

Forty Days Towards Love

For the forty days of Lent, we are inviting parishioners to pray for people (or groups of people) each day. Our take-home heart boxes (filled with forty heart-shaped cards) have all been distributed but prayer does not require special materials. If you would like to make your own prayer box (or bag or basket), simply write the names of forty people on small pieces of paper. Choose a name each day and display it or tuck it in a pocket. Remember that the person you are praying for is a child of God, created in God's image, longing for and worthy of love. Carry that person in your heart throughout the day and in the evening, reflect on how it felt for your heart to expand to hold friends, neighbors and strangers. Challenge yourself to pray for those you love and those with whom you disagree.

Consider including: family members, families divided by political arguments, politicians, journalists, medical professionals and those affected by the COVID19 virus, people living with depression and anxiety, people without health insurance, prisoners and prison staff, people who have inflicted hurt through words or deeds, social workers, people without jobs, people working the night shift, people who own businesses, people who mourn, people affected by gun violence, students, teachers, librarians, immigrants, people struggling with addiction, scientists and researchers, etc.

You may want to reach out to your prayer recipients (or representatives) and let them know they are in your heart. Call a politician, email a friend, make a donation to an organization that supports the people who are in your prayers.

