



## *Holy Spirit Missionary Sisters*

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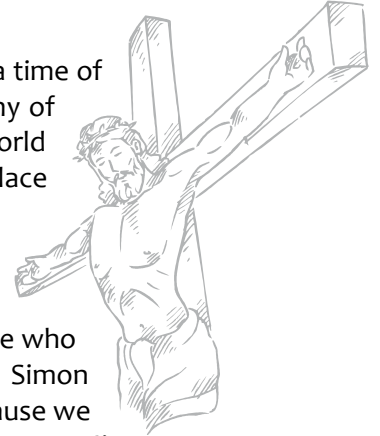
Holy Spirit Missionary Association ♦ Phone: 847-441-0126, ext. 612

Lent 2009

Dear Members of the Holy Spirit Missionary Association,

Again we are approaching another great season in the Liturgical Year- **Lent**. It is a time of healing, fasting and prayer for ourselves, our families and friends. We know many of our loved ones are counting on our prayers. We are also aware that the whole world needs our prayers and love. It is waiting for our missionary efforts to make it a place of reconciliation and healing.

We are Members of the Holy Spirit Missionary Association. This means that all of us are **missionaries** in our own corner of the world; **missionaries** who bring love to those who are unable to love; **missionaries** who bring forgiveness to those who cannot forgive; **missionaries** who serve our family members or neighbors like Simon from Cyrene or Veronica during Jesus' way of the cross. We are **missionaries** because we strive to complete what Jesus has begun, explicitly, transforming this world into God's kingdom.



**Lent** is a time of looking honestly into our hearts and evaluating our thoughts and actions. It is a time of making some necessary changes in our behavior. It is a time of reaching out toward others who are less fortunate.

As many of you know, during Lent the Catholic Relief Services set up a program called Operation Rice Bowl. It is a Lenten solidarity program with our brothers and sisters around the world through traditional Lenten practices, by offering our prayers, by fasting, and by giving alms. Many of the parishes use this program to make people aware of the needs in other parts of the world.

For more information on Catholic Relief Services go to: [www.crs.org](http://www.crs.org).

For more information on Operation Rice Bowl go to: <http://orb.crs.org>

~~~ BLESSED LENT! ~~~

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Sr. Elwira Dziuk

### LENTEN PRAYER

O Holy and righteous one, may we walk in your ways with renewed vigor during this Lenten pilgrimage. Turn our hearts to you as we pray mindful of our sisters and brothers in need. Speed our steps to you as we fast; unburden us from whatever keeps us from you.

Direct our acts of almsgiving that we may reflect Jesus' empowerment of the poor. May Operation Rice Bowl be a faith-filled cooperation with the vision of your kingdom of truth, peace, and love. Amen.

*Catholic Relief Services*

**Called by the Spirit, Embracing the World.**