

+ 29 February 2012

My dear Brothers and Sisters,

May the grace and peace of our Lord Jesus and the Love of His Mother be with you and your communities!

For centuries, the Church has used the Lenten season to focus itself on what really matters through the use of the disciplines of fasting, alms-giving, and prayer. This week, let us take a moment to consider the first: fasting.

### **FULL.**

Fasting is perhaps the most widely-known of our Lenten disciplines. How many times have you heard (or even asked!): “What are you giving up for Lent?” In so many ways, this is only part of the equation – and a minor part at that. Fasting is really about making space.

Imagine arriving at the home of a dear friend only to find them preparing a particularly delicious meal. The smell of herbs and spices fills the air. Your mouth waters at the familiar scent of your favorite roast, cake, or pasta. There’s only one problem: you just ate!

### **MAKING SPACE.**

How disappointing it will be to arrive at the Lord’s banquet, only to be full of gossip, resentment, jealousy, or lust! Blessed Father Chaminade focused our apostolic posture through giving attention to the works of our minds, our hands, and our hearts. Perhaps this Lent, our fasting might be to make space for our God by clearing our minds, freeing our hands, and opening our hearts so that our unqualified ‘yes’ may echo loudly that of Mary, our Mother.

How differently might one of our most celebrated Marianist gospel stories have turned out if Mary had gone to Cana with her mind full of judgment for a couple out of wine on their wedding day, her hands full between work and home, and her heart shrouded by indifference? Instead, free from all of these distractions, she noticed a world in need and turned to her Son for help.

### **NO REGRETS. JUST CONVERSION.**

I pray that your spring training is off to a strong start. If not, don’t worry. Lent is a time for fine-tuning our ‘yes’ and to develop good habits. After all, God does not want our regret for Lent; God wants our conversion! So, keep at it!

Let us pray this week for the grace to make space in our lives for the things that really matter. Assuring you a remembrance in my prayers, and asking God's every blessing upon you, may I remain:

Faithfully Yours in Christ,

Rudy Reyes Jr.

*p.s. This is the second (of eight) installments in our Lenten Series which will conclude on Easter Wednesday. I welcome and invite your feedback and conversation; be in touch!*

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**Rudy Reyes Jr.**

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*Faites ce qui est nécessaire pour obtenir et maintenir la paix de l'âme;  
cherchez Dieu seul et son bon-plaisir.*

*-- B. Guillaume Joseph Chaminade*

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