

OUR LADY OF THE ANGELS

ACADEMY

Bonitas Veritas Pulchritas

Our Lenten Resolution

Dear Academy Parents,

February 20, 2024

To the human mind, the words - Ash Wednesday, Lent, Penance, Desert, Wilderness, Fasting – make us cringe and dread what our loving Mother the Church is offering to her children. Were there no sin, there would be no reparation. Our Lord, “like unto us in all things except sin”, has gone before us to lead us by His example – one of these being His spirit of reparation. After all, His whole life was one of mortification and penance. “Unless you do penance, you will all likewise perish”.

Although restored by the cleansing waters of baptism, we still bear within us the wounds of our fallen nature. We acknowledge that, like children, we fall and fall often.

“He who offends not in tongue is a perfect man”. In this wholesome season of fasting, primarily fasting from sin, our school-wide effort is to purify the use of our tongue. Our practical resolution this Lent is **each day to say a kind word to someone else** – in the form of a compliment on their appearance, their effort, or words of gratitude and encouragement. Please remind your children along these lines as we proceed through Lent.

Here are some words along these lines you may find helpful: “The double reward of kind words is the happiness they cause and in others. When a kind word proceeds from your lips, it blesses you first. Uttering kind words is a happiness in itself. In your everyday life, you are at times confronted by problems and weighed down by trials. Your heart is gripped by worry and sorrow. Life becomes almost unbearable. Yet, if you still greet others with kind words and a cheerful disposition, the effect will be to put your own worries to flight and to lift your spirits. A kind word fills you with the gladness that gain or pleasure can never procure. A moment when God is so near as almost to be felt is nearly always the reward of a kind word.¹

Have a grace-filled Lenten season!

In Our Lady of the Angels,

Daniel Dailey

Father Daniel Dailey

¹ Lovasik, Rev. Lawrence G., *The Hidden Power of Kindness* (Sophia Institute Press, 1962) 196.