

Fifth Sunday of Lent

What
small seeds
can you plant
in this Lenten
season?

*Jesus said: ... the mustard seed...
is the smallest of all the seeds...*

Matthew 13:32

***You already carry the blessed
seeds of your own flowering
deep within. Every human
heart is full of divine promise
and power. Your human
experiences of joy in your life,
courage in your pain, freedom
in your fear, letting go in your
resentment, staying truthful
in a web of lies, fighting
depression, staying faithful
to your promises, growing
younger in spirit as you grow
older in years – they are all,
somehow, experiences of the
infinite Source of Life .***

(O'Leary, D. The Happiness Habit. 2015. p.69).

***Close your eyes
Gather all the kindling
About your heart
To create on spark.
That is all you need
To nourish the flame...***

(O'Donohue, J. To Bless the Space Between Us. 2008. p.108)