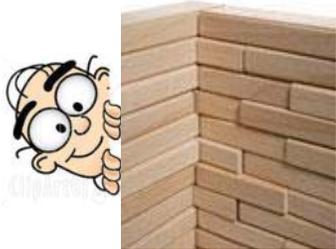


DR. ANDY'S CORNER



*“Repent and Believe
in the Gospel”*

While thinking about what I might do special this Lent, I realized there are MANY opportunities. I decided to share some of them with you for your consideration.

- Pray the rosary daily during Lent, or at least weekly. Then, after Lent, keep praying!
- I've included a number of Lenten reflection books on the book racks, and counter. Might be something for your Lenten journey.

FORMED

St. Raphael Parish already pays for a subscription to FORMED, the revolutionary digital platform providing access to video-based study programs, feature films, audio presentations, and eBooks.

A few of the teachers on FORMED include, Venerable Fulton Sheen, Bishop Robert Barron, Dr. Scott Hahn, Fr. Michael Gaitley, and many more.

Besides access via a web login, there's also an IOS (iPhone, iPad) and Android app.

Signing-up is so easy! Just go to www.saintraphaelparish.formed.org

Did I say it's FREE.

- Make a commitment to read the Sunday readings before you go to Mass.
- Try a new spiritual practice. For instance, go to Eucharistic Adoration.

Special Lent Edition

- Make the *Examen* prayer of the *Ignatian Spiritual Exercises* part of your daily prayer. Here's a short version:
 - Quiet yourself inside and out.
 - Ask the Holy Spirit to help you remember.
 - Prayerfully think of three things you're grateful for that happened today.
 - Think of one thing you said or did you'd like to do-over.
 - Thank our Lord for being part of your day.
- Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Pray for somebody. As you're walking, driving, shopping, or working, pick out a person who appears in need and pray for that person.
- Celebrate the *Sacrament of Reconciliation* at least once during Lent.

At the Men's Retreat on March 1-2, Fr. Tim presented a 40-minute video by Fr. Mike Schmitz titled "Pray the Mass Like Never Before." It was an amazing, inspiring, and informative video on what we sometimes might take for granted. Commit to watching it this Lent. You'll find a reference to this flyer on the parish website with a link to the video.

“Pray the Mass Like Never Before”

- Enlighten someone's day. Send an uplifting card, email, or phone a family member, friend, or acquaintance that shows you're thinking about, and praying for, him/her.

