

**Our Lady of Prompt Succor Nursing Home
C'est la Vie Apartments
Newsletter ~ March 2019
A Ministry of the Marianites of Holy Cross**

Lent – Time of Growth and Renewal

What would our Christian lives be like without Lent? Would we automatically set aside a period of time each year to reflect and assess where we need renewal and conversion? There is a profound wisdom in the Church calling us to deepen our spirituality by engaging in regular discipline from Ash Wednesday to Easter Sunday. With signs of Spring sprouting around us, we can learn some lessons of spiritual growth from the seeds planted in the Springtime.

Like the seed, our Lenten intentions require a rich environment for growth. A seed that lacks appropriate soil may sprout, but will quickly wither and die. And even in the best soil, without water and nutrients, growth will be limited. And without sun and cultivation, plants will decay and rot. Each of our spiritual Lenten intentions need a healthy environment. We can create for ourselves that healthy environment through prayer, sacred ritual, participation in community, and service to others. What is the health of our present spiritual environment?

Like the seed, our spiritual growth cannot be rushed. Each seed has a unique germination period. Each of our Lenten intentions need time to spread roots within us before it begins to sprout and becomes visible in our lives. Because our culture rushes everything, we grow impatient and want to see immediate results. Growth in spirituality is a process of seed growth. Waiting with patience is as essential to the gardener as it is to the one desiring spiritual growth. “Wait for the Lord. Be strong, and let your heart take courage. Yes, wait for the Lord.” (Psalm 27:14)

Like the seed, change happens in stages. As a plant grows from seed to maturity, it manifests various characteristics and aspects of beauty. These stages are marked by unique characteristics and are signs of the health of the plant at each stage. Our spiritual life also progresses through stages and cycles. Each day finds us at a new moment and offers us a new opportunity for growth. Some days the sun is brighter, the air is warmer, and the plant bursts with growth. Other days it is cool and cloudy. The same is true for us as our fidelity is more intense at certain times; and other times, the clouds encircle us and we struggle to be faithful to the process.

Like the seed, our lives contain the past and the future. Each seed is the product of previous generations and contains within it a distinct genetic code. A seed contains all the information needed for growth and development. Each of us builds upon a past history as we nurture our own seeds. As Christians, our genetic code is found in the sacred scriptures and in the sacramental rituals. When we nurture this code of Word and Sacrament in our lives, we nurture the growth of our own seeds for the present moment and for future generations.

Like the seed, unless our seed gives rise to new seeds, they die at the end of the season of Lent. Plants are important for the fruit and flower they bear. Our lives are important for the fruit and flower they bear. Growth in us that does not lead to change in behavior is non-procreative. We grow for a reason, something much greater than any personal needs. Lent prepares and nurtures us for the work to which God has called us. It is a call to transformation, to change and renewal which will enable us to grow and blossom in our present environment so that new seeds will sprout all around us and be carried far beyond us.

The next time you see someone tending crops in a field or flowers in a garden, let it be a moment to pause and reflect:

How am I tending the garden of my spiritual life?

May the blessings of Lent blossom abundantly in your life!

Wee Bit of Heaven

Did you know that we have five Marianites of Holy Cross in Opelousas who were all born in Ireland? They are Sisters Joan Barry, Eileen Brosnahan, Kathleen Farrell, Hannah O'Brien, and Mary Murray. Through these Marianites, we are blessed each day with Irish wit and wisdom as well as with the treasure of one of Ireland's most beloved saints, St. Patrick.

St. Patrick was born in 385 in Scotland. After his ordination to the priesthood and appointment as Bishop, he was sent to bring the message of the Gospel to Ireland, a land at that time of various tribes who did not know Jesus Christ. For over 40 years, he brought many to the Catholic faith through his faith-filled preaching and his simplicity of life. A creative teacher, he used the shamrock in his sermons to explain the mystery of the Trinity using an image the tribal people knew well. Since that time, the shamrock has been associated with him and with the people of Ireland.

St. Patrick was so rooted in his faith in God and his belief in the mission that he feared nothing not even death itself. After a life of humility, suffering, fidelity and devotion to God and the people of Ireland, he died in 461. One of the prayers attributed to him is found below. Be sure to wear a bit of Irish green on his feast day, **March 17th**, the day when each of us claims to have a little bit of Ireland in our hearts!

Prayer of St. Patrick

*I arise today through God's strength to pilot me,
God's might to uphold me, God's wisdom to guide me,
God's eye to see before me, God's ear to hear me,
God's word to speak for me, God's hand to guard me,
God's way to lie before me, God's shield to protect me, God's angels to secure me.
Christ, be with me: Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on my left,
Christ where I lie, Christ where I sit, Christ where I arise,
Christ in the heart of everyone who thinks of me, Christ in every eye that sees me,
Christ in every ear that hears me.
I arise today in the mighty strength of the Lord of creation.*

☪ Celebrating Birthdays in March ☪

R. Aymond	3/12	E. Higdon	3/05
Sr. C. Champagne	3/14	R. Marks	3/06
M. Courville	3/18	G. Reed	3/02
E. Deville	3/03	F. Smith	3/03

_ Recently Deceased Resident _

Mary Guice	1/25/2019
Bridget Matte	2/05/2019
Ida Blouin	2/08/2019
Joseph Stelly	2/09/2019
Aline Hidalgo	2/10/2019
Murphy Lanclos	2/16/2019



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Take some time to reach out to another person who is not usually on your radar.

Take some time to forgive yourself.

Take some time of silence and solitude.

Take some time to read a bible verse each day.

Take some time away from texting and tweeting.

Take some time to forgive someone who aggravates you on a regular basis.

Take some time to pray for the person you are about to call or text.

Take some time away from sodas and enjoy the taste of water.

Take some time to make a list of gratitude.

Take some time to say thank you to someone you take for granted.

Take some time to breathe deeply and listen to your own heartbeat – you are listening to the heart of God!