



**LENTEN FRIDAYS - SOLIDARITY PRAYER
FOR ALL WHO SUFFER IN OUR WORLD:**

Associates and friends – we invite you to join us mindfulness and prayer **for five minutes at 7:00 p.m. Mountain Time on Lenten Fridays** for all who suffer in our world. Let us bless all people with grace, peace, safety, and well-being. Sisters of St. Francis, Sacred Heart Community.

♥ Sue Artone-Fricke, OSF

LENTEN PRAYER SERVICE – COMFORT MY PEOPLE:



All are invited to join the three North American provinces (Holy Name Province, Sacred Heart Community, St. Francis Province) for a Lenten Prayer Service, on **Wednesday, March 6, 2024, 4:30 MT, via ZOOM**. Srs. Karen Crouse and Gloria Shuffer (SHP) will be presenting this service, titled, “Comfort My People.” A guide, along with the ZOOM link, will be provided a couple of days prior to the service. If you have any questions, please feel free to contact Donna Kroll at DonnaK@DenverOSF.org

LENTEN REFLECTIONS FROM CREIGHTON UNIVERSITY:

Sacred Heart Community has received permission to share One Prayer a Day for Lent from Creighton University. Attached are daily prayers for the entire Lenten season. Listed below are the prayers for the upcoming week:

- Friday, February 23:
Creator of my Life, renew me: bring me to new life in you. Touch me and make me feel whole again. Help me to see your love in the passion, death and resurrection of your son. Help me to observe Lent in a way that allows me to celebrate that love. Prepare me for these weeks of Lent as I feel both deep sorrow for my sins and your undying love for me.
- Saturday, February 24:
Loving God, Sometimes my heart turns in every direction except towards you. Please help me to turn my heart toward you, to gaze upon you in trust and to seek your kingdom with all of my heart. Soften my hardened heart so that I might love others as a way to glorify and worship you. Grant me this with the ever-present guidance of your spirit.

- The Second Week of Lent - Sunday, February 25
Loving God, there is so much darkness in my life and I hide from you. Take my hand and lead me out of the shadows of my fear. Help me to change my heart. Bring me to your truth and help me to respond to your generous love. Let me recognize the fullness of your love which will fill my life. Free me from the darkness in my heart.
- Monday, February 26:
Lord, your commandment of love is so simple and so challenging. Help me to let go of my pride, to be humble in my penance. I want only to live the way you ask me to love, to love the way you ask me to live. I ask this through your son, Jesus, who stands at my side today and always.
- Tuesday, February 27:
God in heaven and in my life, guide me and protect me. I so often believe I can save myself and I always end in failure. Lead me with your love away from harm and guide me on the right path. May your Spirit inspire the Church and make us an instrument of your love and guidance. Thank you for your care for me.
- Wednesday, February 28:
God of Love, through this Lenten journey, purify my desires to serve you. Free me from any temptations to judge others, to place myself above others. Please let me surrender even my impatience with others, that with your love and your grace, I might be less and less absorbed with myself and more and more full of the desire to follow you, in laying down my life according to your example.
- Thursday, February 29:
Loving God, I hear your invitation, "Come back to me" and I am filled with such a longing to return to you. Show me the way to return. Lead me this day in good works I do in your name and send your Spirit to guide me and strengthen my faith. I ask only to feel your love in my life today.
- Friday, March 1:
Loving God, Caring parent, I am a child who so often turns my back on your love. Please accept my small acts of sorrow today and help to release me from the self-absorption that closes my heart to you. As I journey through Lent, let me remember the feast you have prepared for me in the resurrection and let me be filled with thanks to you.

DAILY MEDITATIONS AND PRAYER FOR PEACE IN GAZA AND ISRAEL:

Sr. Patty Podhaisky's colleague at Maria Droste made her aware of a website from Jewish Voices for Peace about daily meditations and actions for peace in Gaza. For more information, please go to <https://www.jewishvoiceforpeace.org/2023/10/16/all-eyes-on-gaza/>

EARTHCARE:

“Earth rejoices in our words, breathing, and peaceful steps. Let every breath, every word, and every step make the mother earth proud of us.” By Amit Ray. Submitted by Sr. Gloria Shuffer.

2024 CALENDAR OF SACRED HEART COMMUNITY EVENTS:

Please contact Donna Kroll if you have any questions.

Date, Time	Event	Location
Mar 6, 4:30	Lent Prayer via Zoom	For North American sisters & associates, hosted by SHC
May 4, 10:00	Sisters’ Jubilee	Alliance, NE
May 9, 4:30	Foundation Day Prayer via Zoom	For North American sisters & associates, hosted by HNP
June 6-June 8	Annual Community Meetings	Xavier Retreat Center, Denver
June 28-30	Celebrating 150 th Years of Franciscan Presence in North America	HNP, Stella Niagara, NY

