

#FollowersOfChrist: How to Give Up #SocialMedia for Lent and Still Be #ConnectedToChrist

Lent is upon us, which means many of us will begin thinking about what we are going to “give up.” For most of us, it is social media – Facebook, Twitter, Instagram, and the many other sites and applications out there. These sites can be addicting and can distract us from reality, but there’s a lot that these sites can teach us about staying #ConnectedToChrist.

#Ashtag: More than Just a Trending Selfie

On Ash Wednesday, you will see a very unique selfie popping up on your News Feed called the #Ashtag. A play on the word, #hashtag, which tags or identifies certain pictures, tweets, or statuses with a trending topic, the #Ashtag is a selfie of people showing off their fresh ashes on their foreheads. While this is a fun trend, there is something deeper here. The #Ashtag gives many a sense of pride. It shows that many people are unafraid and are in fact proud to be Catholic. So even after you posted



Annamaria (left) and Joelle with their #Ashtag.

your #Ashtag, don’t wash those ashes just yet! Be proud to be Catholic, not just in social media but in real life!

#YOLO: You Only Live Once

You only live once but by God’s mercy and grace and Jesus’ sacrifice we live forever. Though this Internet motto is more about giving reason to do often silly and dangerous things, you should take this motto to mean that your life is absolutely unique, created in the image and likeness of God. With that knowledge, we should live fully in God’s Love and not merely exist. Make the most out of life because you only have one!



by Jessica Abejar

#FOMO: Fear of Missing Out

While #FOMO causes one to believe they are missing out on all the fun stuff that others are doing, such as going on exotic vacations, meeting celebrities, or simply going out for dinner, perhaps what they are missing out is the beauty of God’s Love in their own lives. Comparison can cause great anxiety but there is always great comfort in knowing that God’s Love lives in each and every one of us. Don’t let the fear of missing out make you miss out on the most important thing in life!

Sharing is Not Always Caring

There is no need to share every single photo or moment of your life on social media. You should act like Jesus, who told all of His followers and the many people He healed to not tell a soul about the things that He had just done. Jesus didn’t seek out fame and wasn’t interested in the number of “likes” or “comments” He got for His miracles. He was simply living life fully in the moment and doing God’s work. The one thing He did share and that He asks all of us to share is God’s Love.



This February, we pray through the intercession of the following saints and in honor of the following feast days:

- February 2 – The Presentation of the Lord
- February 3 – St. Blaise
- February 5 – St. Agatha
- February 6 – St. Paul Miki and Companions
- February 8 – St. Josephine Bakhita
- February 11 – Our Lady of Lourdes
- February 14 – St. Valentine
- February 22 – The Chair of St. Peter the Apostle

**PABASA
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PASYON**

**March 18 to 19, 2016
Fri. 8:00 PM to Sat. 2:00 PM**

**Filipino Pastoral Ministry
Our Lady of Pompei Church
25 Carmine St. New York, New York**