

happening on the same day this year



what comes to mind in this union of timings?

what do you see as the interconnect in these two realities in our evolving journey?

who will you journey with this lent?

Be still and know . . .

open your heart -- allow the questions to be there in incubation . . .

wait for the answers

to come from **YOUR HEART**

**It is ONLY
with the
HEART**

that one can see rightly;

**what is
ESSENTIAL**

is invisible to the eye.

Antoine de Saint-Exupery



explore •

1.

- the convergence of **ash wednesday, GIVING UP** and **valentine's day, LOVING MORE**

Thoughts from Julie Clawson

“... choosing a ritual of personal sacrifices that affect us and us alone can serve to draw us emotionally closer to God it can also make it easier for us to forget that our faith is not something that concerns just us.

If we believe in the Christian teachings that we exist as members of the body of Christ then the disciplines we engage in **should always work towards the good of that body.** The gospels speak of practices like uplifting the lowly, welcoming the outcast, and making God's house a place of prayer for all peoples as part of what it means **to work for the good of that body.**

While being personally closer to God **might serve the good of the body** in some ways, it is rare that Lenten practices are conceived in such a way.

Something to ponder:

Giving up chocolate might help my diet and make it difficult to celebrate Valentine's Day this year, but one could wonder if it has very little to do with **working for the good of others, the good of the body.**

I've come to learn that in order to become more fully the person God wants me to be, I instead need to make sacrifices that actually allow me to achieve those ends.

Often those sacrifices **are less about**

personal denial, and more about following disciplines that

encourage me to love others more.”
to love others more

Julie Clawson.com

So, if the question for you is not “what am I giving up?”

But instead is _____

_____?

Then how will you *celebrate & live* the season known as **Holy Spring**?

?What will you give up for Lent this year?

an often asked question:

?What will you give up for Lent this year that works **for the good of the body?**

TRY PLASTIC

or **TRY . . .**

love GIVES

take to heart.

- selections from Laudato Si on

Love overflowing



Lent

lencten, meaning "Spring"

LENT IS THE CHURCH'S HOLY SPRINGTIME

Snowdrops symbolize hope according to Christian belief.

wait and watch

for the first signs of spring breaking ground
In the natural world
in OUR HEARTS and in others as well

Listen for the heartbeat pulsing in the smallest
areas of the natural world . . .
what grace awaits

There is a nobility in the duty to care for creation through little daily actions, . . .LS #211 Love, overflowing with small gestures of mutual care, is also civic and political, and it makes itself felt in every action that seeks to build a better world. LS#231

invite

Invite two other people for a simple bit of goodness.

tea and scones?

Dialogue about what is breaking ground in your heart about what is happening to our common home. Explore together some little daily actions one can do to change the picture.

sit in silence in the deepest depth 2.

pray with fearless enthusiasm

wander off remembering all those who wander are not lost

remember who we are

We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters. LS#2-3

what DO we know

Why IS Earth burdened and laid waste, among the most abandoned and maltreated of our poor; WHO "groans in travail"? (Rom 8:22).LS#2

we are dust . . . star dust

we are part of a universe whole and magnificent,

joyful and mysterious, alive and suffering, . . .



Nasa

contemplate see and appreciate beauty and come to love what you see ---- what you love you care for you protect

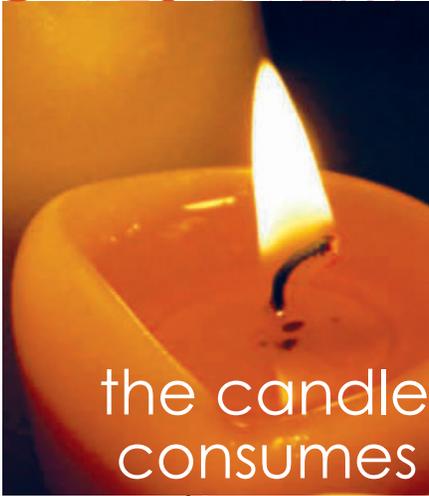
By learning to see and appreciate beauty, we learn to reject self-interested pragmatism. If someone has not learned to stop and admire something beautiful, we should not be surprised if he or she treats everything as an object to be used and abused without scruple. LS #215

Through the greatness and the beauty of creatures one comes to know by analogy their maker. (Wis 13:5)

be still • be silent • • from Love Gives Everything



LOVE GIVES EVERYTHING



the candle
consumes itself
as it serves others
by its shining.

its shining simply being what it is
simply doing what it does

HOW easy

You are a revelation of the sacred,
and there is only one revelation
just like you.

Is there a simple message here for us?

“... we deepen our consciousness of who we are in relationship with
The Triune God, one another, and God’s amazing universe, . . .”

what word or words in the phrase shimmers?

Probe the deeper meaning of the word(s) with others.

Discover what emerges and create a “road map”

to continue the dialogue to see where it leads.

shine shine shine shine

THERE IS NO TIME FOR LOVE TO BE BORN

*“Aren’t there annunciations / of one sort or another /
in most lives?” ---Denise Levertov*

**There is no time for love to be born
in a world flailing under fear,
trampled by terror, crushed by callousness.**

**There is no room for love to be born
under the heft of pressing grief,
no open portals in the perpetual busyness**

or the list of endless tasks minted newly each morning,

where “to do” never seems to include “love more.”

abbeyofthearts.com

What do we have time for?

Who do we have time for?

Where do we spend time?

LOVE MORE