



LEARN PRAY ACT

Sponsored by Sisters of Charity of NY and Sisters of Charity of Saint Elizabeth NJ

APRIL 2025



Easter Season of
Hope and
Renewal

LEARN PRAY ACT

LEARN: “When we complain of having to do the same thing over and over, let us remember that God does not send new trees, strange flowers and different grasses every year.

When the spring winds blow, they blow in the same way. In the same

places the same dear blossoms lift up, the same sweet faces, yet they never weary us. When it rains, it rains as it always has. Even so would the same tasks which fill our daily lives put on new meanings if we wrought them in the spirit of renewal from within—a spirit of growth and beauty.” *Helen Keller*

A woman with no sight saw the significance of the elements of nature and shows us how to seek a new perspective. Are there elements in my life that invite me to seek a new perspective?

PRAY: Isaiah 43:18-19 *Forget the former things, do not dwell on the past. See, I am doing a new thing!*

There can be gentleness and forgiveness to be found in the process of letting go which may open us to receiving something yet unknown.

ACT:

1. Experience the rains and winds and first buds of Spring differently this season.
2. Approach the humdrum and ordinary routines of the day with a sense of gratitude and mindfulness.
3. Pray about what must be released or viewed with “new eyes” to be free to receive grace and blessings.