

# These Forty Days

A Lenten Journey

One does not live by bread alone, but by every word that comes forth from the mouth of God.  
Matthew 4:4

February 2018

## A Message from Our Pastor...

*What happens inside of you when you begin to think about Lent? Do you feel the wheels of will-power begin to turn; do resolutions begin to form in your mind, resolutions to enter into some kind of spiritual regime of penance; do visions of fasting and abstinence begin to dance in your head (gee, just a few weeks ago it was visions of sugar plums)? Perhaps you have visions of not just what you will give up, but what you will give over – some aspect of your time, talent, treasure – to somebody as a way of growing in love.*

*Yes, we must set our eyes on Jerusalem, as Jesus did those many years ago, and journey toward the Cross. Yes, we need to put things to death. We must wrestle with ourselves and the forces that swirl around in us, vying for our attention, vying to be first in our life. Yes, we must die. But, we do so believing that the Cross is now a symbol of Hope because Jesus was there, is there. Love was there, is there. The Cross opens up for us the fullness of life, of love, of communion, of God.*

*If you are anything like me you will stumble, perhaps even fail in your regime. But, most importantly, can we let our Lenten lapses and failures - whatever they may be - serve only to increase our dependence upon God. None of us will perfectly accomplish all we want to do during Lent. That's the human condition. Lent is not about passing or failing a test. The point is not to get a good grade; the point is to stretch a little more our capacity to love God and our neighbor. After all, Lent is a time to learn how to love - God's way - once again. That's the whole point of the season!*

*In closing, I offer something I keep in my "Lent" file. This Lent, mend a quarrel/ Seek out a forgotten friend/ Dismiss a suspicion and replace it with trust/ Write a letter of love/ Share some treasure/ Give a soft answer/ Encourage a youth/ Manifest your loyalty in word and deed/ Keep a promise/ Find the time/ Forego a grudge/ Forgive an enemy/ Listen/ Apologize if you were wrong/ Try to understand/ Flout envy/ Examine your demands on others/ Think first of somebody else/ Appreciate/ Be kind; be gently/ Laugh a little/ Laugh a little more/ Express your gratitude/ Go to church/ Welcome a stranger/ Gladden the heart of a child/ Speak your love/ Speak it again/ Speak it once again. - Anonymous*

**Fr. Dominic**