March 8, 2020 - The Second Sunday of Lent

CATHEDRAL OF THE BLESSED SACRAMENT
1019 11th Street, Sacramento, CA 95814 * 916-444-3071
Pastor’s Corner

Well, it’s Lent, and I’m trying to stay off my computer and simplify my life. Hence, a hand written pastor’s corner. Our bulletin editor, Lyssa, will probably think I’m just trying to annoy her. Most people reading this have probably already given up and I also realize how quickly I will run out of space on only one page.

It seems strange today to remember that this form of communication - hand writing - was the principle means of learning well into my college years. All notes, papers and exams were accomplished through pen and paper. I can’t tell you how many times I redact this and start from scratch and print more clearly. I find myself using extra easy words to spell because I can’t find my dictionary and after half a page, I’ve still said nothing.

What a gift the modern computer and word processor is (are?). People’s thoughts and comments can flow onto the page and just about everybody today has a way to express themselves publicly. In all sincerity, I believe modern social media is a gift. As a gift, it should never be abused or wasted or lead us away from even greater gifts, like family and friends and church and God.

FR. Michael 😊
How my Lent of love has created my love of Lent
by Maria Garabis Davis

After years of failing at this season of conversion and sacrifice, I finally cracked the code...

When it comes to Lent, I’m pretty sure I’ve done it all: no sugar, more daily Masses, no alcohol, no bread, no cream in my coffee, daily Rosary, cold showers, and hair shirt. OK, so maybe not hair shirt but, at one time I thought about it.

Yes, I admit, I’m a classic over-committer to the idea of Lenten penance. Which is probably why, for years, my Holy Week would always arrive with the same bitter realization: I was a Lenten failure. Over the 40 days, one by one, I would rationalize my Lenten promises away until I was inevitably left with none. And on Easter morning, I made a solemn vow that next year, I’d commit to Lent, be tried and true, and really celebrate Easter morning.

After years of breaking up with Lent mid-season, I finally cracked the code. Lent is about love. The love that Jesus Christ has for me and for you.

To really experience Lent, I had to put love into it.

I realized that Lent wasn’t about what the sacrifice was, but who the sacrifice was for. Saying no to chocolate means something more when you are doing it with the intention of the full healing of your friend’s breast cancer. Likewise, getting up when your alarm rings is exponentially more powerful when your intention for that day is the holiness of your children.

This connection between sacrifice and love, directed outward, always perfected by loving others, is exemplified and preached again and again by the great saints of our Church.

St. Gianna Molla said perfectly, “Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering and we cannot suffer without love.”

Or St. Maximilian Kolbe, who gave his life in Auschwitz for another prisoner, “Let us remember that love lives through sacrifice and is nourished by giving. Without sacrifice, there is no love.”

And maybe the most beautiful sentiment of them all is when Jesus, Himself, said to St. Faustina, “A single act of pure love pleases me more than a thousand imperfect prayers.”

Lent, to me, has now become the most moving and prayerful part of my year. It can be yours, too.

Here’s what I do:
I write down 40 names and assign each day of Lent to one person on the list. Then, each day of the season, I offer whatever sacrifices I can for that person. I pray for them and I fast for them.

Sometimes I let the person know it’s their day and sometimes I don’t. It’s my Lent of love that has created my love of Lent. And it can for you too.

Be assured of my prayers for you this Lent, dear reader, I’ll be remembering you and your intentions on Day 32.

Question:

Our prayer group is discussing ways we can change and strengthen our faith. What one thing could we change that would have the greatest impact on our faith?

Answer:

A famous coach once said that when the team is in trouble and things aren’t going well, go back to the basics; when the team is winning and things are going well, go back to the basics! Any renewal program, faith development, or spiritual growth effort has to start with the basic core of what it means to believe. If the foundation is not strong, the house will not stand.

So if you work on one thing, begin with the idea that God is love, who loves us and calls us to love one another. If we really take that belief to heart, it changes how we see God, ourselves, and one another. It would change how we pray, how we treat others, and how we understand and live our own life. Our sense of mission and purpose will be more focused on God’s plan and our role in it. Love is the core of faith, the goal of life, and the hope of heaven. Whatever we do to strengthen and deepen our faith will begin and end with love.

Everyday Stewardship

The 6 Characteristics of an Everyday Stewardship for Lent – Prayerful

When my children were younger, they could make me laugh and sometimes cry. I would have conversations about animals, nature, outer space, and so many amazing things in life. I would play with them one day and then work to bandage a boo-boo the next. There were so many dynamics to our relationship. However, one aspect was my favorite. It was when one of them would snuggle up next to me on the couch silently, often leading to sleep. There was no better feeling, and I didn’t want to move for anything. It is crazy to think of all the things we would do together, and my favorite was when we essentially were doing nothing.

Do you think God desires a portion of you? Without a doubt, He wants all of you: the good, the bad, and the ugly. Walking with Him daily is so important, and we can never become the disciples and stewards we need to be without a deepening relationship. Yet, prayer is not just talking and listening. It is also being. We sometimes seek to communicate so much and do so many things that we forget the value of stewardship of presence. The giving of ourselves completely to another often requires us to simply be with that person. We feel their presence. We rest in their being. No words are needed because words would destroy the moment. This is what we are called to in a relationship with God. This is good stewardship because it is about giving of our very presence to God and receiving strength from that resting in Him. Sometimes, all we need is to snuggle up to our God on the couch.

— Tracy Earl Welliver, MTS
Here’s a way to forgive others and let go of your pain

Edifa | Aleteia.org

Some incidents remain deeply engraved in our memories. We have been hurt and can’t stop thinking about it. But as unfair as our experiences have been, they can become transformative if we draw something positive out of them. By dwelling on them, we obstruct God’s will, become their prisoner, and can’t move on. How can we rid ourselves of these resentments that are weighing us down?

Some therapists propose that their patients write a letter in which they can let off steam and vent their anger. This letter could be addressed to parents, partners, or even bosses — in short, to anyone who has hurt us. You, too, can try doing this, but this letter is not meant to be sent. It is there to express the contradictory sentiments that fill you. Day after day, you can add to your letter, until you begin to feel better.

You can read the letter to a friend you trust. Then, write a second letter — this one speaking of love. It must be positive. You can express your appreciation for everything this same person has given you. Think back to any good times, try to understand this person until you begin to feel some compassion. Add something to this letter every day until you feel at peace and filled with the mercy of God.

These two steps are often needed so the past won’t weigh us down and we can learn how to make sense of things. We can come out stronger, more loving, and more positive!

“Walking with Mary from the Cradle to the Cross”

A Lenten Meditation on the Seven Sorrows of Mary

Sponsored by the Lay Canossian Association

Please join us for this beautiful reflection presented by Fr. Tom O’Neil, SJ. This is a free event which will take place on March 14, 2020 at Our Lady of Lourdes Parish Hall, 1951 North Avenue, Sacramento, CA. Doors open at 8:00 a.m. Program starts at 8:30 a.m. and concludes at 2:00 p.m. Includes a 2-part presentation by Fr. Tom O’Neil, Mass and Stations of the Cross. Please bring a bag lunch! Questions? Contact Amy McCormick, ammccormick@att.net or (916) 801-3967.

ACTS Ministry presents

Bunco

FOR EVERYONE

Saturday, March 28 from 2pm-5pm in Mercy Hall

Snacks and prizes and fun! No experience necessary. $15 per person. Co-ed and open to all ages who can count and roll dice! Contact ActsSocialEvents@gmail.com to reserve your spot. Mail your check to the Cathedral (ACTS Bunco in the memo line) or look for us after Mass in the Vestibule.

From February 26 through April 5, 2020, you’re invited to join other Christians for 40 Days for Life – 40 days of prayer, vigil and fasting for an end to abortion. You are invited to stand and peacefully pray with us during a 40-day vigil in front of FPA Abortion Clinic at 2322 Butano Dr., Sacramento, and to help spread the word about this important community outreach. We will be a presence Monday through Friday, from 8:00am to 6p.m. For more information — and especially if you’d like to volunteer to help, please contact: Liliana Balderrama (916) 912-8256 or Veronica Avina (916) 205-0713 or go to 40daysforlife.com/sacramento.

CHRISM MASS

Thursday, April 2, 2020 at 6:00 pm - The Chrism Mass is one of the most beautiful liturgies of the Church. At this Mass the Bishop blesses the oils that will be used throughout the diocese for the coming year. Also as a vivid expression of our unity the priests of the diocese come together to renew their commitment to priestly service. The Chrism Mass is a reminder that we are priestly people, called to proclaim the gospel, inspired by the sacraments we have received. You are cordially invited to join Bishop Soto, the priests of the diocese and your Catholic brothers and sisters to celebrate the Chrism Mass, and to pray for God’s continued blessings on the Church of Sacramento.

CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE

hosted by Fr. Michael Kiernan. View on Comcast 20, Consolidated 19 and AT&T 14, Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM. All shows are also on YouTube and website CatholicviewpointFHL.com.

COVER PHOTO: A stained glass window of Saint Luke on the north wall of the cathedral’s sanctuary.
Sharing the Gospel

In today’s Gospel reading, Jesus showed his closest friends - Peter, James, and John - what heaven would be like. Jesus' friends were amazed to see Moses and Elijah talking to Jesus. Moses and Elijah had gone to heaven hundreds of years before this day. Then Peter, James and John heard God's voice from the cloud. Jesus, their friend and teacher, was God's Son. They fell down in fear. You might, too, if you were there.

Prayer

Dear God, thank you for showing Jesus' friends what heaven would be like.

Mission for the Week

If you could see Jesus in heaven today, what would you talk about? What would you ask him?

Date
Mass / Intentions /Readings
Observances & Cathedral Events

Saturday
March 7
5:00 pm / Colleen Hazen Jotter + Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48
Sts. Perpetua and Felicity, Martyrs

Sunday
March 8
7:30 am / Benigno Family S.I. 9:00 am / Richard Anub + 11:00 am / People of the Parish 1:00 pm (Spanish)/ Nicolas Martinez + 3:00 pm (Chinese) 5:00 pm / Cathy Canavan + 7:00 pm (Spanish)/ Christopher Albright S.I. Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 [22]/2 Tm 1:8b-10/Mt 17:1-9
2nd Sunday of Lent; Daylight Saving Time Begins

Monday
March 9
12:10 pm / All Souls + 5:10 pm / Jose & Luisa S.I. Dn 9:4b-10/Ps 79:8, 9, 11 and 13 [cf. Ps 103:10a]/Lk 6:36-38
St. Frances of Rome, Religious

Tuesday
March 10
12:10 pm / Irma + 5:10 pm / Carlos, Mara & children S.I. Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 23:1-12

Wednesday
March 11
12:10 pm / Jaime Benigno + 5:10 pm / Carlos, Mara & children S.I. Jer 18:18-20/Ps 31:5-6, 14, 15-16 [17b]/Mt 20:17-28

Thursday
March 12
12:10 pm / All Souls + 5:10 pm / Mary Hayes + Jer 17:5-10/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 16:19-31

Friday
March 13
12:10 pm / Clyde Cleinmark + 12:45 pm / Station of the Cross in English 7:00 pm / Estaciones de la Cruz Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18-19, 20-21 [5a]/Mt 21:33-43, 45-46

Saturday
March 14
5:00 pm / Carlos, Mara & children S.I. Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 15:1-3, 11-32
8pm to midnight Nightfever

CATHEDRAL PARISH STEWARDSHIP
FEBRUARY

Weekly Offertory:
February 01/02 $7,876
February 07/08 $8,432
February 15/16 $7,933
February 22/23 $9,209

Online Giving $3,899
Mail-in Giving Pending
Weddings/Other Events Pending

The Cathedral’s monthly expenses exceed $80,000. Your contributions are vital for the support and care of our spiritual home. Thank you for your generosity and continued support of the Cathedral!
La Esquina del Pastor

Bueno pues, estamos en Cuaresma, y estoy tratando de no usar mi computadora y simplificar mi vida. Por lo que la “Esquina del Pastor” está escrito a mano. Nuestra editor del boletín, Lyssa, probablemente pensará que solo estoy tratando de molestarla. La mayoría de las personas leyendo esto probablemente ya se dieron por vencidos y también me doy cuenta lo pronto que se me acabará el espacio en solo una página.

Parece extraño hoy recordar que esta forma de comunicación -manuscrito- fue el medio principal de mi aprendizaje hasta la universidad. Todas las notas, tareas y exámenes eran con hechos en pluma y papel. No te puedo decir cuántas veces he escrito esto y empezado desde el principio y tratando de escribir más claramente. Me encuentro usando palabras extra faciles de leer por que no puedo encontrar mi diccionario y después de media página todavía no he dicho nada.

Que regalo es la computadora moderna y el processor de datos. Los pensamientos y comentarios de las personas fluyen en la pagina y casi todo el mundo hoy en día tiene una manera de expresar se publicamente. En toda sinceridad, yo creo que la modernas redes de Comunicación Social es un regalo. Como un regalo, nunca debe ser abusado o desperdiciado ya que nos aleje de lo que son regalos más valiosos, como la Familia, y amigos, y la iglesia y Dios.
Entonces Pedro le dijo a Jesús: “Señor, ¿qué bueno sería quedarnos aquí? Si quieres, haremos aquí tres chozas, una para ti, otra para Moisés y otra para Elías”. Cuando aún estaba hablando, una nube luminosa los cubrió y de ella salió una voz que decía: “Este es mi Hijo muy amado, en quien tengo puestas mis complacencias; escúchenlo”. – Mt 17, 4-5

LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA
Domingo: 2º Domingo de Cuaresma; Inicio del horario de verano
Gn 12, 1-4/Sal 33, 4-5. 18-19. 20. 22 [22]/2 Tim 1, 8-10/ Mt 17, 1-9
Lunes: Santa Francisca romana, religiosa
Dn 9, 4-10/Sal 79, 8. 9. 11 y 13 [cfr. Sal 103, 10]/Lc 6, 36-38
Martes: Is 1, 10. 16-20/Sal 50, 8-9. 16-17. 21 y 23 [23]/Mt 23, 1-12
Miércoles: Jr 18, 18-20/Sal 31, 5-6. 14. 15-16 [17]/Mt 20, 17-28
Jueves: Jr 17, 5-10/Sal 1, 1-2. 3. 4 y 6 [Sal 40, 5]/Lc 16, 19-31
20-21 [5]/Mt 21, 33-43. 45-46
Sábado: Mi 7, 14-15. 18-20/Sal 103, 1-2. 3-4. 9-10. 11-12 [8]/ Lc 15, 1-3. 11-32

40 DÍAS POR LA VIDA
Usted está invitado a unirse a otros cristianos desde el 26 de Febrero al 5 de Abril del 2020 para participar en los 40 Días por la Vida - 40 días de oración, vigilia y ayuno por el fin del aborto. Está invitado a pararse enfrente de la clínica de aborto FPA y orar pacíficamente con nosotros durante la vigilia de 40 días en el 2322 Butano Dr., Sacramento, y ayudar a pasar la voz sobre esta importante campaña por la vida. Estaremos presentes de lunes a viernes de 8:00am a 6:00pm. Para más información - y especialmente si le gustaría ayudar, por favor contacte a: Liliana Balderrama (916) 912-8256 o Veronica Avina (916) 205-0713 o también en 40daysforlife.com/sacramento.

Cómo hablarle a tus hijos para que te escuchen y como escucharlos para que te hablen. ¿Quieres caber que decir para que no salgas regañado por tu mujer? ¿Qué te parecería el pagar todas tus deudas, guardar un fondo de emergencias y por fin poder comprar o pagar tu casa más rápido? ¿Sabes cómo pedir un aumento de salario o ganar más dinero en el trabajo que ya tienes? ¿Demasiado bueno para ser cierto? www.AcademiaR3.com clases sin costo por beca. ¿Más información? está pendiente a los anuncios durante la misa. (916) 905-0720 |Noche informativa 03/25 6PM Cuarto Toribio Romo.

LA CORRESPONSABILIDAD DIARIA
Las 6 Características de una Corresponsabilidad Diaria para la Cuaresma – La Oración

Meditación Evangélica
Segundo Domingo de Cuaresma; la semana pasada tentación, y ahora transfiguración. Grandes contrastes que nos llevan a reflexionar en la grandeza de la presencia del Señor entre nosotros. Al resistir la tentación es que llegamos a la transfiguración. Es un juego de armonía de la gracia de Dios en la vida del ser humano. La oración colectiva de la Misa nos ayuda a reflexionar en la maravilla de la Transfiguración: "Señor Dios, que nos mandaste escuchar a tu Hijo muy amado, dígnate alimentarnos íntimamente con tu palabra, para que, ya purificada nuestra mirada interior, nos alegremos en la contemplación de tu gloria.

¿Qué propósito tienes en esta Cuaresma? ¿Dónde debo buscar la conversión? El Evangelio de hoy invita al encuentro con Jesús en la montaña. Si nos fijamos bien y escuchamos con cuidado, notaremos que Jesús nos mostró quién es en realidad en el misterio de la Transfiguración. Por esto Pedro le dice, convencido de la hermosura del resplandor, "Señor, ¡qué bueno sería quedarnos aquí! Si quieres, haremos aquí tres chozas, una para ti, otra para Moisés y otra para Elías. "¿Quedarnos aquí? pero ¿Dónde estamos? ¿Es bueno el lugar donde estamos para quedarnos? Pidamos en esta Eucaristía que el Espíritu Santo nos ayude a comprender que somos hijos e hijas de Dios y lo que esto significa.
TOURS
We love to share our Cathedral history! Tours are FREE, led by trained Docents, and held after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.

Los tours en español se llevan a cabo el 1er y 3er domingo del mes después de la misa de 1pm.

RELIGIOUS EDUCATION PROGRAMS - The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A., for adults, teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program.

If you’ve been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you to learn what Catholics believe in an open and welcoming environment. The Rite of Christian Initiation of Adults (RCIA) sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening. For more information on all of our faith formation programs, please call 916-444-5364 or email Sister Lisa Marie Doty, Director of Religious Education, lmdoty@cathedralsacramento.org.

QUINCEÑERA - This is the tradition of celebrating a young girl’s coming of age on her 15th birthday with a Mass, and highlights the virtues of family and social responsibility. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at the Cathedral Office, 916-444-3071, x13, tiki-la@cathedralsacramento.org.

MARRIAGE PREPARATION - The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Deacon Omar & Janet Bardales at maternityprep@att.net, or 916-427-9160. You do not have to have your wedding at the Cathedral to take this class.

CONVALIDATION - If you would like to have your civil marriage blessed in the Catholic Church, or if you have been together for a number of years and would like to be married in the Church, this can often be done in a small, private ceremony called a Convalidation, without any cost or fee. To explore this possibility, contact Deacon John at 444-3071 Ext. 11 or jgisla@cathedralsacramento.org.

WEDDINGS - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, contact Wedding Coordinator, Titi Kila at tiki-la@cathedralsacramento.org at least six months before your desired wedding date to arrange a meeting.
Bishop Patrick Manogue  
~1886~

PASTORAL AND ADMINISTRATIVE STAFF
Father Michael O’Reilly, Pastor / Rector
Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Edgar Hilbert
Deacon Omar Bardales
Sister Lisa Marie Doty, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
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Victoria Ramos, Secretary
Katie McAllister, Bookkeeper
Titi Kila, Wedding Coordinator
Lyssa Black, Webmaster / Bulletin Editor

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CATHEDRAL PARISH REGISTRATION & UPDATE
Actualización y registro de la parroquia de la Catedral
Become a member of the Cathedral family. Register online at cathedralsacramento.org / Parishioner Registration, or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

Name (Nombre): _____________________________________________________
Cell Phone: (Celular): (________)___________________________________
Street Address (Domicilio): __________________________________________
City (Ciudad): ______________________________________________________
State (Estado): ___________ Zip (Código postal): _________________
Email: _____________________________________________________________

For additional family members, please attach a separate sheet.

Please indicate: 
New Parishioner/Individual 
New Parishioners/Family 
Change of Address 
Please send Offertory Envelopes 

Altarservers
Michael Ognisty, mfognisty@msn.com.
Benedictus Youth Group
Victoria Ramos, benedictusyog@gmail.com
Brown Bag Lunch Ministry
Jerri Rush, jerrirush@comcast.net
Catechism of the Good Shepherd for ages 3+, visit youngsheep.org, or call 916-910-3435
Cathedral A.C.T.S.
ActsCathedralSacto@gmail.com, saccathedralacts.org
Saint Vincent de Paul contact the rectory office
Cathedral Young Adults
Titi Kila, cathedralyga@gmail.com
Chinese Community
Oliver Wan sccc.contact@gmail.com
Choir (English)
Rex Rallanka, Music Director, rrallanka@cathedralsacramento.org
Choir (Spanish)
Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after 7pm Mass.
Cinema Divina Movies
Reggie King, thecatholicstore@gmail.com
Communion & Liberation
catechesis meets every Wednesday at 7:15pm
Docents
Jill Pease, peasejill@gmail.com
Email Prayer Chain
Lynne Amerson, cbs1017pc@yahoo.com.
Extraordinary Ministers of Holy Communion
Amy McCormick, ammccormick@att.net
Festival of Trees and Lights
Paula Trujillo, trupaula@gmail.com
Front Door Ministry
ministries@cathedralsacramento.org
Greeters and Ushers
Tom Waddock, 916-444-3071, x 36
Hospitality
Celeste Gisla, jfgisla@surewest.net
Knights of Columbus
Jaime Elizaldi, Jaime.elizaldi@gmail.com
Lectors
Fred Heacock, fheacock72@hotmail.com
RCIA Catechists
Sr Lisa Marie Doty, RCIA@cathedralsacramento.org
Religious Education Catechists
Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org
Respect Life Ministry
Liliana Balderrama, michoacan8888@gmail.com
Rosary Club
Lolita Urrutia, lolita.urrutia@gmail.com.
Spanish Parents Group Leaders
Leticia Hilbert, leticia_hilbert@hotmail.com

The Most Reverend Jaime Soto, D.D, M.S.W.
Bishop of Sacramento
2110 Broadway, Sacramento, CA 95818, Phone 916-733-0100 ~ scd.org
每日當責 - 在日常生活中體驗天主

善度四旬期生活的六項特質之二 - 虔誠

當我的孩子還小的時候，他們有時會逗得我發笑，也會逗得我哭。我會和他們談論動物、大自然、外太空、和生活上許多令人驚奇的事。我會與他們好好玩上一天，然後幫他們在跌跌撞撞出的傷口上貼上繃帶。我們的關係中有很多動力，然而我最喜歡的一面是，當我的孩子中有人在沙發上靜靜地靠在我身邊，常常接著就睡著了；我一點也不想移動，沒有甚麼比這個感覺更好的了！想起我們在一起做的事情都很瘋狂，但我卻最喜歡基本上甚麼事情都不做的相處時光。

你認為天主也渴望你的一部份嗎？毫無疑問的，祂要我們全然屬於祂：好的、壞的和醜的。每天與主同行是如此重要，沒有深化我們與主的關係，永遠無法成為祂的門徒和管家。祈禱不僅僅是訴說和傾聽，也是心靈與祂同在。我們有時會尋求無數的溝通，會行許多的事情，但我們忘了現時聖善生活的價值。全然的把自己付出給他人，但往往只是需要簡單地陪伴，感覺他們的存在，憩息於他們之所，這是無需言語的，因為此時無聲勝有聲。這就是我們在與天主關係中的被召叫。這是很好的聖善生活，因為這關乎將我們的臨在奉獻給上主，並藉由憩息在祂內而得到力量。有時候我們所要做的，就是在沙發上依偎著天主。

- Tracy Earl Welliver, MTS

我有決心在這四旬期中做一個徹底的靈魂改造，並緊緊跟隨天父給我獨特的使命嗎？我有先死於自我的決心嗎？

禱告：主，請補足我的不信及缺乏忠心跟隨祢的決心！主，作為我對祢的邀請的回應，我今天願意再花多一點時間去聆聽你想對我說的話。阿們。

Am I determined enough to have a complete spiritual makeover during this Lent and to follow God’s mission for me till the end? How prepared am I to first die to myself?

Pray: Lord, help my unbelief and my lack of determination to follow you to the end! As my response to your invitation, Lord, I desire to spend more time with you today to listen to your word for me.   Amen.
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