



**Lent**

As we all know Lent is the season of fasting, praying and alms giving. While our fasting, praying and alms giving are underway it is equally important to check how well we apply our fasting, praying and alms giving to the day to day activities. Are our fasting, praying and alms giving done to advertise about ourselves? Let us be very careful Jesus will call us "Hypocrites" if we do that. As we read in bible **"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven"** (Matthew 6:1).

Many times we do our fasting, praying and alms giving very sincerely but on the other side we also do fighting to get the center of the stage, juicy gossips, slander, anger, uncontrolled temper, etc. and doing everything which will give us name and fame and to show our high status to the rest of the world. Even volunteering in the church we can see people will be more interested to volunteer in a high profile, high visibility areas while neglecting the low visibility or the areas not seen by the public. Is God glorified by this kind of Lenten sacrifice doing all the bad stuff while doing fasting, praying and alms giving?

Moreover many times we do fasting, praying and alms giving for our own benefits. I want good health, more luxurious life, etc. Every day we say "Our Father" prayer and every day we say "Thy kingdom come; thy will be done, in earth as it is in heaven". Do we fast, pray and alms give for His kingdom to come or thy will be done in earth as it is in heaven? All we care about to strengthen "My" kingdom and to do "My" will. We don't have enough time to pray for all of our own long list of requirements then how we do pray for His kingdom and who cares about His righteousness as long as I get the center of the stage or as long as I get what I wanted.

Jesus said to seek His kingdom first everything else is next **(But seek first his kingdom and his righteousness, and all these things will be given to you as well** (Matthew 6:33)). But the modern day followers of Christ reversed it. Seek everything else first because God is the giver of

**St : Josephs Parish**  
582 Hopes St Mountain View CA 94041

**Tamil Mass will be celebrated every second Saturday at 6.45 PM**

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power and wealth and then seek His kingdom and righteousness if we have time. It is sad to say that His kingdom and His righteousness are lost in the midst of our fighting for the center of the stage. If we give importance to the worldly things we become Pagans according to Jesus **(So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them** (Matthew 6:31-32)). If we are really the children of God our heavenly Father knows His children need them and we don't have to pray for the worldly things to Him. It is the children's right to receive them and it is the Father's duty to provide them. Does any of our child come and pray to his parents for food, water and cloths? No, they will ask with authority "Mom, I am hungry, give me food. I am thirsty, give me a drink. Buy me a new dress". As long as the children obey to the parents the children will receive them. Similarly as long as we seek His kingdom and His righteousness our heavenly Father knows what to give for us to survive in this world and not to show off our status. Don't we read in Old Testament that God ordered ravens to bring bread and meat in the morning and in the evening for Prophet Elijah? God did not provide Elijah a lunch or dinner buffet. All he got was sufficient for each day.

In this season of Lent we attend retreats, go to confession and go to church very often and let us not stop there. Let us seek His kingdom and His righteousness first while rejecting all the evils and all outside decorations of this world and our Lenten fast, prayer and alms will be accepted as the sweet smelling incense in heaven.  
—Leenus Rich

**UpComing Events**

**Mar 26th - 8:30 PM: Easter Mass**

**Apr 9th - 6:45 PM: 2nd Sat Tamil Mass**

**Location : St. Joseph 's Church  
Mountain View , CA 94041.**

## Words to Meditate during Lent

### Joel 2:12-13

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

### Isaiah 58:6-7

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?”

### Mark 1:15

And saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

### Genesis 3:19

By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.”

### Peter 1:3

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,

### Acts 15:9

And he made no distinction between us and them, having cleansed their hearts by faith.

### Isaiah 43:25

“I, I am he who blots out your transgressions for my own sake, and I will not remember your sins.

### 2 Corinthians 6:2

For he says, “In a favorable time I listened to you, and in a day of salvation I have helped you.” Behold, now is the favorable time; behold, now is the day of salvation.

### Acts 26:20

But declared first to those in Damascus, then in Jerusalem and throughout all the region of Judea, and also to the Gentiles, that they should repent and turn to God, performing deeds in keeping with their repentance.

### Luke 13:3

No, I tell you; but unless you repent, you will all likewise perish.

### Daniel 9:3

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

### John 1:1

In the beginning was the Word, and the Word was with God, and the Word was God.

### Psalms 91:1-16

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.” For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day,



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