

# *Lenten Reflections*

*March 23, 2020*



*St Francis Receiving the Stigmata – El Greco – Public Domain*

<https://art.thewalters.org/detail/6457/saint-francis-receiving-the-stigmata-2/>

Living an hour and a half apart can be difficult to maintain a close relationship, but my sister and I manage by talking on the phone almost every morning as we commute to work. We discuss everything, offer each other helpful advice, give one another pep talks, and on occasion just vent. One recent morning, as she was passing through a drive through to pick up coffee and a bagel, she was told that the car ahead of her paid for her bill. She was having a particularly rough commute, did not sleep well, was trying to be positive but did not know how she would accomplish everything throughout the day. That act of kindness and generosity from a stranger gave her a feeling of joy, compassion and most importantly appreciation. Over the phone I could feel that she was smiling, that she felt uplifted and was ready to continue her day with a new approach.

Our daily actions towards others can have such tremendous impact. It is not enough to just think good thoughts, talk about it and hope for the best. We must provide the human support needed to help one another along every single day. Our worries, concerns, and problems seem to dissipate when we start thinking of others before thinking of ourselves.

So, provide a favor for a friend when you are super busy yourself, call a family member and see what they might need help with or assist a colleague even when you are swamped with work. Because the Lord says...

“My children, our love should not be just words and talk; it must be true love, which shows itself in action.” (1 John 3:18)

*Kathy Christie, Administrative Assistant to the  
Vice President for Academic Affairs and Mission  
Integration*

## Monday of the Fourth Week of Lent

Lectionary: 244

### Reading 1 [Is 65:17-21](#)

Thus says the LORD:

Lo, I am about to create new heavens  
and a new earth;

The things of the past shall not be remembered  
or come to mind.

Instead, there shall always be rejoicing and happiness  
in what I create;

For I create Jerusalem to be a joy  
and its people to be a delight;

I will rejoice in Jerusalem  
and exult in my people.

No longer shall the sound of weeping be heard there,  
or the sound of crying;

No longer shall there be in it  
an infant who lives but a few days,

or an old man who does not round out his full lifetime;

He dies a mere youth who reaches but a hundred years,  
and he who fails of a hundred shall be thought accursed.

They shall live in the houses they build,  
and eat the fruit of the vineyards they plant.

### Responsorial Psalm [30:2 and 4, 5-6, 11-12a and 13b](#)

**R. (2a) I will praise you, Lord, for you have rescued me.**

I will extol you, O LORD, for you drew me clear  
and did not let my enemies rejoice over me.

O LORD, you brought me up from the nether world;  
you preserved me from among those going down into the pit.

**R. I will praise you, Lord, for you have rescued me.**

Sing praise to the LORD, you his faithful ones,  
and give thanks to his holy name.

For his anger lasts but a moment;  
a lifetime, his good will.

At nightfall, weeping enters in,  
but with the dawn, rejoicing.

**R. I will praise you, Lord, for you have rescued me.**

“Hear, O LORD, and have pity on me;

O LORD, be my helper.”

You changed my mourning into dancing;

O LORD, my God, forever will I give you thanks.

**R. I will praise you, Lord, for you have rescued me.**

**Verse Before the Gospel**      [Am 5:14](#)

Seek good and not evil so that you may live,  
and the LORD will be with you.

**Gospel** [Jn 4:43-54](#)

At that time Jesus left [Samaria] for Galilee.  
For Jesus himself testified  
that a prophet has no honor in his native place.  
When he came into Galilee, the Galileans welcomed him,  
since they had seen all he had done in Jerusalem at the feast;  
for they themselves had gone to the feast.

Then he returned to Cana in Galilee,  
where he had made the water wine.  
Now there was a royal official whose son was ill in Capernaum.  
When he heard that Jesus had arrived in Galilee from Judea,  
he went to him and asked him to come down  
and heal his son, who was near death.  
Jesus said to him,  
“Unless you people see signs and wonders, you will not believe.”  
The royal official said to him,  
“Sir, come down before my child dies.”  
Jesus said to him, “You may go; your son will live.”  
The man believed what Jesus said to him and left.  
While the man was on his way back,  
his slaves met him and told him that his boy would live.  
He asked them when he began to recover.  
They told him,  
“The fever left him yesterday, about one in the afternoon.”  
The father realized that just at that time Jesus had said to him,  
“Your son will live,”  
and he and his whole household came to believe.  
Now this was the second sign Jesus did  
when he came to Galilee from Judea