Ash Wednesday: Masses with distribution of ashes will be held on March 6 at 12:05 PM and 7:30 PM / Chapel.

This Lent, consider giving God one more hour each week and join a Catholic Bible study!! In these small group communities, we read, pray with, and discuss the Word of God and its application to our lives.

To get connected with a study that is best for you, please email us:

Graduate - contact: Brandon Roach-Men's study leader - roachb@mit.edu
Charolette Ong-Women's study leader - cxyong@mit.edu
Undergraduate – contact: Gregory Giangiordano-Men's study Coordinator - gregory.giangiordano@focus.org
Lisa Driscoll-Women's study Coordinator - lisa.driscoll@focus.org

Veritas Forum lecture: The TCC is a co-sponsor of this year’s Veritas Forum on “Time, Eternity, and Finding Value in Our (Very Short) Lives.” The forum will address the how our worldview and other values can affect how we think about how we spend our days. The speakers are MIT Professor of the Practice of Humanities Alan Lightman (author of Einstein's Dreams and In Praise of Wasting Time), Catholic convert and Notre Dame Professor of Philosophy Meghan Sullivan (author of Time Bases), and the moderator is Biological Engineering Professor Doug Lauffenburger. Refreshments will follow the event. Tuesday, March 5, at 7 pm in 10-250.

The Thomistic Institute@MIT: Friday, March 15 at 5:30 PM in bldg./rm. 3-270. “God, Beauty, and Mathematics” a lecture by Prof. Alexander Pruss (Baylor University).

Pi Day (March 14th) 24 Hour Challenge: If 50 donors make a gift of any size to TCC on Pi Day, Art ’68 and Joanne ’70 Cole have pledged a $5,000 challenge gift. And if 75 total donors make a gift, the Coles will give another $2,500. Help the TCC get to 75 donors by giving and telling your friends and family!

Rite of Christian Initiation for Adults (RCIA) and Course in the Fundamentals of the Catholic Faith: Fr. Moloney is offering a class in the fundamentals of the Catholic Faith on Sundays from 2:45-3:45 PM in the Small Dining Room of W11. For more info contact Fr. Moloney dmoloney@mit.edu.

Melchizedek Group for Priestly Vocations: Fr. Moloney will lead a discussion group about the nature of the priestly vocation and how to discern if God is calling you to the “order of Melchizedek” (Heb. 5:6, 7:17) using the book To Save a Thousand Souls. We meet on Mondays 5-6PM. Our Spring 2019 meetings begin tomorrow, February 25. To attend doesn’t mean that you are thinking about entering the seminary, or even that you’re not dating. It can simply mean that you’re interested in supporting others think about the priesthood. If interested, contact Kyle James (kbcj2711@mit.edu).

Books are available from Father’s office in W11: Einstein’s Dreams by J. conservative, and the moderator is Biological Engineering Professor Doug Lauffenburger. Refreshments will follow the event. Tuesday, March 5, at 7 pm in 10-250.

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Books are available from Father’s office in W11:

Women’s Discernment Group for Religious Life: Tuesdays at 6PM. Do you think God might be calling you to religious life? Do you want to know more about the nature of religious life and the call to it? Father Moloney will be leading discussion centered on religious life and how to discern if God is calling us. If interested, contact Mariah Mullen mmmullen@mit.edu. Copies of the book Discerning Religious Life are available in the office in W11-012

Spaghetti Suppers: Join the TCC every Friday night from 7-9 PM in the W11 Community Room for a free spaghetti supper! This is a time for food, fellowship, and fun.

Want to join the Choir? For details, visit https://mit-tcc-choir.org or email Piotr Suwara (suwara@mit.edu)

BBMSK (Back Bay Mobile Soup Kitchen): For more info, visit bbmsk.org

“What do I live for?: Reflect on our daily experience and on our values/needs. Italian food will be provided! Tuesdays from 7pm to 8pm @ the Student Center, Private Dining Room #3. For more info: Elisa: elisa@mit.edu

TCC Grad Student Dinner: Meet Wednesdays at 7:15 PM on the first floor of the Student Center (outside Anna’s Taqueria). Feel free to bring your own meal, or get something from the food court, and share in conversation and fellowship! For any questions, please contact Brandon Roach (roachb@mit.edu), cell 734-787-8272.

Integrity@MIT: Contact integrity@mit.edu for more information and dates of weekly meetings.
Some Ideas for Lent

Some people have been asking me for suggestions for what to do for Lent. The traditional guidance, based around the Ash Wednesday Gospel reading (Mt 6:1-6, 16-18) which mentions almsgiving, prayer, and fasting/mortification, is to take up something from each of those categories. Another traditional idea is to work to acquire some good habit(s) or root out some bad habit(s), and to offer the difficulty in doing so to God. We’re all different and so different things are helpful for us at a given stage of the spiritual journey, but below are some broad suggestions.

1. **Start keeping a spiritual notebook** (paper or digital). Write in it every day. Keep it with you throughout the day. Include in it your examination of conscience and your resolutions from prayer and retreats, as well as any other spiritual thoughts that come to you. Use it to prepare your confessions.

2. **Every day**, strive to:
   - Go to Mass.
   - Make an examination of conscience.
   - Read the Bible and some other spiritual book.
   - Say the Rosary.
   - Spend a set amount of time in contemplative prayer or *lectio divina*, perhaps with a Lenten theme.
   - Pray the Liturgy of the Hours.
   - Make a visit to our Lord in the Blessed Sacrament, at least briefly.

3. **Keep Sunday as a day of rest, prayer, and works of mercy**. Arrange your week so that you do no schoolwork or work in the office or shopping or errands that can be done another day (preparing dinner is necessary; doing laundry can be done on Saturday). Spend time with family and friends. Call your mom. And treat it as a feast day by…having a feast, complete with a drink, a cigar, an ice cream sandwich, or whatever treat it is that you deny yourself the rest of the week.

4. **Go on retreat** of at least 3 days/2 nights.

5. **Try to lift your mind to God** in aspirations several times a day, and live so as to be conscious of God’s constant presence during your day.

6. **Foster a few private devotions** (novenas, chaplets, patron saints, etc.) and stick to them.

7. **Choose 5 small to medium mortifications**, and deny yourself in those things *consistently*. Some examples: eating what you don’t like; reading books rather than spending time on the web; spending time with people who need you more than you need them; starting your work on schedule and putting it down at a set time; getting a full night’s sleep; not speaking about yourself; not listening to music; giving your time to the poor; and making a significant donation to the Church. Offer each mortification to God for a specific intention.

8. **Develop an apostolic plan**: that is, figure out the most effective way that you can spread the Gospel given the possibilities available to you. Pray and offer sacrifices for the people in your world. Examine your conscience on how you keep to your apostolic resolutions.

9. **Go to confession**, perhaps every week if you are failing in one of the areas you know are your weaknesses. Avoid sin, root out bad habits that lead to sin or put you in occasions of sin. Attack your predominant fault.

10. **Strive to be cheerful!** Don’t be discouraged when you fail. Don’t be a perfectionist—be a spiritual child.

Perhaps you might divide the above list into *low-hanging fruit*, things that that *aren’t easy but seem doable*, and *likely spiritual game changers*--and consider doing some things from each group. And it’s often best to choose things that you’d consider continuing after Lent, in effect treating Lent as a time to conduct spiritual experiments on yourself to see what helps you to advance in your spiritual life. And if you fail, that’s okay: St. Paul compares the spiritual life to training for an athletic event, where the right response to a setback or failure is not despair but determination to do better next time--out of love for Jesus, and a desire to accompany Him to His Cross.