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Lent is a period of approximately six weeks that begins on Ash Wednesday and ends on Holy Saturday. It is a time of preparation for the greatest feast of the Catholic Church – the Easter Triduum when we commemorate the death and resurrection of our Lord Jesus Christ. In order to be well prepared for the Easter Triduum, which is the climax of our liturgical year, we as Catholics particularly focus on prayer, fasting, and almsgiving during Lent. These acts express our gratitude to God. “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life” (John 3:16). Dear fellow Branch Officers and Members of the Chicago District FCSLA, I am praying for us that fasting, almsgiving, and especially prayer may become the pillars of our life, not only during Lent, but throughout the whole year.

