

Our Lady of Prompt Succor Nursing Home
C'est la Vie Apartments
Newsletter ~ March 2023
Managed by TrustCare Management

New Season of Lent, New Season of Life

In the Gospel of the First Sunday of Lent, we read: “Jesus was led by the Spirit into the desert to be tempted by the devil.” (Matthew 4:1-11)

Following his baptism in the Jordan River, Jesus is put to the test by Satan. The word, Satan in Greek, means the **Hinderer**. Thus, the word Satan means anything, anyone, any event or circumstance, any decision, or relationship that hinders our relationship with God. It includes any hindrance that keeps us from fulfilling our promises and commitments, from being faithful to our relationship with the Holy One.

Temptations actually reveal if we are faithful to God or if we have made people or things or positions a priority in our lives. Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God’s desires for us. Since most of us find that we do wander from God’s path, Lent becomes a second chance to “return to God with our whole heart.” This is the call of Lent: ***Repent, Believe, God’s Kingdom is at hand!***

As we journey through this annual second chance of return to the Lord, we offer a few suggestions for the journey.

-Review our prayer life. Prayer is an essential part of the Lenten experience. There is a saying that without prayer, fasting is just dieting. Without prayer, almsgiving is just social work. Prayer connects us with our loving God who is quick to connect us with others! Pray and give to those in need. Those most in need might be those closest to you or those across the globe – perhaps in Ukraine or Turkey or Syria!

-Make a gratitude list every day and reflect on it. Gratitude can be one of the most fruitful forms of prayer. When we specifically notice things to be grateful for, we become aware of and acknowledge God’s constant presence in our lives. Without taking much time, practicing gratitude daily is a habit which can change our hearts, our attitudes, and our lives.

-Pray the Rosary. The rosary is one of the most misunderstood Catholic devotions. While some non-Catholics see it as worshipping Mary, it is in fact focused on Christ. The rosary offers us the time to reflect on the mysteries of the life of Christ and to apply the lessons to our lives.

-Learn a new form of prayer. While there may be times when a traditional prayer brings comfort and inspiration, Lent is also an opportunity to try a new form of prayer. Try sitting and listening to the sounds of nature or just being still and pondering one phrase or word from Scripture which you, previously, never noticed. See where the experience leads you.

-Pray in the car. When stopped at a light, or in traffic, or at a railroad crossing, use the time wisely. Lift your intentions prayerfully up to the Lord and believe that your prayer is heard!

-Pray to your guardian angel. There are many references in Scripture to angels watching over us. Ask the angels to guard your coming and going throughout the days and to watch over you and your family at night. “For the Lord commands his angels to guard you in all your ways.” (Psalm 91:11)

Whatever the form of prayer, be assured that it will lead us to focus less on ourselves and more on the needs of others. Lent is meant to be a journey, to be an adventure into the mystery of God’s dream and hope for us and all the inhabitants of the earth. Remember, each step brings us closer to the welcoming arms of our loving God.

Wee Bit of Heaven

Did you know that we have four Marianites of Holy Cross in Opelousas who were all born in Ireland? They are Sisters Eileen Brosnahan, Kathleen Farrell, Mary Kelly, and Nell 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 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. Amen.*

☞ Celebrating Birthdays in March ☞

<i>R. Aymond</i>	<i>3/12</i>	<i>M. Mudge</i>	<i>3/12</i>
<i>M. Courville</i>	<i>3/18</i>	<i>Sr. C. Perrier</i>	<i>3/03</i>
<i>W. Emonet</i>	<i>3/14</i>	<i>G. Reed</i>	<i>3/02</i>
<i>B. Higginbotham</i>	<i>3/14</i>		

† Recently Deceased Residents †

Rogers Brown, Sr.	2/17/2023
Joseph Thomas	2/11/2023

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