



**Our Lady of Prompt Succor Nursing Home  
C'est la Vie Apartments  
Newsletter ~ March 2021  
A Ministry of the Marianites of Holy Cross**

**Lent 2021 – Repent and Believe!**

Recently while driving on I-49, I was almost run off the road by the person behind me. I was driving a mid-size car in the right lane and was going the speed limit. He was riding on my bumper and was very intimidating in his large, silver pick-up truck. Although there was room for him to pass me, he stayed directly behind me. When it was safe, I pulled onto the shoulder to give him space and he sped around me only to take the exit which was directly ahead of us. I breathed a sigh of relief and then felt frustration rising within me. He had left the scene, I was safe, and now I was angry. His frustrations had jumped into my car and my heart! Before it could flow throughout my system, I had to quickly remind myself that I cannot control other people's behavior, I can only determine my response to it. After taking several, deep breaths, I wondered: Why was he so frustrated that he felt the need to harass a stranger on the highway and almost cause an accident? I wondered if he would do it again? I wondered if I could prevent it from happening to someone else by being a supportive presence to others I meet?

This supportive presence is definitely needed today because there seems to be a pervasive anger surrounding us. In fact, in many cases our first reaction is anger. Some of this is due to vast ideological differences; people become frustrated when others don't agree with them. This is quickly shared on social media. Angry comments are exchanged, derogatory remarks are made. Groups are formed around these ideologies and walls are established that inhibit the possibility for effective dialogue that could lead to understanding and growth.

Some of the anger is also due to the pandemic. So much has changed in our lives and this has led to some people living in fear and that fear has turned into chronic anger. Businesses have closed, jobs have been lost. Loved ones have died. There is a deep sense of grief and loss of control. In addition, guidance is given to stay home, limit socializing, wear masks. For some these are reasonable directions for infection control and prevention which need to be followed. For others, this is a challenge. Some folks do not like to be told what to do in any situation. They become frustrated and that frustration is manifested in anger and sometimes aggression.

Failure to effectively process chronic anger causes social and interpersonal problems and it affects our physical and emotional well-being. It may lead to the abuse of alcohol or other substances to dull the frustration or anger. However, as we know, using substances to solve problems usually causes more problems. It can also decrease our ability to think clearly and to make good decisions. As a result, we may say or do something that is harmful to ourselves or others.

Due to the Pandemic, much has changed. The familiar landmarks which use to guide our life journey are no longer visible or reliable. We find a new road marker, hope that we can cling to it, and then another change occurs. The temptation to fear, frustration, and anger is very real. We pray for answers and receive no new insights. We look for quick solutions and none are readily available. We may wonder, where is our God?

This year we need a Lenten experience more than ever. Lent offers us the opportunity to look more deeply into our hearts and to examine our relationship with the Lord, ourselves and others. Just as anger, fear, and frustration can spread from one person to another so can hope, joy, faith, justice, peace.

At the beginning of Lent, we heard the words – repent and believe. Those are the words which can guide us on our Lenten journey and beyond. Every opportunity is a moment to stop and reflect on what response is demanded in this situation. What calls me to change, to repent and to believe at a deeper level? What am I feeling? What is this feeling saying about me? How is it hindering or helping me in my relationship with God, self, and others? How am I being called to repent and to grow into a deeper faith?

***After his temptation in the desert, Jesus challenges us:***

***“The kingdom of God is at hand. Repent and believe in the Gospel.” (Mark 1:15)***

## 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 Eileen Brosnahan, Kathleen Farrell, Mary Kelly, Nell Murray, 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 17<sup>th</sup>**, 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. Amen.*

### ☞ Celebrating Birthdays in March ☞

R. Aymond	3/12	R. Marks	3/06
Sr. C. Champagne	3/14	G. Reed	3/02
M. Courville	3/18	T. Smith	3/08
Willie Emonet	3/14		

### † Recently Deceased Residents †

Frances Breaux	2/03/2021
Brother Peter Casey	2/07/2021
Roseann Botts	2/11/2021
Mark Rachal	2/18/2021
Russell Richard	2/25/2021



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