



*"I was hungry and
you fed me;
thirsty and you gave
me drink;
I was a stranger and
you welcomed me;
naked, and you
clothed me."
Matthew 25:35-36*

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Disch-DeClouet Social Service Center

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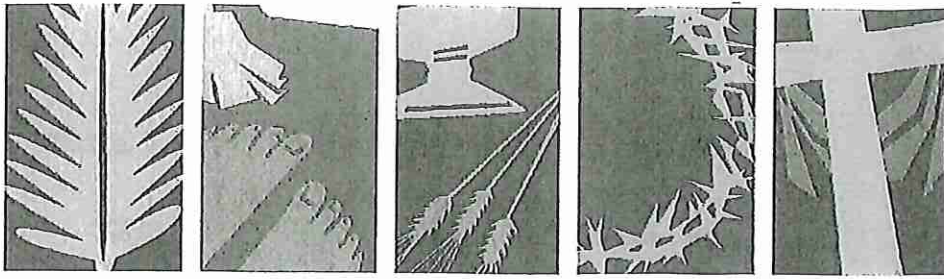
Disch-DeClouet Annual Campaign

The Disch-DeClouet Social Service Center is a non-profit organization with an all volunteer staff. The Center has served the poor and needy of Iberia Parish providing for critical and basic human needs (food, clothing, utility and rent assistance, and other help) for 48 years. We service approximately 400 families a month.

We are conducting our Annual Campaign which will run through the Lenten Season, and we need your help. We ask that you prayerfully consider investing in those less fortunate by sharing your gifts. Without additional financial support we cannot maintain the level of service that we have been giving for many years.

Please use the campaign envelope for your tax-deductible donation and see the brochure for more information. May God bless you for your generosity. Thank you!

**John L. Indest
Executive Director**



Make Your Lent More Meaningful

The season of Lent offers us forty days to review our lives and focus on conversion and spiritual transformation. It is basically a spiritual "spring training;" a time when we go back to the basics of our faith formation through prayer, fasting, almsgiving and other penitential practices in order to improve and enhance our spiritual lives and prepare ourselves to more fully participate in the paschal mystery of Holy Week with a generous heart and renewed commitment to Christ. Consider some of the following ideas for making your Lenten season even more meaningful this year.

1. Identify some penitential practice you can realistically commit to every day. It's easy to become distracted. A daily commitment will keep you focused. Mark it in your calendar and be faithful to your commitment.
2. Make time in your daily schedule for private prayer, even if it is only ten minutes. Remember, improving our spiritual lives starts with prayer, and the silence of an empty room where we begin to listen to God is invaluable. Prayer requires reserving time for God.
3. Reduce your daily or weekly soft drink or alcohol intake as a spiritual discipline. Drink water and pray for those who lack access to a safe, reliable source of drinking water.
4. It's become a cliché that people are addicted to communication technologies. "Give up" some of your "screen time" each day, whether it's watching television, constantly checking your phone, or surfing the Web. Put the extra time to use: read a passage from Scripture, call or visit a lonely friend or relative, pray the Rosary.
5. Don't shop for clothes during Lent. Stay out of every store except the supermarket and pharmacy, and don't loiter at these places either. Reflect on what it is like for millions in the world who have little or no discretionary income.
6. Make an extra donation to the poor with the money you save. (See #5)
7. Find a way to reduce your daily home energy consumption. With just five percent of the world's population, people living in the U.S. consume 24% of its available energy. Make it a spiritual exercise.
8. Give up negative thinking. Work on a patient, positive attitude toward others. Catch yourself when you mentally berate someone and turn it into a prayer for that person.
9. Take Luke 3:11 seriously. Do you have extra clothes languishing in a closet? Take an afternoon to clean a closet, give a "tunic" or two to a good cause.
10. Pray with the Church. Attend an extra Mass during the week or participate in a devotion that inspires you.