

2021 Lenten Reflections



Sisters of the Presentation
of the Blessed Virgin Mary
In Joyful Service

March 14, 2021 ~ Fourth Sunday of Lent
Rejoice O People of God!

**Let my tongue be silenced, if I ever forget you!
By the streams of Babylon we sat and wept
when we remembered Zion. On the aspens of that land
we hung up our harps. For there our captors asked of us
the lyrics of our songs, and our despoilers urged us to be joyous:
“Sing for us the songs of Zion!” Psalm [137:1-3, 5](#).**

At the time of this writing, I along with others, are still being very careful in following Covid guidelines and waiting patiently and praying for relief from the effects of the widespread virus and a return to normal.

I was delighted when I received this assignment and realized today is Laetare Sunday with the fourth Sunday of Lent. Laetare means rejoice as traditionally this Sunday is a day of celebration and allows us to step aside from the discipline of Lent for a day and catch our breath and receive the gift of joy. The liturgical colors are changed to rose for rejoicing. By this time I hope I will be rejoicing in the gift of faithfully following God’s call to prayer and daily discipline in preparation leading to the great feast of Easter. If I listen carefully each morning, God gives me a song for the day to access on my phone. One of my plans for Lent is to listen carefully and gently each day for my song that leads me as I begin the day, with a quiet voice that requires attention. My song for today is “Your Words are Spirit and Life” which I share with you as our prayer for this day:

**Your words are spirit and life, O Lord:
Richer than gold, stronger than death.
Your words are spirit and life, O Lord;
Life everlasting.
Reviving the weary spirit.
God's rule can be trusted: bringing us wisdom,
Bringing God's wisdom to birth.
They gladden the hearts of people.
God's command is so clear it brings us new vision;
Bringing God's light to our eyes.
God's presence is everlasting.
God's truth is eternal, bringing us justice;
Bringing God's justice to earth.
Worth more than we dare imagine
And, sweeter than honey, this word will feed us,
Bringing fulfillment and joy. Amen
(Source: Musixmatch; Bernadette Farrell)**

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