

Notes from my Ash Wednesday Homily: (God...The First Mover).

-At the School Mass I actually threw a football during the homily. Shame on me, but my point was this...If I stand out of sight and throw a football...And you can see the flight of the football as it travels in the air...But you did not and could not see me throwing the football...Does that mean...I...The first mover of the football do not exist because you cannot see me?

-If you were sitting at a train crossing and never saw the TRAIN-ENGINE that is the FIRST, and PRIMARY MOVER of the train...Does that mean the engine does not exist? Of course not...This simple principle shows us although God is not always seen visibly...We can certainly see and enjoy His handiwork in creation.

-To continue with the train analogy...We are known to God before our birth...And through natural birth the FIRST MOVER: GOD places us on the train at our birth...We make lots of stops...People get on and off...Sometimes the train jumps the track (we experience trials)...But in the end if we trust the Lord...And Follow His plan for our lives...The train has a destination...And when we get off...Heaven and sharing in God's perfection and love forever can await us...If we choose daily...This can be our final destination!

-Ash Wednesday...The beginning of Lent reminds us we have a Father (The first Mover) who brings us into existence...We are loved...We have a purpose.

-Ash Wednesday reminds us...This world will end...We have a beginning, but with God, our end has a future... "Heaven."

-One day this life shall end as we depart the train...But during this life you are never alone...God loves you NOW...In and at each and every moment.

As we head into the Season of Lent a few basic things on Fasting.

Today's Lenten precept requires abstinence from meat only on Ash Wednesdays and all Lenten Fridays, including Good Friday. On Ash Wednesday and Good Friday, there is also a fast added to the abstinence from meat. This fast consists of two small meals (not to equal a full one), and a full meal.

-Why do we fast and or give up things? Lent has taught me this: sometimes when my passions or body really wants something at a given moment, I will sometimes just say NO...Such as occasionally sitting before my juicy eggs and learning to sometimes say no to adding salt. Or in the food section and really wanting to add ice-cream or chocolate to my cart, I simply say NO... I learned this from a Monk...What is the benefit of this?

-Prepares us to say no to the really serious spiritual temptations when they come.

-When we fast/abstain for our Lord who gave Himself for us:

- 1.Reminds us what Jesus did for us from the cross (Sacrifice out of Love).
- 2.Helps us to master our passions via sacrifice and to say no to the more serious spiritual temptations.

Believe it or not...Studies show that people that learn to live by sacrifice and personal restraint are much happier than those who live by following every passion and desire of the moment.

I hope you will find that fasting and self restraint actually leads to a life where we experience true freedom, and are happier...And then we can truly appreciate the sacrificial love of the First Mover...God.

In closing

-Thank goodness Jesus didn't say...I'm not going to the Cross today.

-That is why we can and should give things up for Him out of Love.

In Christ I Remain....Father Vic Gournas