

Our Lady of Prompt Succor Nursing Home & Rehabilitation Center
C'est la Vie Apartments
Newsletter ~ March 2017
A Ministry of the Marianites of Holy Cross

Lent – A Life Journey

Many of us may have begun Lent by having ashes placed on our foreheads in the sign of a cross reminding us of our mortality and sinfulness, as well as, a reminder of Jesus Christ's life, death, and resurrection. Receiving the ashes in faith is a powerful, non-verbal way to experience God's forgiveness and God's call to us to repentance and renewal.

What are you giving up for Lent? This is a question many people ask and for some the response is sweets or alcohol. If we want to change our bodies over these six weeks, then perhaps giving up sweets, alcohol, and the second serving is the way to go. But if we want the Lord to change our hearts, a much more challenging fast is required because Lent is not just a preparation for Easter Sunday. More importantly, it is an opportunity to embrace changes that endure long after the feast of the Resurrection.

To work with the Lord, we need to engage in a type of fast that touches our minds, spirits and souls as well as our bodies. Actually it includes both a fast and a feast! It is a process that opens our spirit to health and healing as we allow the Lord to begin to radically change our minds and hearts for the months and years ahead.

Here are some suggestions of ways to fast and opportunities to feast on the journey.

Fast from fear, feast on joy.

Fast from doubt, feast on trust.

Fast from noise, feast on silence.

Fast from anxiety, feast on patience.

Fast from overwork, feast on leisure.

Fast from control, feast on letting go.

Fast from shopping, feast on sharing.

Fast from rigidity, feast on flexibility.

Fast from negativity, feast on gratitude.

Fast from judging, feast on differences.

Fast from selfishness, feast on generosity.

Fast from self-importance, feast on humility.

Fast from condemnation, feast on forgiveness.

Fast from texts and emails, feast on a phone call.

Fast from compulsive distractions, feast on prayer.

Fast from self-advancement, feast on the recognition of others.

Fast from environmental destruction, feast on environmental renewal.

Be faithful to the fast; enjoy the feast of the Resurrected Lord!

Wee Bit of Heaven

Did you know that we have five Marianites of Holy Cross in Opelousas who were all born in Ireland? They are Sisters Joan Barry, Eileen Brosnahan, Kathleen Farrell, Hannah O'Brien, and Mary Murray. Through these Marianites, we are blessed each day with Irish wit and wisdom as well as with the treasure of one of Ireland's most beloved saints, St. Patrick.

St. Patrick was born in 385 in Scotland. After his ordination to the priesthood and appointment as Bishop, he was sent to bring the message of the Gospel to Ireland, a land at that time of various tribes who did not know Jesus Christ. For over 40 years, he brought many to the Catholic faith through his faith-filled preaching and his simplicity of life. A creative teacher, he used the shamrock in his sermons to explain the mystery of the Trinity using an image the tribal people knew well. Since that time, the shamrock has been associated with him and with the people of Ireland.

St. Patrick was so rooted in his faith in God and his belief in the mission that he feared nothing not even death itself. After a life of humility, suffering, fidelity and devotion to God and the people of Ireland, he died in 461. One of the prayers attributed to him is found below. Be sure to wear a bit of Irish green on his feast day, March 17th, the day when each of us claims to have a little bit of Ireland in our hearts!

Prayer of St. Patrick

*I arise today through God's strength to pilot me,
God's might to uphold me, God's wisdom to guide me,
God's eye to see before me, God's ear to hear me,
God's word to speak for me, God's hand to guard me,
God's way to lie before me, God's shield to protect me, God's angels to secure me. Christ, be 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 where I lie, Christ where I sit, Christ where I arise,
Christ in the heart of everyone who thinks of me, Christ in every eye that sees me,
Christ in every ear that hears me.
I arise today in the mighty strength of the Lord of creation.*

☪ Celebrating Birthdays in March ☪

R Aymond	3/12	Sr. C Griggs	3/10
J Bertrand	3/06	R Guidry	3/16
Sr. C Champagne	3/14	L Hargroder	3/13
E Deville	3/03	Sr M J Landry	3/01
		R Roberie	3/30

Recently Deceased Resident

Emma Demourelle	1/27/2017
Rosalie Joubert	2/11/2017
Charles Glasscock	2/12/2017
Sr. Mary George, MSC	2/26/2017



954 E. Prudhomme St.
Opelousas, LA 70570
PSNH – 337-948
C'est la Vie – 337-942-8154
www.promptsuccor.com
www.marianites.org

