



### *The Lenten Journey*

*Dear Friends and Members of the Poor Clare Guild,*

*Each Lent the Church asks each of us to look within to examine our lives and our own relationship with the Holy Trinity. Have we become closer or have we drifted away in minor or major ways? Also, it is a time of renunciations or giving up certain things. Sometimes it is helpful to not just give up something, but to do something more for God.*

*For example, it could be attending Mass during the week, receiving the Lord's mercy in the confessional, or participating in the Stations of the Cross on Fridays. If possible, silently adoring the Lord in the Blessed Sacrament is a wonderful way to grow in a deeper relationship with the Lord. All of these acts console the Heart of Christ.*

*Another way to console His most Sacred Heart is to give alms to the poor. Here is an example in the life of St. Faustina that pleases Jesus and brings graces to all involved.*

*One cold and rainy day a poor young man — with bare feet and threadbare clothes — came to her convent gate begging for food. Sister Faustina found some soup. She reheated it and crumbled some bread into it. After the young man ate the soup, He revealed to her His true identity. He was Jesus Christ Himself.*

*Then He vanished from her sight. But, later, she heard these words in her soul: "My daughter, the blessings of the poor who bless Me as they leave this gate have reached My ears. And your compassion, within the bounds of obedience, has pleased Me, and this is why I came down from My throne — to taste the fruits of your mercy" (Diary of St. Faustina, 1312).*

*During these difficult times in the world and the Church, it is important to grow closer to the Lord and to avoid the evil snares of the devil. Please pray for the needs of the world and the Church.*

*Please assured that the sisters keep you, your families, and your intentions close to their hearts as they adore the Lord in the Blessed Sacrament.*

*The Poor Clare Nuns of Andover*