



From Your Chaplain, Fr. Dan Brandt...

We began the Lenten Season on Ash Wednesday, the 6th of this month. Invariably, when the topic of **Lent** comes up, the question arises, "So, what are you *giving up*?" The usual responses, of course, are "Chocolate" or "Beer."

These examples of "Sacrifice" reminded me of my attempt several years ago to give up coffee. Coffee is one of my best friends, so that particular Lenten sacrifice lasted about a week...*and it was perhaps the most miserable week of my life!*

WHY, then, do we "give up" stuff if doing so makes us (and those around us) miserable? Sure, sacrificing allows us to better relate to those who are less fortunate. Our 40-day Lenten journey mirrors that of Christ himself. That in mind, I re-aligned my Lenten priorities some years ago and decided: RATHER THAN "GIVING SOMETHING UP," ... WHY NOT **DO** SOMETHING SPECIAL??!?

After all, the Lenten discipline is three-fold: it involves not only sacrifice (FASTING), but also ALMSGIVING and INCREASED PRAYER.

So... my challenge to you: if you haven't yet made (or haven't been able to KEEP) a Lenten discipline, why not try this--as we are now about half-way through Lent...

1: **Give to a charity** that you find worthy. Of course, Police Chaplains Ministry, a 501(c)3 charitable organization, is happy to be a beneficiary of your goodness. Visit www.ChicagoPCM.org to donate. There are plenty of other worthy causes, as well—and I hope you'll take this opportunity to support one.

2: Exercise extra discipline when it comes to your behavior and attitude at home or on the street. **Go out of your way** to treat your loved ones and those you encounter at work, at the store, or elsewhere, as if they are Christ Himself.

3: **Get to church/synagogue/mosque/whatever**, especially if that's *not* part of your regular routine. Know that you are always welcome there. While communal prayer is fruitful, pray also at home (with your family—at meal and bed time), or

before lunch with your partner, or on your way to/from work, or ANYWHERE. There's NO wrong place or way to pray!

You are always welcome to pray with us at the **Police Mass** at Mercy Home (1140 W. Jackson Blvd), celebrated the second and fourth Sundays of each month at 11:00 a.m. (Please note that on Easter Sunday, Mass will be celebrated at 10:00 a.m.)

For the sake of on-duty worshippers, Mass lasts less than a half hour. Coffee and rolls are served after Mass for those who care to stay. While this is a Catholic Mass, ALL are welcome! Bring your family.

There are also **Blue Masses** offered at various parishes, which we highlight on our home page at www.ChicagoPCM.org.



Also, every Friday (year-round, not just during Lent) at 1300 hrs, Chaplain Joe Jackson facilitates a voluntary Bible study/prayer/faith-sharing group at the police academy. In recent months, as many as 75 recruits, officers and civilian employees of varying faiths have attended these brief Christian-based gatherings.

If you'd like more information about this opportunity, please reach out to Chaplain Jackson at 312/771-6684 or Joseph.Jackson@ChicagoPolice.org.

May the rest of your Lenten journey be blessed and spiritually fruitful!



Fr. Dan Brandt, *Directing CPD Chaplain*
773/550-2369 (cell/text)
dan.brandt@chicagopolice.org | www.ChicagoPCM.org

