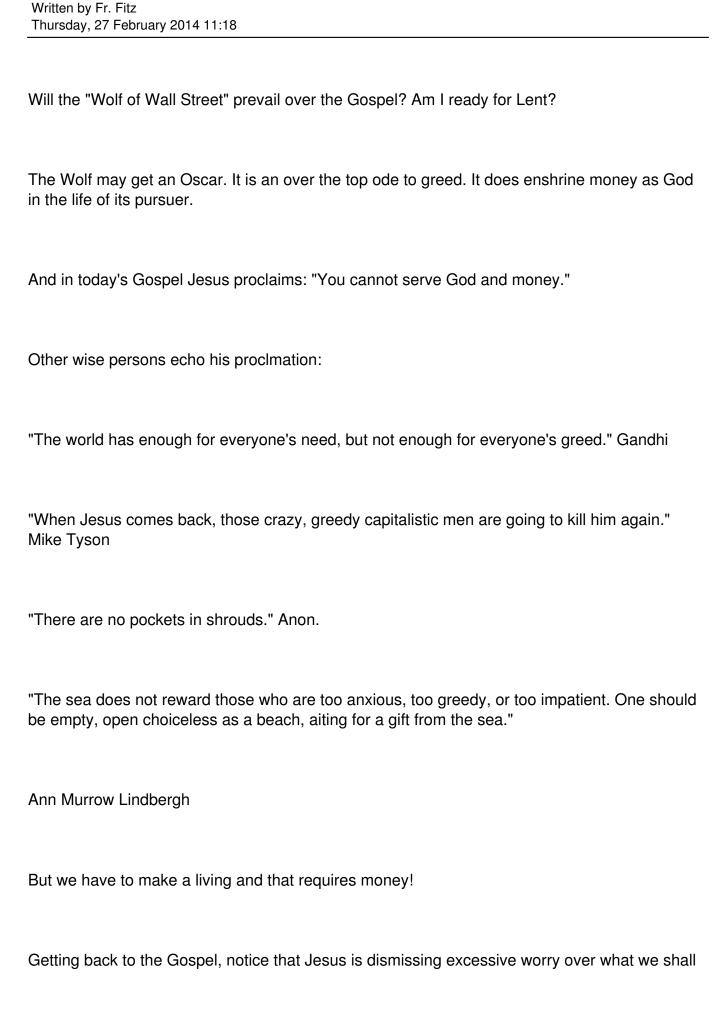
Eighth Sunday in Ordinary Time, Mrch 2, 2014



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Written by Fr. Fitz Thursday, 27 February 2014 11:18 possess: and so"do not worry about tommorow..." easily said but difficult to do. Ann Lindbergh says we should be like a beach: empty, awaiting fulfillment. This pertains to the spiritual discipline of "letting go." When we do let go, there is a paradox: then we become filled with what? With inner peace, contentment. Rich men like Warren Buffet and Bill Gates have found cotentment in setting up charitable trusts for various charities. Greed shrinks our souls. Generosity expands our horizons. ASH WEDNESDAY, March 5, 2014 Lent is not a season to shrink, and confine our life force. Rather it is a special time to expand our love and generosity. Alms Giving has always been a most integral part of our Lenten pracice. When Easter comes, will I be mre vibrant, more generous, more other directed than I am now? Lent is our journey from ashes to glory. "Remember man; remember woman, that you are dust and to dust you shall return!"

In Ash Wednesday dirt, plant the seeds of generosity and compassion and then expect an

Easter blooming.

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Breakfast Question: What new seeds shall I plant?

Personal Reflection: What do I need to let go of so that I might be like "an empty beach awaiting a gift from the sea?