



That we are alive. Yesterday's events in Parkland, Florida were horrific. An absolute nightmare. My heart goes out to all involved. So we began the Lenten season yesterday with extra praying. We pray for the victims and their families. We pray for today and tomorrow to be a safer world.

Let's not make this Lent just about giving something up. Let's make it more about turning faith into action. So more about what we "take up" — a positive outlook, more patience, more generosity, more prayer. The extra effort to be better can make a difference not just in others' lives, but in ours as well.

As usual, this Lent will come and go in a blink. Let's not let it slip by without us taking advantage of its spiritual charge. Especially now in the craziest of times. For this season of renewal and for each and every breath we take, I am thankful.

Wishing all of you a blessed Lenten season. And safer days. #PrayerMatters

Until next Thursday's post...si Dios quiere.

What are you thankful for today?

"No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."

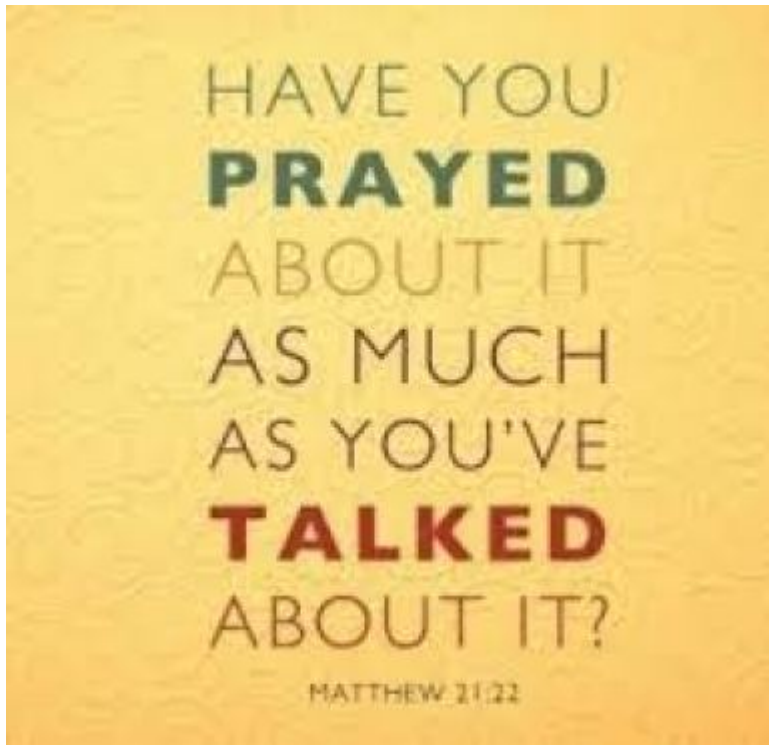
*-John Chrysostom*

"We need to take time to connect with the poor, resist our unceasing cravings, and pray. But we also need to gather with friends and family, share in God's good provision, eat delicious food, tell stories that encourage us all, and celebrate the risen Lord."

*-Chris Seay*

"For you are dust, and to dust you shall return."

-Genesis 3:19



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