



## **LENT : From Fr. Dan Brandt, CPD Chaplain...**

Talking with some friends while making the rounds on Ash Wednesday, the question came up: “So, what are you ‘giving up’ for Lent?” One of the guys in our circle answered, “Chocolate.” Another, “Beer.”

These examples of “Sacrifice” reminded me of my attempt several years ago to give up coffee. Coffee is among my very best of friends. 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 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, Judeo-Christian or not: if you haven’t yet made (or if you haven’t been able to KEEP) a Lenten discipline, why not try this--as we are now more than half-way through Lent...

1: Give to a charity that you find worthy of your generosity. Of course, the Police Chaplains Ministry is happy to be beneficiary of your goodness. Visit [www.ChicagoPCM.org](http://www.ChicagoPCM.org) to donate. You also know of plenty of *other* worthy causes—and I hope you’ll take this opportunity to support them.

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!)

Please pray also for our troops’ well being in two months at the G8/NATO Summit. **Chaplain Joe Jackson is organizing a prayer team for this very necessary cause.** If you’d like to commit to this effort, please contact Chaplain Jackson at 312/771-6684 or [joseph.jackson@chicagopolice.org](mailto:joseph.jackson@chicagopolice.org).

Finally... 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 is over in 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.

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

Fr. Dan Brandt, Chaplain  
312/738-7588  
dan.brandt@chicagopolice.org  
www.chicagopcm.org