

Brothers and Sisters in Christ,

We are about to embark on our Lenten journey this year. Lent is a spiritual time for all of us. It is a time of sacrifice, a time of reflection, a time of remembrance. It is a time to refresh one's soul.

The Catholic Church encourages, and in some cases requires, many different practices that can give your soul the lift that it needs in life. When most people think of Lent, they think of giving up something. This is a commendable practice. People will give up something that they enjoy as a method of self-sacrifice. It can help us relate to those who are truly without means and are wanting for basic necessities. In some cases, a bad habit may be given up during this period and habit may disappear after Lent being replaced by the good habit of not practicing the bad habit.

Instead of giving up something, I encourage you all to try and add something. This can be even more spiritually rewarding than self-sacrifice, although there is sometimes a sacrifice of time involved with this. For example, you can begin helping out in a soup kitchen if you have never done so before. This would allow you to be as Christ to one another, helping out those less fortunate than you. Going to daily Mass is also a wonderful exercise that you can add. Receiving the Holy Eucharist daily is truly wonderful for the soul.

The Church also requires fasting on Ash Wednesday and Good Friday for those that are of sufficient health to be able to do so. Fasting is a common Judeo/Christian practice and I encourage you to use this to bring you closer to Christ.

Now, I must comment on another practice the Church requires both outside of Lent, but especially during Lent. This is the abstaining from meat on Friday's. Now, I know some of you know the rumored knowledge origins of this, the fact that the Catholic Church owned several fisheries and it was a way to increase business. Even with that supposed origin, the practice of abstaining from meat is still one that can help condition us spiritually.

However, I must now implore you, when abstaining from meat, do not turn to fish. I know fish is what is commonly consumed, but you must not. You must avoid the fish. While I know that the Church would not institute a practice just to gain financially from it, I do suspect a dark origin in the practice. Although they did not come out and say you have to eat fish, it is what they knew people would turn to. I curse the wretched infection that was in our beloved Church at that time. I can only imagine the craftiness of whomever, or whatever, planted the seeds of this idea in our spiritual leaders. The slime seeks to strike at the faithful. But I know what they are doing. They will try to stop me because I know, but I have the Lord on my side. I shall overcome them. The fish shall not prevail! These vile creatures of the sea will not have you my congregation! You have now been informed of the truth, and the truth will set you free! The fish will NOT have my congregation! Armed with faith and truth we will spread out to other congregations and save them. The fish will rue the day they tried to destroy the Church.

Be wary my faithful of those that live by the water. They be allied with the fish.

We must not hate them even though they are with the fish. They were once brothers and sisters, fathers and mothers, sons and daughters, so they must be loved, but it is a pitiful love due to what they have become. But never trust them! They will lie, deceive, and corrupt. But if you must defend yourself, that so be it. Know that the Lord is on your side and the fish have no power over our Lord.

Thank you brothers and sisters. Be ever vigilant, the fish may be closer than you think.