



Family Faith FORMATION

March

Dear Families,

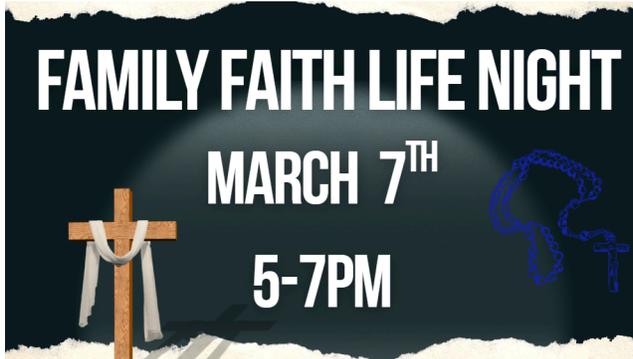
Praise the Lord for March, described as “coming in like a lion and going out like a lamb.” I can remember when it did the opposite: came in like a lamb and went out like a lion! Time will tell. One thing is for sure, in a Catholic context, it symbolizes the transition from the penitential, intense season of Lent (“lion”) to the peaceful, joyous celebration of Easter (“lamb”). It represents Christ's role as both the sacrificial Lamb of God and the conquering King. Can you think of a more beautiful month?

Our Family of Faith life sacrament study this month is The Sacrament of Anointing of the Sick. In this sacrament Jesus meets us and gives us the grace we need to get through the suffering and experience healing or the strength we need for the final journey home to Heaven. Jesus performed many healing miracles as signs. However, Jesus came to accomplish an even greater healing than physical healing alone. The greater healing was a victory over sin and death through His Passion and Death on the Cross. Through this, He has given new meaning to suffering: it can configure us to Him and unite us with His redemptive Passion. (CCC 1505) Our suffering now has redemptive value if we patiently endure it and join it with the suffering Christ. This is why St. Paul could say, “Now I rejoice in my sufferings for your sake.” (Colossians 1:24)

As we continue to fast this month let us lift our eyes to the cross, open our hearts in prayer, and use our hands to give alms to those who are both physically and spiritually sick.

In Christ,

Pam



March 7: Saints Perpetua and Felicity , March 9: St. Frances of Rome, March 17: St. Patrick, March 18: St. Cyril of Jerusalem, March 19: St. Joseph, Husband of Mary, March 23: St. Turibius of Mogrovejo, March 24: St. Oscar Romero, March 25: The Annunciation of the Lord

Ways to incorporate some of the following almsgiving examples into your Lenten practice:

- Donate food to your local soup kitchen or food bank
- Tutor a school child or mentor a college graduate (this can be done virtually!)
- Increase your donation to your local parish
- Do some grocery shopping or run an errand for an elderly neighbor
- Each week, write a note of affirmation to someone special in your life
- Make a meal for an elderly neighbor or a new mother and leave it on their doorstep
- Show an act of kindness to someone who is difficult to get along with