



Holy Spirit Missionary Sisters

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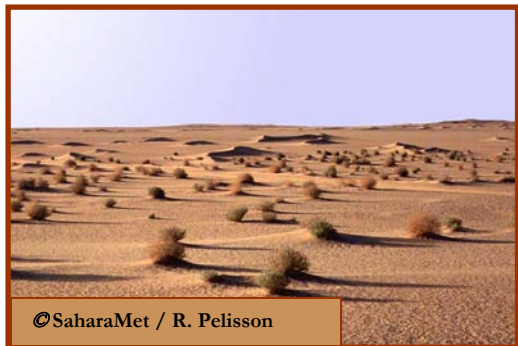
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Lent 2010

“Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days.....” Luke 4:1-2



Jesus was led by the Spirit into the desert right after his baptism in the river Jordan. He was full of the Holy Spirit. However, his desert experience was far from being a peaceful acceptance of the will of His Father. He was led to the desert to be exposed to temptations.

Lent is a time for all of us to enter into a desert experience. Of course, it is not necessary to physically move into a place that is called desert but we are called to make a space in our lives in which we can be free to enter into a relationship with our deepest self. Because

of the barrenness of desert we are able to better focus and find out what is most essential in our lives.

The Liturgical Time of Lent calls each one of us to create a desert in our daily lives. This is our challenge during the time of Lent. We got used to having many distractions; to doing few tasks at a time and paying little attention to many other things even those we are trying to accomplish. Time of Lent each year is given to us to reflect on our lives and see what actually distracts us from looking into our relationships with ourselves, God and others.

Our lives get cluttered with things that are not necessary, things that prevent us from taking some quiet time to reflect on our past experience and learn from it. At the beginning of Lent think of something that brings distraction into your life, think of something that prevents you from taking an honest look into your life. Lent offers you this opportunity to check up on yourself and see what activity in your daily routine is just in order to keep yourself busy, to cover up your fear of looking into your deepest self.

I would like to urge you to look into your life and see what you can do to change your daily schedule so that it will include some quiet time of reflection on your past experience. Focus on these questions:

Where is your life going?

Can you honestly say that you like who you have become?

Sr. Elwira Dziuk, SSPS

HSMA DAYS OR RECOLLECTION:

MARCH 20, 2010, MAY 22, 2010 AND NOVEMBER 20, 2010.

Called by the Spirit, Embracing the World.