

*During Lent the Pastor's Letters will be from our Holy Deacons.*

During Lent we turn our hearts toward God in repentance, prayer, and contemplation. This year, I have embraced three practices that have been rewarding and meaningful: keeping a gratitude journal, reading daily from the lives of the saints, and reflecting on the daily Gospel passage. These practices have enriched my spiritual life, and I hope they may inspire you in your Lenten journey.

Every day, I set aside time to write in my gratitude journal. I record moments of grace, acts of kindness, and the blessings that God has placed in my life. Focusing on gratitude reminds me that every moment is infused with God's presence and love. This practice has helped me open my heart to joy even when the world isn't making much sense. When we acknowledge our blessings, we grow in humility, and we recognize that all we have is a gift from God. Our hearts become lighter, and our faith is strengthened as we learn to see the world through the lens of grace.

I have also committed to reading daily from the lives of saints. The saints are our spiritual mentors, guiding us through their holiness, perseverance, and love. Their stories remind us that the path to God is not easy, but it is filled with purpose. Whether it is the unwavering trust of St. Joseph, the miracles of St. Benedict, or the great faith of St. Gregory the Great, each saint offers a unique reflection of Christ's love. Their struggles and victories inspire me to live my faith more fully, to seek God in all things, and to trust in his divine providence.

Finally, I read and meditate daily on the Gospel passage. The words of Christ invite us into a relationship with him. Every gospel passage challenges and consoles, calls and convicts. Through reflection, I try to understand how his teachings apply to my life. Some days, I find encouragement in his mercy. Other days, I am called to greater conversion. Scripture is a living dialogue between Christ and my soul. A daily encounter with the word of God strengthens my commitment to discipleship and reminds me of the hope we have in the resurrection.

These Lenten disciplines bring peace and purpose. I encourage you, dear friends, to embrace practices that draw you closer to our Lord. May this Lent be a season of transformation, leading us ever nearer to the joy of Easter.

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