

Who
or what do
you need to
'find' in your
life?

Fourth Sunday of Lent

*Jesus said: ... he was lost and
has been found.*

Luke 15:32

***It is the time to lean on your
friends, to reach for help, to
be openly needy. This is the
natural way of restoring
your positive energy, your
confidence. It is so easy to get
depressed. But look around
you at all the examples of
trust and strength in those
you respect and love. And find
something uplifting to reflect
on: those who trust and believe
in you, your special memories,
your favourite films and
poems, a nature path to walk
mindfully with a good friend.***

(O'Leary, D. The Happiness Habit. 2015. p.89).

***If you are not where you thought you would
be at this stage of life, you are, nevertheless,
where God is waiting to find you.***

(Chittister, J. The Sacred In-Between. 2013. p.18)