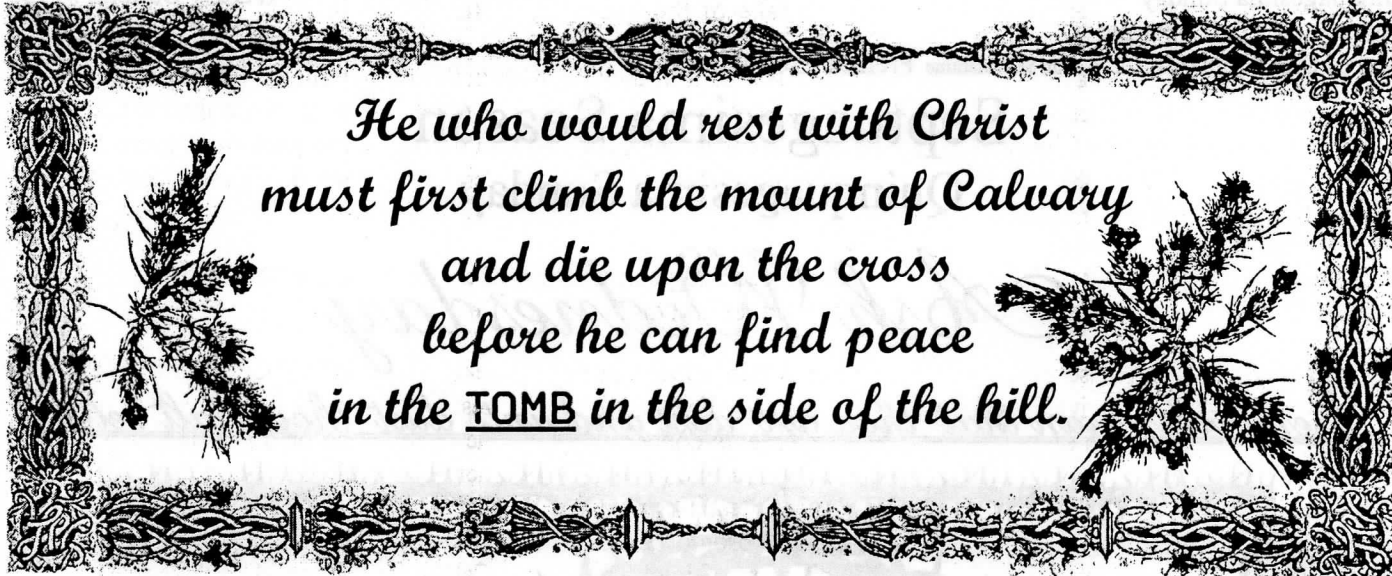


1. There will be Catechism class today after the 10:00 AM Mass.
2. **Be reminded of the Lenten Stations of the Cross and Benediction of the Most Blessed Sacrament every Friday night of Lent at 7:00 PM.** Those who, because of distance, cannot attend this ceremony are urged to follow through with it, every Friday night in their own homes and in the presence of their HOME CHAPELS. Also it would be laudable for the Stations to be prayed more often during Lent.
3. Please pray for all the Sick and Shut-ins of our Chapels. **LET US ALSO PRAY FOR EVERYONE.** Let us pray for ALL the priests and religious men and women of the world.. **Do not forget and continue praying for the dead and wounded and dispossessed people of Haiti.**
4. **Happy MARDI GRAS to one and all. Enjoy the day but it is ALL OVER at 12:00 midnight!**



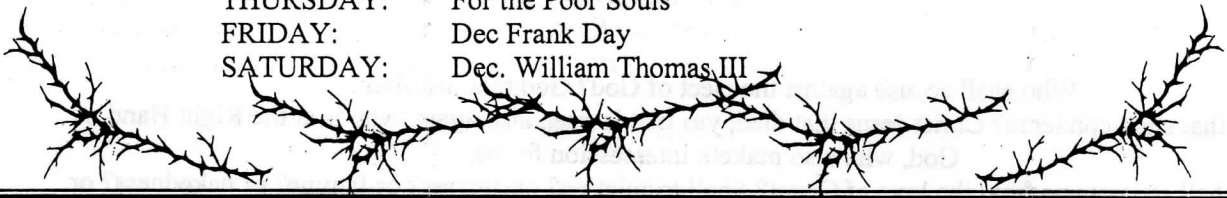
*He who would rest with Christ
must first climb the mount of Calvary
and die upon the cross
before he can find peace
in the TOMB in the side of the hill.*

5. **ASH-WEDNESDAY IS A DAY OF SOLEMN FAST FOR ALL FROM AGES 21 TO 59 AND ABSTINENCE FOR ALL THOSE AGES 7 AND UP.** All are bound by this Law of Fast and Abstinence – unless their health or the nature of their work prevents them.
6. **ASH WEDNESDAY. MASSES IN THE ABBEY CHURCH WILL BE AT 6:00 AM, 8:00 AM, AND 7:00 PM, WITH DISTRIBUTION OF ASHES AFTER EACH MASS.** It is NOT A Holyday of Obligation, ASH WEDNESDAY IS A NO-NONSENSE DAY. It is a time to reflect and to do penance.
7. **Beginning with Ash Wednesday,** please do not neglect the daily Lenten Readings.
8. Today, Saint Blaise blessing of throats after Mass at Saint Pius V Chapel, Birmingham.

HAPPY SAINT VALENTINE'S DAY

9. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels
MONDAY:	Welfare Monsieur Henault
TUESDAY:	Special Int. Ron McGuckin
WEDNESDAY:	Special Int. Danny Henderson
THURSDAY:	For the Poor Souls
FRIDAY:	Dec Frank Day
SATURDAY:	Dec. William Thomas III



A Thought To Remember ...

Love is not only reparation, it is also purification. In fact, love is a light which reveals to the soul the defects, even the slightest, which lessens its beauty; love is an unrelenting force which gives the soul the necessary energy to eradicate its defects to the very root. The spirit of love, though, must be well formed, and the motivating principal which directs the soul to all things good. True interior, spiritual love is devoted and of good will, always with eyes turned toward Him Who is Love.