

Dear Parents,

Blessed Lent! During March we are working on the virtue of **Sacrifice**. During this **Lent** we are participating in **Operation Rice Bowl** and through our prayer, fasting, and giving, we help others who need our help. This is one way we can love everyone and sacrifice for others. On September 22, 2014, **Pope Francis** also asked us to learn to forgive by thinking of Jesus' sacrifice. Forgiving is a form of sacrificing because Jesus forgave on the Cross all those who hurt Him. Let us work together on forgiving and sacrificing for others.

God bless you! Sister Elizabeth Ann

**St. Cecilia School**  
**VIRTUE OF THE MONTH**  
**March 2019**

<b>Virtue</b>	<b>Manifestation</b>	<b>Practice</b>	<b>Habit</b>
<b>Sacrifice</b>	*love, charity *self-discipline *forgiveness	Give God something daily Put others first/give to the poor Forgive others	Give up something you like for God. Put yourself last. Share what you have. Say kind words, not harsh words.
<b>Scripture</b>	Luke 14:25ff Luke 9:57ff Luke 5:33ff Acts 9:36-43 Mark 10:17ff Mark 10:41-45 Luke 4:1ff	Discipleship Would be followers Fasting Dorcas Rich Young Man Widow's Offering Jesus in the Desert	<b>Prayer Mantras</b> Come, follow me.  We adore You, O Lord and we bless You, because by Your Holy Cross, You have redeemed the world.  Lord, send me.

**Overview:** St. Alphonsus tells us that "The Love which Jesus entertained for the cross was so great that He embraced it from the first moment of His Incarnation." Jesus loved us so much that He suffered and died on the cross. We all have sufferings in life, but we must try to be like Jesus and accept these with cheerfulness, gentleness, and love. Sacrifices and fasting give us the strength and grace to do so. When we deny ourselves we find it easier to look out for others.

- Encourage forgiveness
- Sacrifice something of your own for Operation Rice Bowl
- Reflect on the Stations of the Cross as a family at home
- Practice the Sacrifice of Praise by saying **kind words** to others