

Small Actions with Great Love

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." St Teresa of Calcutta



When St Teresa of Calcutta served among the poorest of the poor, she was a 'generous dispenser of divine mercy,' who touched poverty in its rawest form. She held those who were bloodied and bruised close to her heart, and witnessed life at its cruelest, and also at its most meaningful.

When we look beyond ourselves and see the great sufferings associated with poverty, we may wonder what is being asked of us personally and think, 'what can I do?'

Be faithful in small things because it is in them that your strength lies.
- St Teresa of Calcutta

There is great love in being prayerfully present to another human being. Being in the raw moments with another, sharing in the sacredness and dignity of being made in the image and likeness of God.

When we pass a stranger on the street, do we engage in small acts of kindness? Do we meet the eyes of those we pass, or do we look away? Do we share a greeting, some word that recognizes their humanity, or are we preoccupied with our own concerns?

One of the blessings of the pandemic is that mask wearing has increased the value of smiles and hugs. We've come to realize in a new and deeper way how valuable human connection is. We sometimes get so wrapped up in our technology, we forget how great it is to have face-to-face contact with other people. **By the grace of God, may we extend this blessing of human connection beyond our zone of comfort and reach out to those places where love and human connection may feel uncomfortable.**



Christ Jesus, help us to spread love in all that we do. May we, like St Teresa of Calcutta, have the strength to reach out to those we so often ignore- to those whom society has forgotten- and show love. Amen



Giving of Ourselves Making Lent Meaningful for the Whole Family

'Giving' is often only viewed as how much you donate to your church at Offertory; however, almsgiving is much more than this. We are asked to not only give of our material means, but of our time and talent, giving of ourselves in the best way we are able.

When we give of ourselves, others may see Christ reflected in our eyes and our actions. As Christ says in Matthew 25:40 "Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me." As we give to others, we grow closer to Christ, our ultimate goal during the Lenten season.

How can we grow closer to Christ through giving of ourselves? What can we do to show Christ's love to others? Volunteering is a wonderful way to give of yourself, as is collecting donations, praying for others, and even something simple, like a sincere smile for someone who looks like they are having a bad day!

Ideas to add to your Lent Chain:

- Pray for someone who has hurt you
- Say thank you to someone who has done something that has made a difference in your life
- Commit to doing one act of kindness per day for someone
- Offer up your hurts, struggles, temptations, or worries for someone you know who is also struggling.

