



## Rend Your Hearts: A 2022 Lenten Journey to Compassion



### March

2 **Ash Wednesday** How will my Lent reflect the words of God to the prophet Joel? “Rend your hearts and not your garments. Return to your God, for I am gracious and merciful, slow to anger, and abounding in steadfast love.” (Joel 2:12-13)

3 Open your heart to new immigrants. Learn to say welcome in five languages.

4 There have been 2,654 mass shootings in the USA since Sandy Hook. How does that fact rend your heart?

5 Open your heart in compassion this Lent before you answer the phone; before you write an email or text.

*“If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.”*

*Pema Chödrön*

6 **First Sunday of Lent** This week focus on greeting each day, everyone and everything, with an open, curious, receptive heart.

7 2022 is the UN Year of Glass. Try to purchase products in easily recyclable glass rather than rarely recycled plastic.

8 Today is International Women’s Day. Send a message of appreciation to a woman mentor.

9 Talk to someone about an issue of peace, justice, care of creation for which you have a passionate heart. Ask them to share what passion moves their heart.

10 5,862,189 people worldwide have died from COVID-19. How does that fact rend your heart?

11 Fast today from a spirit of defeatism that believes that nothing in the world can change for the better.

12 Read Santa Fe Archbishop John Westers magnificent pastoral letter on nuclear disarmament

<https://archdiosf.org/living-in-the-light-of-christs-peace> How does the existence of these omnicidal weapons rend your heart?

*“Go to the Heart of Jesus and draw from it, and when you need more, go back to the Source and draw again.” St. Madeline Sophie Barat*

13 **Second Sunday of Lent** This week, focus on keeping an open heart while listening. When do you notice your heart closing and why?

14 “The heart is the thousand–stringed instrument that can only be tuned with Love.” Hafiz

15 Death of St. Louise de Marillac (1660) who said, “I choose the foot of the cross as my cloister.” Make solidarity with the suffering a holy place of prayer for yourself.

16 Jewish Feast of Purim. Read the Book of Esther about how a shrewd woman overcame an oppressive king. How are you called to actively resist oppression?

17 St. Patrick’s Day As you enjoy some soda bread reflect that Patrick was a victim of human trafficking. Recall immigrants, refugees, trafficked people who eat the bread of sorrow.

18 Look at the full moon tonight and praise God for the gentle light of Sister Moon.

19 Solemnity of St. Joseph “The nobility of Joseph’s heart is such that what he learned from the law he made dependent on charity. Today, in our world where psychological, verbal and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man”. Pope Francis

*“Why do you walk?” they were asked, and “Why do you stand?” “Because of the children,” they said, and “Because of the heart,” and “Because of the bread,” “Because the cause is the heart’s beat, and the children born, and the risen bread.” Daniel Berrigan, SJ*

20 **Third Sunday of Lent** Spring Equinox Notice signs in nature that stir your heart with hope.

21 Today is World Poetry Day. Make room in your life for words that move your heart.

22 Today is World Water Day. 1 in 3 people globally does not have access to clean water. How does this fact rend your heart?

23 Record the number of miles of car travel this week and promise to reduce them each week for the rest of Lent. Let our planet in crisis rend your heart.

24 Martyrdom of St. Oscar Romero (1980) “It pains my heart deeply to know how our people are tortured, how the rights of God’s image are trampled. That should not be. Without God, people are deserts. Their hearts have no blossoms of love.”

25 The Annunciation “The circle of a girl’s arms has changed the world, The round, sorrowful world, To a cradle for God.” Caryll Houselander

26 Lower the thermostat 2 degrees. For each degree lowered you save 5% on home heating.

*“Vulnerability means fearlessly keeping the door to your heart open. A tender heart that does not try to protect itself and remains open to experience, accepting, loving, and forgiving under all circumstances, is an unbreakable heart.” Shai Tubali*

27 **Fourth Sunday of Lent Laetare Sunday** This week notice what sparks joy in your heart.

28 Begin this week by holding your co-workers in a heart filled with light.

29 The United States is the world’s leader in incarceration. There are 2 million people in the nation’s prisons and jails—a 500% increase over the last 40 years. Pray for them and for prison reform.

30 “The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us.” Dorothy Day

31 Birthday of Cesar Chavez (1927-1993) Include farm workers in your grace before meals.

## April

1 April Fools Day. Enjoy a belly laugh today. Laughter is good for your heart!

2 Do some spring cleaning. Get rid of one unnecessary object daily for the rest of Lent.

*“Success and failure, ultimately, have little to do with living the gospel. Jesus just stood with the outcasts until they were welcomed or until he was crucified — whichever came first.” Greg Boyle, SJ*

3 **Fifth Sunday of Lent** This week notice the non-human creatures with whom you share life. Open your heart to them.

4 Pray these words of St. Gertrude, part of the traditional prayers of the Sisters of Charity: Heart of Jesus, living and life-giving fountain of eternal life and glowing furnace of love.

5 Buy Fair Trade chocolate for your Easter baskets.

6 Take time to open your heart in prayer for people who are a challenge to you, especially those who frustrate or anger you.

7 Death (1719) of St. Jean-Baptiste de la Salle, patron of teachers. Pray for teachers who met tremendous challenges from the pandemic.

8 Fast from electronic devices today. What does so much virtual reality do to your heart?

9 Learn something about people in a country that is unfamiliar to you and hold them in prayer.

*“Blood and water, water and wine. John is telling us of the transformation from old life to new, from the blandness of water to the richness of wine. Is it new life we want? In linking the first sign [Cana] to the seventh [Calvary] John is telling us how we may have it. The new creation comes about because of the work of Jesus, brought to its climax on the cross.” Murray Rae*

10 **Palm Sunday** Pray for catechumens during their last week of preparation that their hearts may be wide open to the gift of the Sacraments of Initiation; that the church may have an open heart for them.

11 On April 11, 1963, John XXIII issued *Pacem in Terris*. What brings peace to my heart? To my world?

12 Release your heart-hostages today! People about whom you hold resentments or regrets.

13 “Spy Wednesday” Pray for those who, like Jesus, have been betrayed by friends. Open your heart in prayer to people who have betrayed you.

14 **Holy Thursday** Is my heart like the table of Jesus – open, bountiful, welcoming to all?

15 **Good Friday** Donate money to have a tree planted in honor of the Cross, the Tree of Life

16 **Holy Saturday** Drink a glass of water with reverence as you recall your baptism.

17 **Easter Sunday** Light a candle and write a prayer renewing your commitment to cultivating an open, welcoming heart. Easter is 40 days – how will you continue this journey for the Easter season?



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