

Dear Sisters, Postulants and Aspirants,

Lent is the time to return to what is most important. It is a time to be simple and uncluttered.

Lent is a time to REFOCUS

Since we are so human, we can so easily get out of focus, or off the course. We cannot see clearly. Really, without realizing it, our priorities can get confused. Jesus says there is only one thing that matters: "Love the Lord you God with all your heart, all your mind all your soul and love your neighbor as yourself." This is the ultimate measuring stick for our lives.

Lent is a time to refocus... look again at what is most important in your life. If we want to know what we really value, we need to listen to ourselves, to the "conversation" of the mind... Listen to how the use of our free time. Notice ourselves under stress, and Listen to the stirrings of God in prayer

When we listen deeply, we can discover what we truly value and we can see how it is that we have come out of focus. Lent is a time to refocus and make clear again the direction we are choosing to go.

Lent is a time for HEALING

When we listen deeply we find that we are broken. When we watch the patterns in our lives, we find that we don't really have the strength to even change ourselves. We have tried to change...and tried to change... It is God who has the power to heal us... to take away the pain...to take away the sin. It is God who transforms our lives. So, we surrender our deep wounds, pains, sins and disappointments to the healing and transforming power of Jesus.

Lent is a Time for NEW LIFE

Lent Means "Springtime"...it is not only a time for clearing away the old rubbish, but it is a time of planting new seeds. Lent is a time of hope and new life. In America, we talk about being "pro active". We foster the attitude of initiating the desired outcome rather than waiting for someone else to do it. It is a way of committing ourselves to building up the good rather than sitting back until someone else does it. I believe that we can be "pro active" in planting new hope, new life, new trust, in our community. Each sister, being "pro-active" can do her part in cooperating with God's grace of renewal in our community.

In light of our Visitation – Unity in Community

So, I would like to put these three Lenten actions: refocusing, healing and planting new life into the context of our Priory Visitation challenge to become more united.

- Refocusing Perhaps in this Lenten Season we can ask again if we are really here to follow Christ TOGETHER? And, if I believe I am called to surrender to God is through this community... what parts of my focus includes you? Are all my sisters (not just the sisters who are my friends) in my area of concern? Is the welfare of each sister as important as my own?
- Healing There are always parts of us, negative energies in us, that need healing. We need to surrender these over and over again so that we can ever more enter into the freedom of the children of God. In addition to surrendering my need for healing to Christ, maybe in these Lenten days we can pray for peace and full restoration of one another. Our prayers for one another can and do make a difference!
- New Life Perhaps what we are not aware of is that we affect one another so very much. Negative energy can pull us down so quickly, or positive energy, positive recognition, affirmation, can lift us up. Let's plant our springtime garden of new life in the hearts of one another. I am suggesting that we take time to notice and acknowledge the good in one another. I'm suggesting that we HONOR one another. I suggesting that we do the hard work of "turning the soil" of our commitment with one another by going the hard road of openness and respect when there are differences and disagreements.

We are blessed by another Lent, another opportunity to refocus our lives, be healed and renewed. May our Lenten Journey be truly OURS together...including the care and welfare for one another.