

The words of Christ in this Sunday's Gospel are, to use a famous phrase, "the perfect expression of the Christian life" (St. Augustine, *De Sermone Domini in monte*, 1, 1, 1). They also express the reality that we should be ready to sacrifice anything that could lead to an offense against God.

The ultimate reason for keeping the commandments is to attain the holiness of God. This *universal call to holiness* is not merely a suggestion; it is a requirement laid down by Jesus. As St. Josemaría Escrivá writes: "Your duty is to sanctify yourself. Yes, even you. Who thinks that this task is only for priests and religious? To everyone, without exception, our Lord said: 'Be ye perfect, as my heavenly Father is perfect'" (*The Way*, 291).

Lent is an exceptional time to strive for holiness; to let go of our *disordinate attachments* and to cling to the Lord Jesus. Our parish desires to help in this process of ongoing conversion by offering even greater opportunities to spend time with the Lord Jesus this Lent. Whether it be by assisting at daily Mass, praying through the Stations of the Cross, making a good Confession, or participating in one or more of our various studies or programs, the Lord will bless your time spent with him because he desires time spent with you.

Father Frei