

# Journey OF Faith

March 14, 2010

## In Word & Deed

Has there ever been a time when we did not need forgiveness? Haven't we all gotten a little off course—with God, with our family, or with our friends—at one time or another? Isn't there always someone who we should forgive? Here are a few thoughts about forgiveness, inspired by the Prodigal Son and his brother.

- To forgive does not require that we forget. After all, if it were easy to forget, would we need to forgive?
- When you forgive, you free a person who is a prisoner of anger and hate. Then you realize that the person freed is you.
- Ordinary people have offered forgiveness in extraordinary circumstances. We can learn from their courage and example.
- Those who are the most difficult to forgive are often the ones who need it the most.
- Forgiveness brings peace, contentment, hope and calm.

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4<sup>th</sup>  
SUNDAY OF LENT



*Lord, you brought me up from the nether world; you preserved me from among those going down into the pit.*

-Psalm 30:4

## Scripture Readings

**Sunday** **March 14**

Jos 5:9a, 10-12/2 Cor 5:17-21/Lk 15:1-3, 11-32, or, for Year A, 1 Sm 16:1b, 6-7, 10-13a/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

**Monday** **March 15**

Is 65:17-21/Jn 4:43-54

**Tuesday** **March 16**

Ez 47:1-9, 12/Jn 5:1-16

**Wednesday** **March 17**

Is 49:8-15/Jn 5:17-30

**Thursday** **March 18**

Ex 32:7-14/Jn 5:31-47

**Friday** **March 19**

2 Sm 7:4-5a, 12-14a, 16/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

**Saturday** **March 20**

Jer 11:18-20/Jn 7:40-53

**Sunday** **March 21**

Is 43:16-21/Phil 3:8-14/Jn 8:1-11, or, for Year A, Ez 37:12-14/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45



*Cover us, Lord*  
with your mercy.

*Be our protector*  
and keep us from the dangers with which our sin surrounds us.

*Be our liberator*  
and set us free.

~*Missal of Pius V*



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## FAMILY LIFE:

# TO WALK AS ONE

There is a great scene in the movie version of Charles Dickens's "A Christmas Carol." After his time with the Christmas spirits, Scrooge goes to the home of his nephew Fred and approaches Fred's wife Emily, asking her, "Can you forgive a pig-headed old fool with no eyes to see and no ears to hear all these years?" It is the moment in the story when Scrooge is reunited with his family and discovers the meaning of Christmas he had denied for so many years.

There is a difference between saying I'm sorry and asking for forgiveness. The first is a moment of conversion when we recognize our sins and turn from them. It is the moment of regret and we acknowledge we are wrong. The second is asking for reconciliation,

something we cannot take for ourselves but which someone must give us.

When we sin, we need to correct our mistakes and make amends for the hurt we have caused. Being sorry for our sin does not guarantee reconciliation, and people may need time to reconcile. But we should ask for forgiveness and let others know we are truly sorry for our offenses. So when my words or actions hurt someone I love, I need to do all I can to repair our relationship, and to restore our love and trust. "Please forgive me" is a powerful step in the right direction.

~James Gaffney, © 2010 Karides Lic. to St. George Publishing  
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*Give us, O God, the needs of the body,*

*Give us, O God, the needs of the soul;*

*Give us, O God, the healing balsam of the body,*

*Give us, O God, the healing balsam of the soul.*

~CELTIC PRAYER



## In Word & Deed

Continued from front

- Be forgiving of others. They may be fighting a spiritual battle much larger than yours.
- If you forgive others, God will forgive you.
- If you knew the life of even your worst enemy, you would find sorrow, fear and suffering that would move you to forgive any and all hurts.
- Understanding opens the door to forgiveness.
- Ask for forgiveness as soon as you can. Waiting only makes the hurt grow stronger.

Celebrate the healing and joy of those who are forgiven. One day, that party will be for you!

~James Gaffney