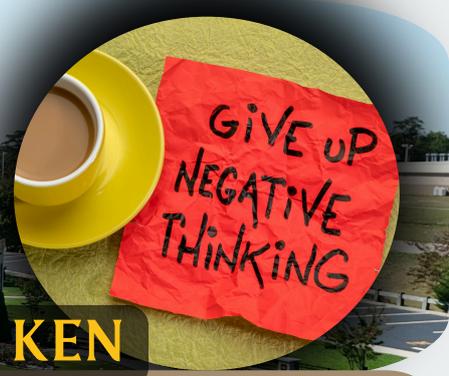


February 22, 2026



WEEKLY LETTER FROM MONSIGNOR KEN

Did you ever stop to consider how much time, and money, we spend on our health? As we get older so much of our week is spent on doctor appointments. Then, consider all the pills we take, exercise, physical therapy, regular check-ups. It is amazing we have time for anything else!

As important as our physical health is, we must also remember that we have an emotional and spiritual side to us. I wonder if we spend as much time on our emotional and spiritual health. Consider this: ALL sin is ultimately mental! It is true that so much of sin involves actions, such as the violence we see around us, the misuse of speech, impurity of actions. That is true, but it all begins with thought. We first think angry thoughts, or jealous thoughts, or impure thoughts. It begins with the mind, but then foment until it becomes ripe and becomes an act. Again, it starts with an idea.

For Lent, many times we focus on actions, sacrifice, such as giving up something, or deciding to do something. That is great. However, we should also spend time examining our mind, our thoughts, and our souls. Clean minds render clean actions. Peaceful souls render peaceful words and actions. Happy thoughts yield helpful actions. The bottom line: for Lent, take some time to look inside yourself. This time of the year, many people will engage in different versions of what might be called spring cleaning. Our minds and souls also need a spring cleaning, and Lent is a perfect time.

“But what comes out of a person, that is what defiles. From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.” (Mark 7:20-23)