and share with any parents who would like to see what our school has to offer! We are also open to other grades visiting as well! Not many towns have a Catholic elementary school, we should support it in any way possible. Especially in sending our children there!

God Bless,

Fr. Killeen

