



NEW TV MASS CHANNELS

Please invite anyone you know in these cities to join us for Sunday TV Mass on Heart of the Nation's newest CW broadcast channels:

Biloxi-Gulfport, MS

WXXV channel 25.3 at 9:00 a.m.

Bismarck-Minot-Dickinson, ND

KXMA channel 2.1 at 9:00 a.m.

Also on KXMB ch. 12.2,

KXMC ch. 13.2 & KXMD ch. 11.2

Elmira-Corning, NY

WENY channel 36.3 at 10:00 a.m.

Marquette, MI

WBKP channel 5.1 and

WBUP channel 10.2 at 10:00 a.m.

Oklahoma City, OK

KOCB channel 34 at 6:30 a.m.

Sioux Falls-Mitchell, SD

KSFY channel 13.2 at 9:00 a.m.

Wilmington, NC

WWAY channel 3.3 at 10:00 a.m.

Lent's Ingredients

Pancakes on Tuesday's breakfast table traditionally usher in the Lenten season that begins on Ash Wednesday (Feb. 26, 2020). In the days when fasting and abstinence did not allow even eggs or dairy products, homemakers made pancakes to use up those ingredients before Lent.

Recipes for making fluffy pancakes in Colonial days required "pearl ash." People used a cast-iron pot to dissolve hardwood ashes in water and then boil the liquid until lye formed. Skimming off and boiling the caustic lye left a residue (the pearl ash) surprisingly useful in baking. The United States issued its very first patent, in 1790, for a modified method to produce this wondrous predecessor of modern baking powder.



Fr. Mark Payne
Chaplain

Our Lenten journey, too, begins with ashes. The ashes from burning last year's palm branches, rubbed on the forehead in the form of a cross, serve as a sign of our repentance.

The Gospel reading this Ash Wednesday includes the Lord's advice not to give alms, pray, or fast in a manner that draws praise. Ashes, rather than flashy observances, tell others that we admit our need for a time of penance—a humbling, public acknowledgment of our caustic sinfulness.

Wood turned to pearl ash served as a leaven. As we begin Lent this year, I invite you to contemplate the crosses you bear. Illness, frailty, and loneliness can weigh heavily. Look for inspiration in imagining those burdens turned to the leaven of pearl ash. We can rise above our struggles, as well as our sins. Jesus died on the Cross, but our Risen Lord gives us the hope of Resurrection celebrated with Easter joy.

Jesus taught us that even a little faith can make a big difference in our lives. Whether yeast or pearl ash or modern baking powder, a little leaven goes a long way. Your Lenten gift during the Inspired and Invited Fund Drive, or a pledge to give even a small amount each month, will provide a necessary ingredient for bringing the TV Mass to everyone who tunes in. Please add your generosity to the mix.

Fr. Mark

RSVP
Card Enclosed

*Inspired and
Invited*

(See page 2.)

“I have passed the word on to elderly people, both family and neighbors, to watch this special Mass.”

~Lynn



“I am a retired deacon. Both my wife and myself have various health issues. This service is a welcome experience in our lives.”

~Deacon Richard



“I am not Catholic but want you to know how much you have been helping me these last several years.”

~Clarabele

Mining the Salt of the Earth

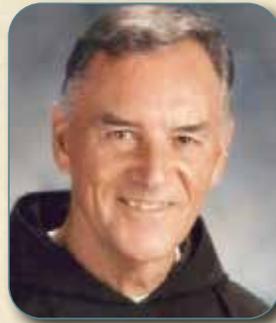
Jesus mined familiar images to illustrate the goals and graces of discipleship. Visitors to the Catedral de Sal (Salt Cathedral), in Colombia, follow room-sized Stations of the Cross and enter a church with a central nave more than 70 feet high, deep within a mountainous salt mine.

Early miners likely took it upon themselves to create a sanctuary amid the danger of their work—a place to offer prayers for protection. Mining left a growing labyrinth of caverns and tunnels.

Architectural ingenuity, sculptural excavations, and artistry transformed the cavernous spaces of the mine into a Catholic church dedicated to Our Lady of the Rosary. Because of its size, people called it a cathedral, although no bishop has a seat there.

Jesus called His Disciples salt of the earth. Like the excavated salt mine, we can feel depleted. Youthful capabilities we no longer have, loved ones gone before us, and other losses leave us with empty spaces that the Lord wants to fill.

Eventually, the original Salt Cathedral became structurally unsafe. A new church, deeper within the mountain, replaced it. So, too, we become imperiled by doubt and need deeper faith.



Fr. Tony Scannell
Chaplain

Jesus said that when salt loses its flavor, it has no purpose beyond trampling underfoot. Entering a huge tunnel leading to the Salt Cathedral’s three naves, visitors walk along a Way of the Cross.

At the first station, memorializing Jesus condemned by Pontius Pilate, a guide invites tourists to taste the salt. Although formed well over 100 million years ago, it still has its flavor.

People tried to trample Jesus, but He endured. As Church, we follow His Way.

Now, a 50-foot cross overlooks the 16-ton altar made of rock salt. Chiseled art, including replicas of religious masterpieces, further adorns the deeper Salt Cathedral.

St. Paul’s first Letter to the Corinthians depicts the faithful as God’s temple. The Holy Spirit dwells deep within and among us as a Church filled with faith. Please pass the salt!



Inspired and Invited

Inspired by your need for the TV/online Mass or your desire to respond to the Lord’s invitation to bring compassion to the multitudes, please donate during the Inspired and Invited fund drive.

“When good deeds that we do spotlight God, these works of ours invite others to give Him glory,” said Fr. Mark Payne, chaplain for Heart of the Nation. “Your generosity in donating to Heart of the Nation will shine for viewers of Sunday Mass on TV or online.”

Please return the Inspired and Invited reply card and your donation slip. The enclosures will help Heart of the Nation to save time and cost, making the most of your important gift.



Prayer in Sickness

(World Day of the Sick is Feb. 11)

Blessed Virgin Mary,

In your gentle holiness,
Please join me in this prayer
For hope in the Lord Jesus,
Who loves beyond compare.

In your closeness to the Lord,
Please ask that He bless me
With grace in time of sickness,
Pain, or infirmity.

In your maternal care,
May the comfort that I find
Help me in faith to seek Him
With heart and soul and mind.

In your loving presence,
May the healing meant to be
Or suffering endured become
Blessed for eternity. Amen.

Valentine Prayer

Heavenly Father,

Love shared, given, and received
Enfolds my most
joyous memories.

For love's inscription on my heart,
I give You thanks and glory.
For love shown in many ways
And its gift beyond what words
can say,

For each moment filled with love,
I come to You in grateful praise.
Greater love there cannot be
Than what Jesus showed readily.
In hope I offer You this prayer
For life in love eternally. Amen.

Lent Questions And Answers

When does Lent begin and end? Lent begins on Ash Wednesday (Feb. 26, 2020) and concludes before Easter Vigil Mass on Holy Saturday (April 11, 2020). Liturgically, though, Lent ends before the Evening Mass of the Lord's supper on Holy Thursday.

What do Lenten fasting and abstinence require? The obligation to fast on Ash Wednesday (Feb. 26) and Good Friday (April 10) allows three meals, but two small meals together should be less than the full one. Liquids are permitted at any time. Abstinence on all Fridays of Lent prohibits eating meat or poultry. No one should jeopardize health by fasting.

Should Catholics give up something during Lent? Beyond the fasting and abstinence described above, the Church does not require additional Lenten penitential practices. Prayer, further fasting (not just from food), and almsgiving are encouraged to develop spiritual discipline. Catholics may give up something enjoyable, such as entertainment. Others choose to give, such as devoting more time to prayer or good works.

World Day for Consecrated Life

Sunday, February 2, 2020

Saint Pope John Paul II chose the Feast of the Presentation of the Lord as a fitting occasion for the annual World Day for Consecrated Life. In accordance with Mosaic law, parents in Biblical times brought firstborn males to the temple for consecration to the Lord. When the Holy Family arrived, a devout man named Simeon recognized the Child Jesus as the Christ (Luke 2).



World Day for Consecrated Life began as a way to encourage prayer for vocations, willingness to answer the call to consecrated life, and gratitude to God for lives dedicated to humble service.

Priests, brothers, and sisters in **Religious Life** profess vows and pursue a mission defined by each religious order's founder. In **Societies of Apostolic Life**, members belong to a community embracing an apostolic purpose, but they do not profess the vows of poverty, chastity, and obedience. **Secular Institutes** foster holiness in the world through their members' work, interactions, and spiritual lifestyle. **Consecrated Virgins and Widows** dedicate themselves to prayer, penance, evangelization, and service. In **Eremitic Life**, hermits use their solitude for prayer and penance.

Please pray for vocations to consecrated life in its various forms. You can also use World Day for Consecrated Life as an occasion to talk about serving God with commitment and purpose. Tell a grandchild fond memories of a priest, religious brother, or sister in your life. Never hesitate to remind a child that he or she has a purpose in God's plan.



With gratitude, Heart of the Nation welcomes new members to the Circle of the Heart monthly giving club. As a member, you will be included in prayers placed before the altar for every Sunday TV Mass. To join, please mark the box on your donation reply card, and indicate the amount of your pledge. (If you need to change or cancel your pledge, just contact Heart of the Nation.) **Thank you!**

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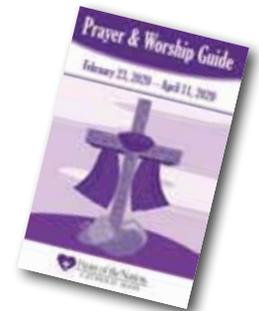
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CATHOLIC MASS

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Allow 4-6 weeks for delivery. **Thank You!**