



## FROM THE DESK OF FATHER JONATHAN

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**MARCH 5, 2017**

How happy I am to be back in the parish after these two weeks in the hospital and recovery! I am more appreciative than ever of the gift of health and more aware of the fragility of our human condition. Every day is a gift! Every breath is a gift! Every person in my life is a gift, including you!

This week we began the season of Lent, forty days of spiritual workout (plus Holy Week) in preparation for the celebration of the Resurrection of the Lord. Just like when we exercise our body we can enjoy even more a good meal, so it is that when we exercise the soul, we can enjoy more the festivities of Easter.

Let me tell you the plan I have for my own Lenten season. It has three parts: 1) I am going to give something up that I enjoy 2) I am going to add something to my daily routine that will be good for me 3) I am going to do something special for someone else each day.

My hope is that at the end of Lent I will not just have "suffered" through penance, but rather grown as a Christian.

Would you like to join me in these three goals? Or do you have another plan? Send me a note, if you like, to share with me your spiritual exercises for Lent. You can send me an email at [ILOVEOURPARISH@GMAIL.COM](mailto:ILOVEOURPARISH@GMAIL.COM) or drop a handwritten note off at the parish office.

**God Bless,  
Father Jonathan**

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