

## **SPIRITUALITY**

February 2013

Three things are asked of us to do during Lent. They are prayer, fasting, and alms giving. We tend to do each of these in some sort of way. But how seriously are we about them? Me, being the Spirituality chair, will consider prayer.

As I have been going on my spiritual journey, I've come across many prayers that have left me with the desire to memorize them. Some of these prayers are quite long and some are very short.

One that finally hit me between the eyes recently, is short and easy to memorize. It came from our before Mass prayers on Tuesday morning. I made a copy of it and put it in the back of my *Magnificate*, where I am able to see it, at least twice a day. It's very short; just two sentences. I think it would be a good prayer to say not only during Lent, but every day of your life.

I hope you find it as grace filled as I do!

### *Prayer of The Day*

O God of wisdom and of love, you have made us as fragile as the flowers of the field, yet you have us strong in the hope of life everlasting. Teach us to see this day as gift enough, that we may live it for your glory and render it back to you in praise when evening falls, through Jesus Christ, your Son and our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen

**Mary Stasek**, Spirituality Chair