



Ash Wednesday takes place 46 days before Easter Sunday and marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

The practice includes the wearing of ashes on the forehead. The ashes are made from blessed palm branches, taken from the previous year's palm Sunday Mass. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return." Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening.

Check your local parish bulletin for special Mass times.



This Lent all are invited to join in the prayerful, peaceful efforts of **40 Days for Life**, a non-denominational initiative focusing on 40 days of prayer and fasting, peaceful vigils at abortion clinics and grassroots educational outreach.

For more information, please visit:
40DaysforLife.com/campaigns/kalamazoo or
40DaysforLife.com/campaigns/grand-rapids



In a particular way during Lent, we are asked to devote ourselves to the spiritual and corporal works of mercy that "remind us that faith finds expression in concrete everyday actions meant to help our neighbors in body and spirit."

Take inspiration for your Lenten journey from prayer, reading of Scripture, fasting and giving alms. The abstaining on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally-not only through the distribution of money, but through the sharing of our time and talents.

What will you sacrifice this Lent?



March is dedicated to **St. Joseph** husband of Mary.

The Solemnity of St. Joseph (normally on March 19) is a special landmark this month in which we will celebrate the great honor bestowed upon the foster father of Jesus.

[More at CatholicCulture.Org](http://CatholicCulture.Org)



Thank you to all our business underwriters.

There have been a few additions to our underwriter family in the past few months. We welcome:

[Nichols Family Dentistry, Steepletown Neighborhood Services](#) and [Sacred Heart Academy.](#)

Thank you for your support.



Pope Francis' Prayer Intentions for March.

Support for Persecuted Christians:

That persecuted Christians may be supported by the prayers and material help of the whole Church.

[Holy Father's Prayer Intentions for all of 2017](#)

Events Spotlight

March 1 - April 9: 40 Days for Life

All are invited to join in the prayerful, peaceful efforts of 40 Days for Life, a non-denominational initiative focusing on 40 days of prayer and fasting, peaceful vigils at abortion clinics and grassroots educational outreach. Visit 40DaysForLife.Com for more information.

March 8, 15, 22 and 29: Lenten Retreats and Soup Lunches

Lenten Retreats offered each Wednesday in March 10 a.m. - 1 p.m. Save the date for the Franciscan Life Process Center's annual Lenten retreats, each Wednesday in March. They will have a variety of speakers and offer lunch afterward with soups and homemade Franciscan baked bread. Call [616-897-7842](tel:616-897-7842) for more information or visit lifeprocesscenter.org.

March 8: Discovering Our Deepest Desire - Marriage Enrichment

The Discovering Our Deepest Desire Program consists of a series of evenings of interaction, prayer, reflection, and activities designed to support couples in renewing their understanding of what it means to have a Sacramental Marriage. Classes will begin March 8th and will run **12 consecutive Wednesdays** from 6:30pm to 8:30pm and will be held in the Diocesan Pastoral Center in the Bishop Murray Conference Room (215 N. Westnedge Avenue - Kalamazoo). Visit <http://dioceseofkalamazoo.org/marriage-enrichment> for more info.

March 8: "Theology of the Mass Explained" Lenten Lecture Series

Rev. John Fleckenstein will hold a four-part Lenten Series, "The Theology of the Mass Explained" on Wednesdays from 6:30 to 8 p.m. on March 8, 15, 22 and April 5, in the social hall at St. Ann Parish in Augusta. All are welcome to attend.

March 10: Women's Night Out

Special Women's Night Event - Friday, March 10th from 7:30pm-9:00pm
This event will be located at Immaculate Heart of Mary Catholic Church in Grand Rapids. The guest speaker will be Fr. Michael Gaitley, MIC, and the cost will be \$10 per person. (Ages 18+ recommended). More information at ihmparish.com. Tickets may be purchased at <https://catholic-women-2017.eventbrite.com>.

March 11: KEPHA Men's Conference

Registration is open for the next KEPHA Men's Conference this March 11th, 2017 at West Catholic High School in Grand Rapids. Featured guests to include: Fr. Larry Richards, Fr. Dave Pivonka, TOR and Fr. Michael Gaitley, MIC. The conference starts at 8:00 am and concludes at 4:00 pm. For registration and more information, visit: www.buildingalegacy.org

March 26: Sacred Music Concert

A concert at the St. Augustine Cathedral in Kalamazoo starting at 5pm with Dr. Thomas Fielding. Dr. Fielding is the director of music for St. Augustine Cathedral and a prize-winning, international organ soloist. His program will consist of one work, the "Byzantine Sketches", by French Romantic composer Henri Mulet performed on the Cathedral's exceptional 2002 Nichols and Simpson organ. The "Byzantine Sketches" are a series of 10 musical impressions of the architecture of Paris' Sacre-Coeur Basilica. This is a free event open to the public with free-will donations accepted.

Check out the numerous events in March and beyond on our online calendar at HolyFamilyRadio.net.

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