

STEWARDING YOUR LEGACY

Sharing & Growing Your Gifts

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2023 LENTEN SEASON

The season of Lent is the forty-day liturgical season of fasting, prayer, and almsgiving in preparation for Easter. It is also a time to participate in the Sacrament of Penance and Reconciliation.

The Lenten journey is a time of darkness and light, our 40 days in the desert, a time of prayer, reflection, discernment, fasting. Jesus too spent 40 days in the desert – he doesn't ask us to do something he himself wouldn't do; thus, we walk the same road as Jesus.

In his 2023 Lenten message, Pope Francis stated "Lent leads to Easter: the "retreat" is not an end in itself, but a means of preparing us to experience the Lord's passion and cross with faith, hope and love, and thus to arrive at the resurrection".

GIVING THANKS



Bishop Zarama and staff from The Foundation recently met with some donors from the Raleigh Deanery for breakfast at Prestonwood Country Club.

It was timely that the event coincided with St. Valentine's Day as Bishop Luis took the opportunity to express his love & thanks to the attendees for their ongoing support of the Diocese of Raleigh.

EMBRACING THE LENTEN SEASON

Pope Francis recently reflected that the path of poverty and self-denial (fasting), concern and acts of love for wounded humanity (almsgiving), and familiar dialogue with the Father (prayer) make it possible for us to incarnate a sincere faith, a living hope and active charity.

Almsgiving, practiced far from the spotlight, gives peace and hope to the heart. It reveals to us the beauty of giving, which then becomes receiving, and thus enables us to discover a precious secret: our hearts find more joy in giving than in receiving (Acts 20:35).

At the beginning of this Lenten Season, Bishop Zarama shared his message on embracing this Season through reflection and prayer. He reflected on how easily we are distracted and that we tend to make excuses not to pray, that we are too busy and too afraid start a conversation with Jesus.

"We do not need to work hard to be distracted and entertained, but when it's a time of prayer, it is a different experience...it is to open our hearts to be free to be touched. How we let our hearts be free and our minds to take a break. We can enjoy a moment of peace and love...especially the love of Jesus."

Bishop Zarama encourages us to surrender ourselves and experience the love and mercy of Jesus. To let him be in control.

[Please click here to watch Bishop Zarama's Lenten message.](#)

SAINT PATRICK'S DAY



Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ whe I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every
man who thinks of me,
Christ in the mouth of
everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Irish Blessing

May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rains fall soft upon your fields
And, until we meet again
May God hold you in the palm of
His hand

The word Lent is an old English word which means "springtime".

May this Lent be a new springtime in our lives.
Through prayer, fasting, forgiving others, not bearing grudges,
and donating from our surplus to help the poor,
may we, like Jesus in the desert, overcome temptation and
be well prepared to celebrate Easter.

DON'T FORGET TO FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS – LINKS ARE BELOW!

