

March 20, 2022

Fasting, Evangelization and Joy during Lent

Many thanks to those who responded to the Feb.19 Five Ways e-letter.

The Joyful Noiseletter, from the Fellowship of Merry Christians, has recently been insisting that fasting is not only a religious practice, but absolutely necessary for good health. Its Jan-Feb and March-April issues stress this in many ways. Short, occasional fasting does so much good for both our bodies and souls. Well worth considering during Lent.

Stephanie Saldana, in her marvelous article "A Community of Song," describing Taize, reminds us that Lent is a time to invite people to join us in our churches. If you google her name, the entire *America* magazine article comes up and is very readable and inspiring.

With the Holy Week messages so necessary for life in our turbulent world, consider inviting non-believers and especially drop out Catholics to the Palm Sunday, Holy Thursday, Good Friday, Holy Saturday and Easter Sunday services.

Let us join Pope Francis, and all the bishops of the world, as they consecrate the Ukraine and Russia to the Immaculate Heart of Mary, according to the Fatima message, this Friday, March 25, on the Solemnity of the Annunciation of Mary.

My thanks to Margot Ferry Adams for sending me the item below: some joy and inspiration for Lent.

Gratefully in Christ,

Fr. Harry Winter, O.M.I.



Almost 5,000 people queued for hours in the rain at a swabbing event in Worcester, to get tested to see if they were a match to help save the life of a five-year-old boy fighting a rare cancer after parents asked for help.

LOWE'S EMPLOYEES COME TO THE RESCUE OF DISABLED VET WITH BROKEN WHEELCHAIR



THEY REPLACED THE BROKEN PARTS AND TOLD ME, "WE'RE GOING TO MAKE THIS CHAIR LIKE NEW." I KEPT THANKING THEM AND ALL THEY COULD SAY WAS, "IT WAS OUR HONOR."

Some months back in Nigeria one naked and dying 2-year abandoned child was seen being fed by a lady charity-worker from Denmark - Anja Ringgren Loven, that pic went viral in social media. She later adopted that child and named him Hope. Today, Hope looks like this:



The bride's father died and donated his heart. The man who received the transplant walked her down the aisle.



In 1969, when black Americans were still prevented from swimming alongside whites, Mr. Rogers decided to invite Officer Clemmons to join him and cool his feet in a pool, breaking a well-known color barrier.



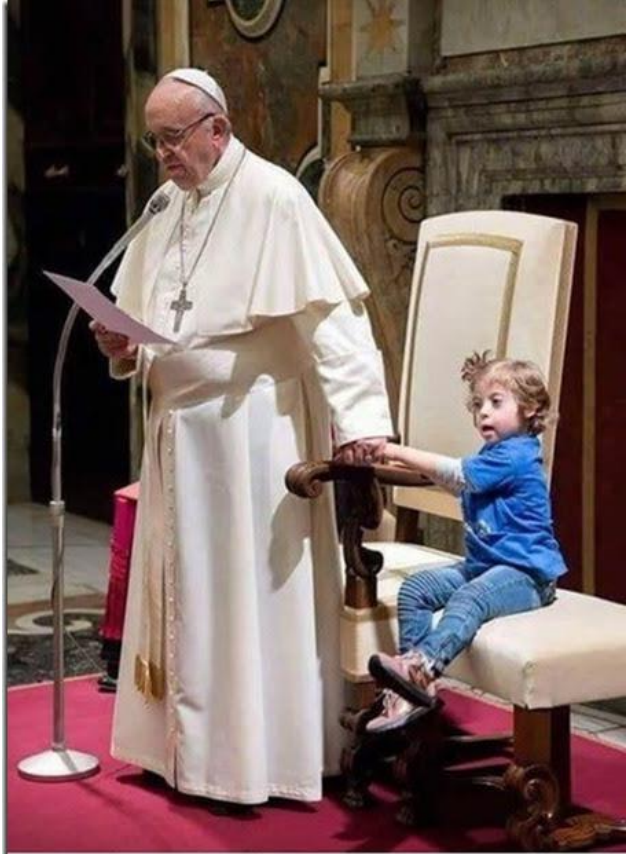
This whole class shaved their heads on graduation Day



VIA STATE.COM

For their classmate who had cancer





This little girl with Down syndrome got up from her seat during a papal audience and went towards Pope Francis during his ministry. The security guards quickly moved in to take her back to her mother. The Pope stopped everyone and said to the girl, "come sit next to me." The girl then sat down near him and the Holy Father continued to preach while holding hands with the little girl.



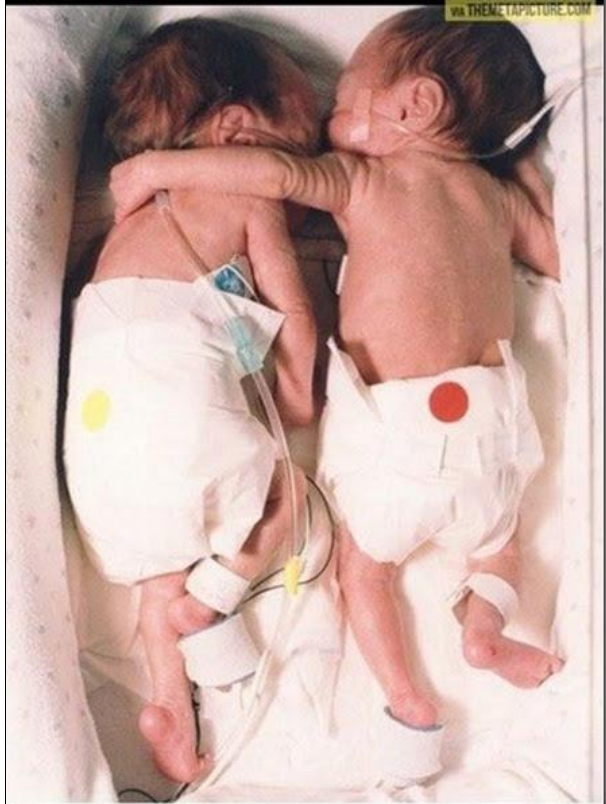
A groom on his wedding day saved a young boy from drowning.



It was considered the best photo of this century. A lioness and her cub were crossing the savannah but the heat was excessive and the cub was in great difficulty walking. An elephant realized that the cub would die and carried him in his trunk to a pool of water walking beside his mother. And we call them wild animals.

15:17

This picture is from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Each were in their respective incubators and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart stabilized and temperature rose to normal.



On a train in China I saw a little girl watching me.
I had glitter on my cheek and asked her **parents** if I could put some on her too
After 20 mins of playing her **parents** told me she was mute severely disabled and that this was the first time she'd ever smiled.
My heart is so full.

