



SAINT ANN SCHOOL
— putting faith in education —

St. Ann School Wednesday Memo

2/22/17



Lunch supervision volunteers must arrive no later than 11:15 AM (11:00 AM if possible).

Total for 17 Lunches for March: \$50.15

Monday, Feb. 27	Chicken Nuggets
Supervision	Clark, Megan
Tuesday, Feb. 28	Walking Tacos
Supervision	Langenohl
Wednesday, March 1	Breaded Fish Nuggets
Supervision	Karlen
Thursday, March 2	Rotini
Supervision	Clark, Megan
Friday, March 3	Mac & Cheese
Supervision	Clark, Lisa

Lenten Fasting and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.



Ash Wednesday School Mass

Please join us next Wednesday, March 1, for Ash Wednesday School Mass at 8:00 AM. Please remind your child to wear their logo wear to church on Wednesday.



**"Our Faith Stories" featuring
Fr. David Carrano and Jo Laffey
Sunday, March 5
6:30 PM - Healy Hall**

Please join us on March 5 for a real spiritual treat! When asked to summarize her talk, Jo said that it is about finding God in our daily lives - in nature, in the deserts of our lives, in the struggles. Jo will also talk about getting beyond the times of doubt. We look forward to hearing more from both Fr. David and Jo.

It's Yearbook Order Time

Yearbook Order Forms were sent home in the family envelope today. You may pay online (see details on the order envelope) or by check made out to St. Ann School. Orders are due by March 15.

St. Ann Knights of Columbus Fish Fry

**Friday, March 3, 2017
5:00 PM - 7:30 PM
St. Ann Gym**



Help Fill the A.R.K. with your donations!

As an extension to our Faith Family unit on Kindness, St. Ann will be collecting donations to fill our A.R.K. with our Acts of Random Kindness.

We'll collect non-perishable food items to help stock the Stoughton Food Pantry. We will also be collecting new "ish" stuffed animals to donate to the Madison Police Department. Please drop your donations to the A.R.K. by the office by Friday, March 3rd. Thanks for your KINDNESS!



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forget to
order SCRIP!**
Remember Scrip for your special occasion and everyday shopping!



JOURNEY TO THE FOOT OF THE CROSS - 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis of the U.S. Conference of Catholic Bishops (USCCB), offers “10 Things to Remember for Lent”:

1. **Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. **It’s a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. **It’s a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that’s why it gets all the attention. “What are you giving up for Lent? Hotdogs? Beer? Jelly beans?” It’s almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. **It’s a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. “I’m going to exercise more. I’m going to pray more. I’m going to be nicer to my family, friends and coworkers.”
5. **It’s about dying to yourself.** The more serious side of Lenten discipline is that it’s about more than self-control – it’s about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. **Don’t do too much.** It’s tempting to make Lent some ambitious period of personal reinvention, but it’s best to keep it simple and focused. There’s a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don’t try to cram it all in one Lent. That’s a recipe for failure.
7. **Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we’re all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God’s help with renewed urgency and sincerity.
8. **Be patient with yourself.** When we’re confronted with our own weakness during Lent, the temptation is to get angry and frustrated. “What a bad person I am!” But that’s the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. **Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It’s about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love.
10. **Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.