

# JOSEPHITE COMPANIONS' PRAYER FOR MARCH



**GATHERING:** 'Come back to me with all your heart... '

*Lead me guide me in your way x3*

*Your holy way O my God*

<https://www.youtube.com/watch?v=GOSWFvLcQEw> (Monica Brown)

## LISTENING

Joan Chittister reminds us that Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now. Lent is a summons to live anew.

The first challenge of Lent is to open ourselves to life. When we 'rend our hearts' we break them open to things we are refusing for some reason to even consider.



*And God said: I will give you a new heart, and place a new spirit within you, taking from your bodies your stony hearts, and giving you hearts of love. I will put my spirit within you, and make you live by my ways, careful to observe my decrees. (Ezekiel 36: 26-27)*

**How am I being called to open my heart this Lent; to live anew?**

Lent is a time of fasting, but it can also be more. Lent can be a time of feasting — on positive spiritual improvements.

**RESPONDING:** This holy season, let us think about our call to:

Fast from judging others; feast on the Christ dwelling in them

Fast on words that pollute; feast on words that purify

Fast from discontent; feast on gratitude

Fast from worry; feast on trust

Fast from complaining; feast on appreciation.

Fast from stress; feast on self-care

Fast from bitterness; feast on forgiveness

Fast from suspicion; feast on seeing the good

Fast from idle gossip; feast on spreading good news

Fast from being so busy; feast on quiet silence

Fast from problems that overwhelm us; feast on prayerful trust

Fast from talking; feast on listening

Fast from trying to be in control; feast on letting go.

I am sorry sometimes  
to see a kind of  
little-mindedness  
where there ought to  
be more generosity  
and simple trust.

MM 3.3.1882

Loving God, let us fast from anything that leads us away from you and teach us to feast on all that brings us closer to you. (Sr. Agnes Reinert OSB, BCC National Assn of Catholic Chaplains)

## LISTENING

“Lent, when practised intentionally, can allow time for self-examination, reflection, and preparation. It’s a time of slowing down, intentionally, so that life is given a chance to sink in, not just run off in so many directions.

Induced meandering if you will.



Lent offers us ... a time to observe, to pay attention, and then to act—and in so doing provide the space to move from rush to replenish.” *Erin Dunigan – OnBeing.org*

*Pause for self-reflection. What can I commit to over this month/year to enable myself to move from rush to replenish?*

**RESPONDING** – *Read the following excerpt and stay with the line or phrase that speaks to you. Let us allow ourselves to be replenished in this season of Lent; to be drawn closer to our loving Creator.*

*Slow me down, dear God.*

*Ease the pounding of my heart by the quieting of my mind.*

*Steady my hurried pace with a vision of the eternal reach of time.*

*Give me, amid the confusion of the day, the calmness of the everlasting hills.*

*Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep.*

*Teach me the art of taking minute vacations—of slowing down to look at a flower, to chat with a friend,*

*to pat a dog,*

*to read a few lines from a good book...*

*Wilferd Arlan Peterson*

I see God in  
the woods and  
mountains.

JTW 1890

## PATRONAL FEAST DAY

*And as we prepare for the feast of our beloved patron, St Joseph, perhaps he could help us on our Lenten journey. Pope Benedict XVI wrote: ‘Let us allow ourselves to be ‘filled’ with St Joseph’s silence! In a world that is often too noisy, that encourages neither recollection nor listening to God’s voice, we are in such deep need of it.’*

*It is in the silence that we can hear and respond to God’s call to each of us.*



Listen to the stillness,  
the language of God.

St Joseph, we give you honour  
and ask that the blessing of God  
Source of all Being,  
Eternal Word and Holy Spirit  
rest upon us and remain forever. Amen

