Why do we receive ashes on Ash Wednesday?

Why we receive the ashes: Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth. We remember this when we are told “Remember, you are dust, and unto dust you shall return.” Ashes are made a symbol of penance by the blessing of the Church, and they help us develop a spirit of humility and sacrifice. The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins — just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days’ penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

The Ashes: The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.
Edmundite Campus Ministry Events (Continued)

Chapel. These will be collected on Palm Sunday, April 9th.

Worshipping Community Program

World Marriage Day, February 5, 2017, 10:00 am, St. Joseph’s Co-Cathedral, Allen Street, Burlington. All are welcome to attend a special Mass to celebrate World Marriage Day here in the Diocese of Burlington.

One-in-Christ Weekend for engaged couples, sponsored by the Roman Catholic Diocese of Burlington is open to any couple preparing for marriage in the Catholic Church. Through presentations by trained married couples and a Catholic priest, each couple is invited to deepen their faith and to better understand the Christ-centered nature of Sacramental marriage. Held at beautiful St. Anne’s Shrine in Isle La Motte. April 28—30, 2017. Contact Lori Daudelin at the Diocese (802.658.6110, ext. 1131) or email Lori Daudelin for information: (Ldaudelin@vermontcatholic.org)

Free Workshop—Responding to Domestic Violence: February 22, 2017 10:30 am to 2:00 pm at Holy Family Parish Ctr., Essex Jct. This workshop aids in developing tools to reach out and help victims of domestic violence. For more information or to RSVP, go to vermontcatholic.org/domesticviolence or call the Diocese at 802.846.5813.

Faculty & Staff Programs

Pontigny Society: This Spring, we will be reading The End of the Affair by Graham Greene. Session begins at 12:00 pm, Monday, February 6th, in the VT Room, Alliot Hall; lunch served. RSVP is required. All faculty and staff are welcome. Please RSVP to Fr. Marcel Rainville, SSF at 654.2848. To receive notices, please subscribe to the TPS mailing list on the portal page.

Partners in Ministry: Thursday, February 9th, 5:30 to 7:30 p.m. (Eddie’s lounge, 2nd Floor Alliot Hall). We will be continuing the reading Do You Love Me? Jesus Questions the Church by Michael Crosby. Light pot luck/snacks are welcome. Contact Stephanie Snoakes, snoakes@smcvt.edu or 881-5131. All are welcome!

Prayer for Catholic Schools Week—January 29-February 4, 2017

Loving Lord, since before the time of Moses, you showed your eagerness to guide your people. Thank you for your compassionate care. Today we ask that you will lead and bless us in our vocations so that—in our schools and in our homes, with our students, coworkers, family and friends—all we say and think and do brings you glory. In Jesus’ name we pray, Amen.

VITA is a group of students who are committed to ministering to other students through practicing our faith and leading many of the liturgical, retreat, and service programs. Student-led programs include:

- **Link**: A large group that meets weekly and combines discussion, meditation, music and more to help bridge the gap between our college and faith lives. Everyone is welcome to join us! Wednesday, February 1, 8, and 15; 8:00 to 9:00 pm in the Upper Room of the Chapel.

- **Dessert & the Divine**: Enjoy food and fellowship with other Christians! Our next gathering will be February 22nd; 8:00 pm in the Upper Room, Chapel. Please contact Anna Lester for more information at 654.2097 or alester@smcvt.edu.

- **Connections**: Come join us for weekly small faith-based discussion with an emphasis on Scripture and reflections on your faith life in college. Dates/time TBA. Alliot 125 (Anna Lester’s office).

Retreat Opportunities

EMMAUS - February 17-19, 2017: This Retreat is a student-led, weekend retreat based on Ignatian spirituality which emphasizes “seeing God in all things.” Emmaus will provide you with the opportunity to meet new people, reflect on your spiritual journey, pray with the Scriptures, share your faith with other students and faculty/staff, and take some time out of your busy life to rest. Best of all, you will become reacquainted with God’s unconditional love revealed by Jesus Christ. Application deadline: January 27, 2017. Contact Anna Lester at 654.2897 or alester@smcvt.edu.

LEAP - March 3rd - 5th, 2017: LEAP is a unique, communal and deeply personal experience which builds upon talks, activities and group dynamics. The weekend includes a series of presentations that explores the meaning of commitment, peace, prayer and faith in one’s life. It is an opportunity to deepen one’s understanding of self and others within the context of a believing Christian Community centered around the Eucharist. Contact Rev. Marcel Rainville at 654.2848.

Gently-Used Books Sale: To benefit MOVE international service trips (India & Dominican Republic). Wednesday thru Friday (February 15th—17th) 10:00 a.m. to 5 p.m. and Saturday, February 18th, 11:00 a.m. to 1:00 p.m. Alliot Hall. Also accepting book donations until Feb. 14th. (call Allison Cleary at 654-2901).

Penguin Plunge: Saturday, February 4th. This fundraiser is for Special Olympics. If you are interested in participating, please sign up on the MOVE bulletin board in the Alliot Lobby. Held at the Burlington Waterfront.