



# PREP PARENT NEWS

April 2022

## Dear Parents,

In her wisdom, the Church gives us 40 days of fasting during Lent and 50 days of feasting during the Easter season to remind us of two important aspects of hope. The first comes from Psalm 30:6, "*At dusk weeping comes for the night; but at dawn there is rejoicing.*" Penance or even sorrow can be tough, but it is only temporary. And even then, the sorrow dissipates with the rising sun (Son).

Secondly, the Church wants to remind us that we were made to be joyful. We have 50 days to embrace the joy that Jesus died for us. It is the love of God that changes lives and that changes history. This is why Jesus tells us, "*I have told you this so that my joy may be in you and your joy may be complete.*" (John 15:11)

Our children must be reminded of the lesson of the cross: love requires sacrifice. The Church reminds us the love of God is what changes history and our lives. We must go out and love God by love of neighbor. During the Easter season, we should joyfully find ways to celebrate and love one another. We should seek out those who may be in darkness and allow them to experience "the resurrection of God's love."



## Five Tools to Forgive

The road to forgiveness is hard. In many instances and in clear terms, Jesus affirmed the obligation of all of us to forgive those who harm us, pray for our enemies, and show kindness to those who harm us. Here are some tools to help respond to Jesus' call to forgive.

- (1) **Take responsibility.** In order to forgive others, we must first acknowledge that we have hurt them. Recognizing our own need for forgiveness may lead to forgiving others.
- (2) **Accept apologies.** If we take that step, we can open a door to God's forgiveness.
- (3) **Be patient.** Forgiveness is a decision, not an emotion. It takes time depending on how deeply you've been hurt and who did it to you.
- (4) **Don't dwell.** Forgiveness is not the same as forgetting. It refers to a decision to let go of the hurt one caused you. When we forget, we put ourselves at risk of being hurt again. Forgiveness allows us to grow in God's love.
- (5) **Forgive debts.** People may not apologize for their hurtful actions, nevertheless, we are still required to forgive them. We can view their actions as a debt; sometimes, it is impossible for them to repay it. When we forgive them, that debt is cancelled.

## ANNOUNCEMENTS:

**Reminder:** Religious education classes begin immediately following the 9:30 a.m. Mass in the basement until further notice.