



# Talktime with Sr. J

***First Sunday of Lent***

***Matthew 4:1-11***

March 5, 2017

Dear Friend,

In today's reading we hear of the temptations of Jesus and we are being invited to accept the challenge of Jesus to be victorious over temptation. The temptations of Jesus speak to us about the delicacy of our beings and the strength that is ours when we include Jesus in our lives. We are reminded of the temptations in the world about us AND the grace of God to stand strong against the attractions of the flesh, eyes, and pride.

When we fast, give alms, and increase our prayer throughout the season of Lent we train ourselves. When we fast we change our routine; we wait a little longer before we enjoy something, or we do without, or we focus on a deeper relationship with God. Giving alms – charity – teaches us to see the gifts in this world as treasures from God for us. We are challenged to care for others as much as we can. Sharing with others is a reminder to us to rediscover the goodness of God the Father. Prayer is increased and this in turn leads us to a closer relationship with God. Prayer makes us more aware of our limitations and strengths and as a result we have the power of the Holy Spirit to decrease habits and sin that destroy our efforts to grow spiritually.

Let us make this Lenten season different from all the others by putting more effort into growing in our spiritual life with greater awareness of how much God loves each one of us as a person He created to become an apostle of love.

Peace,

Sr. J.



# Talktime with Sr. J

***Second Sunday of Lent***

***Matthew 17:1-9***

March 12, 2017

Dear Friend,

Today's Gospel tells us about the vision Peter, James and John had when they went with Jesus to the top of the mountain. Two points stand out; one is to listen and the other is to be transparent.

For the apostles this moment was pure grace. They were so focused on what they were seeing that nothing else mattered, and at least for a moment their focus was changed to God alone since they wanted to build three tents. They were lost in a moment with God. We, too, can have transparent moments when we are so focused on God that nothing else matters, not because of lack of importance but rather because all that we know is a part of this precious moment. It is all wrapped within the experience; and the encounter changes us.

Like the apostles we are summoned to listen. They heard the voice in the cloud and knew they were in the presence of the Almighty. Notice, Jesus took them aside, away from the daily hubbub of life. They prayed and listened. We too can take time to listen. We are invited to find our space aside from our daily routine in order to listen and to be with God in the silence of our heart. Remember, we are the temple of God.

Let us daily set aside time to be with Jesus focusing on listening with the heart and openness.

Peace,

Sr. J.



# Talktime with Sr. J

***Third Sunday of Lent***

***John 4:5-42***

March 19, 2017

Dear Friend,

From the brief conversation with Jesus we learn that the Woman at the Well is no angel. In fact, her lifestyle appears to be no less different from our world. Jesus knows all and still invites her into a close relationship with Him. He engages her in a conversation. What is the message here? If we are serious about growing in our faith and we desire eternal life this story is important for us to take to prayer.

Lent is the perfect time to begin, or continue, to engage in honest conversation with Jesus; and we need to listen to what God is telling us. Jesus makes her understand that she needs to confess her sins and change her life before she can obtain the life-giving water of grace. We are asked to do the same if we desire our Baptismal grace to flow freely.

Listening to Jesus the Samaritan woman's spirit is enlightened, and she realizes what it means to receive life-giving water after encountering the Sacrament - Jesus. She was forgiven by the Anointed One, and her moment of conversion empowered her to be a missionary leading the inhabitants of her town to seek Jesus and to discover for themselves zeal and love for God.

May this Lent be a time of fervent conversion that empowers us to be great missionaries of love through the power of the Holy Spirit.

Peace,

Sr. J.



# Talktime with Sr. J

***Fourth Sunday of Lent***

***John 9:1-41***

March 26, 2017

Dear Friend,

As we began the season of Lent we were all invited to encounter, be healed, believe, and witness to God's love and power. This poor blind man suffered all his life, not only from his lack of sight, but also because he was labeled as a sinner (otherwise he would not be blind from birth). He apparently accepted his blindness because he did not ask for a healing.

It was the apostles who questioned Jesus. The apostles needed a lesson about the love and power of God and so Jesus took this opportunity and healed the blind man in order to demonstrate the freedom of God. In our daily lives we also experience difficult times to the point of blinding us in respect to our faith. If and when we are able to whisper a prayer of surrender then God is able to give some insight into the situation and come to the realization that God is present in our suffering and we believe. When we are caught in the midst of temptation and we call out to God in an act of surrender to His love, we can receive the grace needed to remain faithful to Him. We recognize His presence, believe, and are able to witness to God's presence in our lives.

Let us pray to the Trinity for the faith that we need to open our eyes – the eyes of our mind and heart – so as to accept those things we do not understand.

Peace,

Sr. J