

Daily Homily
Friday after Ash Wednesday
Lent
[19 February 2021](#)

Today is our first day of abstaining from meat during this Lenten retreat we are all on... everyone over the age of 14 is bound by this Catholic discipline – unless of course, there is some extraordinary medical reason that you can't do this.

Why do we do this? Here's the reminder...

1. All Catholics throughout the world are doing this today. This simple change to our diet today actually pulls us outside of ourselves and brings us closer to our Catholic family throughout the world. We belong to a bigger picture than just a parish community and a diocesan community. From the Pope all the way to the 14 year old in our day school, we are all doing Lent together. This little adjustment to the menu makes us more conscious of the holy season we are in and the people throughout the world who are in this with us today.
2. Sometimes it is just good to say "NO" to ourselves. Lent is a time of compunction. We prayed for that spirit on Ash Wednesday. A word that means, to puncture or burst. God should deflate us, burst our bubble during this time so that we know just how much we need Him. The best way for this to happen is when we are told, "NO." So say "NO" today to what I want, my needs... do this little sacrifice and see where it takes you.
3. We are called to sacrifice during Lent. In our day and age, this is an unpopular word and an unpopular action. Our culture sets us up to do anything but sacrifice. The marketing of any product is geared to let us know that we don't have to sacrifice anything... but almost everything is for our personal pleasure and enjoyment. We will never truly know Christ and the meaning of his many sacrifices for us, unless we are willing to sacrifice the same. These little Lenten disciplines help us in doing just that.

So change the diet today, adjust the menu. This is just a small way to know who we are and what we are about in this holy retreat time.