

SAID ED March 9, 2008

Spirit Alive

As Lent continues to unfold the diocesan spiritual renewal initiative, Spirit Alive has been launched. Deepening one's relationship with Jesus Christ is a primary theme and goal of this diocesan initiative. We, along with the many parishes of our diocese, have been offering different avenues to help deepen our relationship with Jesus Christ. Here are 10 suggestions that may be of help to you:

1. Read the Gospel of the day each morning and/or evening. (You'll find it listed in the bulletin or on our website) Ask yourself, what do I hear? How am I challenged? How am I comforted?
2. Spend time in prayer every day. Start with a short time of 1 to 5 minutes and increase the time over a month.
3. Participate in Sunday Eucharist each week. It is the place where we meet Jesus in a very special way.
4. Before every meal, thank Jesus for the gift of bread you will share.
5. Make it a habit to greet the day with affirmation of Jesus' presence.
6. End your day with a short examination of how you met the Lord this day.
7. Visit a website that offers some meditation or opportunity to reflect on your relationship with Jesus. For example:
<http://www.sacredspace.ie/> or
<http://www.rochesterspiritallive.org/>
8. Read a spiritual book. (There are many to choose from in our parish lending library in the living room.) Reflect on the words that bring us to a renewed relationship with Jesus through Eucharist.)
9. Look for moments in your day when you need Jesus, or you sense His presence. Honor those moments with reverence and attentiveness.

10. Reflect on the Eucharistic Prayer we hear at mass.

Another portion of the Spirit Alive initiative is a series of regional Services of Reconciliation and Hope. These Services are meant to reach out to Catholics who are away from the Church, who feel alienated for a variety of reasons such as: divorce, an unfortunate encounter with a staff member, abortion and believing they are not welcome, sexual orientation. The list goes on. The point is that we are all very much aware of individuals separated from the Church for many reasons. These services are a wonderful opportunity for folks who feel alienated to reconnect with us.

On Saturday, March 12 at 7:00 PM at St. Joseph's Church in Penfield, the Northeast Region Parishes will offer people the opportunity to gather for a Service of Hope and Healing Through prayer, Scripture reflection and the opportunity for individual confession, individuals will be able to respond to God's Spirit to in the words of the Prophet Hosea "Come back to me with all your heart, don't let fear keep us apart." Similar services are being offered throughout the Diocese. Do you know someone who should be encouraged to attend? Might they come if you joined them?

Have a good Fifth Week of Lent.
