

## ***Journeying through Lent 2012***



### ***Becoming Healers for Jesus through heart and hand***



Holy Family Catholic regional Division schools will participate in a Lenten Prayer life theme that focuses on the school community... *Becoming Healers for Jesus through heart and hand*. By way of introduction to this year's theme, Father Joseph Sica writes the following:

*"Those who hurt openly say, "I need help!" They wait to see whom God sends their way – the person who will lend some shelter, a listening ear, some understanding. When troubles strikes, you need a place to cry, a person to care, the security of intimate friends who stick with you, reminding you that pain doesn't come to stay. Your hurt will heal, your heart will mend, your life will go on ... and so will you. Most people look at the person in trouble and think, "Somebody should do something to help." This Lent, try a better response: "I'm somebody! I should help!" We can all do something- call, listen, and visit. Not difficult: but oh, the comfort they provide! Jesus is saying, "Look at the people who are hurting. Let me bring healing...through you."... When Easter arrives you'll feel refreshed, renewed, and ready to open your helping heart to hurting hearts: gently nudging others to use their inner strength, perseverance and determination to bounce back and get on their feet again, stronger and better."*

*Fr. Joseph F. Sica, 23<sup>rd</sup> Publications*

Our Division school will participate in the following weekly prayer-life themes through daily prayer and reaching out with heart and hand gestures of faith:

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|---------------------------|----------------------------------|--|
| February 26 <sup>th</sup> | 1 <sup>st</sup> week Prayer:     | <b><i>"Only for a short while, you've loaned us to each other."</i></b>    |
| March 4 <sup>th</sup>     | 2 <sup>nd</sup> week Prayer:     | <b><i>TLC for self &amp; others</i></b>                                    |
| March 11 <sup>th</sup>    | 3 <sup>rd</sup> week Fasting:    | <b><i>Just saying NO - turning away from hurting self &amp; others</i></b> |
| March 18 <sup>th</sup>    | 4 <sup>th</sup> week Fasting:    | <b><i>Open My Eyes to Acts of Love</i></b>                                 |
| March 25 <sup>th</sup>    | 5 <sup>th</sup> week Almsgiving: | <b><i>Kindness in deed is Kindness indeed</i></b>                          |
| April 1 <sup>st</sup>     | 6 <sup>th</sup> week Holy Week:  | <b><i>To be Christ-Like with heart &amp; hand</i></b>                      |