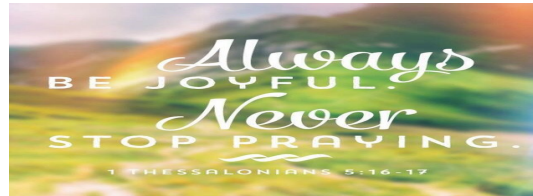




The Ferd Word

...weekly spotlight on a word to know at St. Ferdinand School by Principal Folino 😊 March 5 2020

Lent: A Time for PRAYER



Prayer: it can take on so many forms. As toddlers, we may have been taught the *Guardian Angel* or *Thank You for the World So Sweet* prayers, sing-songy and sweet - yet, with messages of both giving thanks to and asking help from our God.

As we aged, our “go-to,” memorized **prayers** became more formal: the *Our Father*, *Hail Mary*, *The Memorare*, and a whole Rosary - their rhythmic cadence offering a familiar, succinct way to offer supplications to Jesus.

Perhaps we grew to follow incorporating the *Ignatian Examen* method of **prayer**, offering thanks, asking for forgiveness of the day’s sins, and praying for special intentions. Maybe we strive to be fully present at Sunday Mass. There could be times we find connection with the Lord through meditation on Bible passages. And, let’s be honest: sometimes there are just days when simply offering up our day is the form of prayer is what we have to offer to God.

But, maybe there have been days, weeks, even extended periods when any kind of pre-learned form of **prayer** seems impossible to fit into the day. Life can just seem to take over and steer us away from time to focus on what should be our most important relationship - our relationship with God.

That’s when Lent comes in: a time to re-center our lives with God, perhaps even starting with a few minutes of prayer. Maybe revisiting an old, familiar form. Maybe trying out a new way. Maybe looking at what Mission St. Ferdinand Church has to offer (for adults, viewing and discussion of Bishop Robert Barron’s series *The Mass* after 5:00 Mass on Saturdays during Lent!).

For the school families, I’d like to invite you to an activity that will take place **after the 10:00 Family Mass NEXT Sunday, March 15, in the Activity Center. We will be painting Prayer Rocks**, which will serve as reminders, when sitting on the kitchen table or near the family Rice Bowl, to find a way to reconnect and pray with God each day. Hope to see you there!

