



# S E P S

## FOLLOWING IN THE FOOTSTEPS OF JESUS

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### LENT 2021: PRACTICE



**Today we dive into the first week of Lent and follow Jesus into the desert. It can feel like the past year has been Lent - we've given up many things and even more has been stripped away. So in a year that feels like Lent already, how do we approach this season?**

**It seems like the only place to go, is deeper into the Sacred Heart of Jesus. It's a heart that has experienced desolation, hope, heartbreak, consolation, loss. All the things we have gone through this year, He knows well.**

**When we approach the Heart of Jesus, we can be sure that He is there waiting for us, ready to accept us as we are and longing to embrace us. When we approach the Heart of Jesus, we can also be sure that He will gently challenge us, stretch our hearts, and cause us to grow. He loves us much too much to leave us where we are.**

**That is why the theme for all of Lent this year is PRACTICE. We'll be growing closer to the Heart of Jesus through prayer and sacraments, remembering that growing takes work. It's easy to hear this and think, "Gosh, another thing I have to work on? I have enough to do already."**

**This work though, will transform all the other things we have to do. Not immediately, but it will over the course of the next 40 days! Our to-do lists will take on new purpose, and the hands and hearts that complete them will take on new life.**

**But first, we must continue through Lent; embracing the Heart of Jesus and allowing Him to embrace us.**

**WANT TO GO DEEPER?  
WE'VE GOT YOU COVERED**

**Confessions:**

Sundays, 9-9:45am  
Thursdays, 7-7:45pm

**ADORATION:**

Thursdays, 7-8pm

**MASS:**

Heart to Heart Series on  
Sundays at 9am and 6pm  
Masses

**SMALL GROUP:**

Go deeper with others on  
Wednesdays at 7pm over  
Zoom. More info on our  
website.



**What does it matter to  
you whether Jesus  
wishes to guide you to  
heaven by way of the  
desert or by the  
meadow, so long as He  
will always be with you  
and you arrive at the  
possession of a blessed  
eternity?**

**ST. PADRE PIO**

WEEK ONE:  
*Remembering*

For the next 5 Sundays of Lent at the 9am and 6pm Masses we will be focusing on a particular theme: Heart to Heart. This week, we spend time "Remembering".



I find it easy to reminisce with old friends and go back to hilarious or meaningful moments we've shared. It's one of my favorite things to do! I feel reconnected with the person, and myself to a certain degree - like the memories bring back a sense of who I am by thinking about where I've come from.

Somethings, I have more trouble remembering - like where I left my keys or that my coffee is in the microwave. Or that God is present and working even through this bonkers crazy year we just had. I find a lot of consolation though in the thought that I'm not alone in this. Even Jesus needed to intentionally recall His Father's goodness in moments of trial, like when He was tempted in the desert.

Difficult times come and go, it's what we do to get through them that makes the difference. For me, it's easy to turn to my phone or an old bad habit when life feels a little rocky, and I end up isolated from God, others, and even myself. However, when I choose to remember and name the good things God has done in my life something shifts. The focus is no longer the trial, but the One who will get me through it. I reconnect with God and my identity as His daughter.

When I try to notice each day how I have felt the Lord's presence or realizing the ways He has been faithful, that identity becomes foundational. I still might not know where my keys are, but at least I know who I am and who is with me through it all.