March 1, 2015

How Much Do You Love God?

Today's readings challenge us to show God how much we love Him and be open to seeing things in a new way. Abraham was willing to sacrifice his beloved son, Isaac though he may not have understood why God asked him to do that. He had complete faith in his Lord! And God promised to bless him abundantly for his faithfulness.

The Lenten season is the time reserved for prayer, penance, and reflection. We might ask ourselves, "How Much Do I Love God?" Ask the Lord to show you the sacrifices He is calling you to make, and for the grace to trust Him completely. Then, like the disciples at the Transfiguration, we will begin to see things in a new way.

CRS Rice Bowl is a wonderful Lenten project that helps us to deny ourselves and give more to help our brothers and sisters in poverty all over the world. More info at www.crsricebowl.org

March 8, 2015

The Commandments

The Ten Commandments are the blueprint for building a just and peaceful world. They invite us to look at personal sins and social sins – those that we participate in as a society: greed, racism, political power, economic oppression... They call us to ensure that all people have the opportunity for rest, respect, living wages, and dignity.

In today's Gospel, Jesus destroyed the temple because the moneychangers had desecrated it with their sins. During Lent, we might examine the state of our own bodies - temples of the Holy Spirit. What would Jesus cast out?

- Are you indifferent to the needs of others?
- Do you give your time, talents, and treasure to people who are suffering?
- Do you take care of your temple by eating right and exercising?
- Do you thank God for the blessings He's given?

One way to express gratitude for our blessings is to share them with others by making a gift to help people who are suffering at www.ccadm.org and participating in CRS Rice Bowl.

March 15, 2015

Social Sins

Today's scriptures emphasize the power of redemption and salvation. We are chronic sinners but God loves us so much that he sends messengers to call us to repentance.

This Lent we might pay attention to our social sins - sins that we participate in as members of society, for example: 2 billion people in our world live on less than \$2 per day while others enjoy wealth and privilege. God gives us the opportunity to repent and be saved by helping our brothers and sisters.

- You can advocate for just and fair trade practices that pay workers fair wages.
- You can boycott stores that sell cheap imported goods made by slave labor.
- You can purchase fairly traded products like coffee, chocolate and handcrafted goods from Catholic Relief Services Fair Trade catalog.

We CAN make personal choices that address social sins. Though we may only make a small impact, these choices help us grow in holiness and build a more just society.

March 22, 2015

Suffering

The gospel invites us to reflect on suffering. Jesus was troubled by his imminent passion and death. We too may be troubled by sickness, pain, and disappointment. We may feel frustrated by the suffering in our world. At times we may watch our dreams die and let go when life doesn't turn out as planned.

Jesus affirmed that his suffering and death leads to life and salvation. He showed us how to let go and say, "Yes" to God's will – even when it includes suffering. Jeremiah reminds us that our suffering is not in vain. God wants to set us free and put a new spirit of life and power into our hearts so we can courageously follow Jesus.

This Lent, let us pray specially for those who are suffering, that the Lord will give them the strength to endure.

Let us practice solidarity by sharing our gifts with others to ease their suffering. You can bless others by donating to www.ccadm.org or CRS Rice Bowl.

March 29, 2015

Love Mercy

Jesus' Passion invites us to contemplate authority and mercy. Jesus used his authority to empty himself for all people, especially those undeserving of his mercy. We are called to use our authority to show mercy too. Whether suffering is self-inflicted or caused by factors beyond someone's control, Jesus calls us to heal and serve.

Imagine how our Blessed Mother felt watching Jesus' passion. Like Mary, many families feel powerless as they watch their loved ones suffer addictions to drugs and alcohol – paths that often lead to death. We can bring healing to addicts rejected by a society that often views their suffering as self-inflicted.

Catholic Charities' St. Luke's Center is the only Catholic drug treatment facility in South Florida. Each day 30 people get the opportunity to enter Recovery at this special place.

Please, pray for our brothers and sisters in treatment – that God will strengthen them, heal them, and guide them to choose life.

You can give someone the chance to overcome addiction by donating at www.ccadm.org/stluke