

Saint David School
401 N. Easton Rd.
Willow Grove, PA 19090

March 2010

Dear Parents/Guardians,

May your Lenten Journey with Jesus to Calvary be marked with deep inner growth personally and as a family!

Each year we remember again the love story told on the cross, and we begin this sacred time with many sincere intentions to be a "little bit more holy" each year. We are also reminded that traditionally during this hallowed season the church calls us to prayer, fasting and almsgiving. In addition to these loving practices, we are challenged to be still and silent so that God will touch us as well. It is not so much what or how much we do, but the spirit with which we live and the open heart we bring to the workings of God in our life each day.

Lent was never meant to be weeks of "gloom and doom" but an invitation to more abundant life and the JOY that comes with it. Perhaps JOY could be the KEY WORD for us this lent.

There is JOY indeed in PRAYER. What greater gift than to know God is present to us with constant love! Our communication with God does not require a degree or the heights of sanctity, but the simplest desire to rest in God with peace and affection.

There is JOY in FASTING. Fasting reminds us that there is a source of life more profound than food and drink. To turn away from sweets or potato chips to spend five extra minutes of prayer is not a harsh attack on my body but a gaining of life and joy. It may even become a measure of freedom over compulsive behavior.

Finally, there is JOY to be found in ALMSGIVING. Love is not diminished when it is shared, but is multiplied. The Gospel tells us that human beings find themselves and true joy – only when they love themselves. Saint Theresa, the Little Flower, put it so well!! – "I found happiness the day I forgot myself and began to serve others."

Thus my prayer for you is that Lent will be a loving season for nurturing hope and new life. May it be a stepping stone to the infinite JOY of Easter. God bless you!

Lovingly in Mary,

Sister Angela