LENT 2023

The Song of Life

Lent is a **time to prepare to celebrate the resurrection of Jesus**, who goes through the necessary death to give life. It is a favorable time for personal and communitarian renewal. It is a time to put ourselves before God and, aided by more "prayer", more "fasting" and more "almsgiving", ask Him for the grace to understand to what he invites us at this moment of our lives.

We offer our suggestions for prayer.

1. **Be silent.**

   Before entering with anything, be quiet, be silent, savor the quiet presence of God in your life. Without making noise, without loudness, without being noticed... God is. Take a few minutes or the whole hour. No hurry. No stress. We don't need to get anywhere. Be silent and savor this truth: God is.

   Some of the Ash Wednesday readings may help:

   Joel 2:12-18: "Return to Yahweh your God, for he is gracious and compassionate, slow to anger, rich in love, and is tender in the face of trials.

   Psalm 50: Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

   2 Cor. 6:2: "Now is the favorable time, now is the day of salvation."

   Mt. 6: “Be careful not to practice your righteousness in front of others to be seen by them. God sees what is done in secret…

2. **An African tale: "Your Ubuntu song".**

   Legend has it that, in a tribe in Africa, when a woman learns that she is expecting a child, she runs to tell the other women. They believe that each person has a song very much their own, the Song of Life. That is why, a few days later, at dawn, they enter the jungle to discover, together, the song of the new creature.

When the mother is pregnant, she teaches the baby's song to the locals, so that when she/he is born, the old women and those who are next to her, sing to welcome her/him. And so, they do. The moment the baby is born, everyone sings their song to him/her.

As the child grows, when he or she gets hurt, falls, or does something good, as a way to honor him/her, the people of the tribe sing his/her song.

But if, on the contrary, the child does something wrong or makes a serious mistake, they call him/her to the center of the village and the people of the community surround him/her. Then, they sing his/her song to him/her. This African tribe believes that the way to correct antisocial behavior is not punishment but love and identity recovery. (Summary of the story)

Before coming to this world, we were already expected, dreamed, loved. Each of us has a song, a name, a special vibration that makes us unique.

After listening to the story, I invite you to become aware of what your song is. That psalm which gives you back peace when you have lost it, that biblical text which takes you to the origin of your vocation, that song which expresses and moves you, that prayer which for you is rest and tranquility, that phrase which brings you back to the meaning and foundation of your life...

Read the psalm slowly, silently repeat the text, listen to and hum the song, pray with the sentence discovered, pronounce, as an ejaculatory, that phrase that restores you and places you back in the "starting point".

3. Our song: to be daughters.

The song of Hijas de Jesús is in the Formula of the Congregation written by Mother Candida. It is a foundational moment. It is written in the language of the time.

"Anyone who would like to belong to this our Congregation, **who I desire to be called the Hijas de Jesús**, and serve God our Lord in it..." IFC 2

This is our song: to be daughters. Here we have to return again and again to meet our being, our essence, our origin. Hijas de Jesús.

We have worked to express it in a language more of today and you can find it, for now, on our website.

The invitation, in this third moment of prayer, is to make a quiet reading of the text, to underline it, to let it speak to you and to stand where it invites you to renewal, to deepen, to look with new eyes... In short, to conversion.

Love sustains us every day to educate, accompany, pray, seek, transform the world. We are a family that wants to awaken Jesus in the heart. We do it by trying to bring out the best in people. In the simple and everyday life.

IN EVERYDAY LIFE. Where they need us most. Around the world.

YOU WILL RECOGNIZE US...

If you want to know us, look for places where there is a need for education, growth, desire for God. There we are, alone or with others. Working for and with each person.

Maybe it's hard for you to see us because we are just one of the many. But, if you look closely, you will see someone with a smile, listening, encouraging, hugging. Looking for paths where there seems to be no way out... bringing out the best in each one without asking for anything in return. Maybe she is a Hija de Jesús.

Does "Hijas de Jesús" sound weird? It is because we want to resemble Jesus of Nazareth as a daughter looks like her mother or father. We are willing to go where He wants us, where needs call us, where we can be of help.

Like Jesus, we are committed to living by making a way for life.

SHARING WHAT WE HAVE in our Library of Resources

ALSO IN THE IMPORTANT MOMENTS that we present in the calendar.

WE LOVE

We are a people who share a fraternal way of being and doing in our lives; That we love unconditionally; That we are part of the Mother Candida's Family. Always with Jesus at the center.

Come, no matter where you come from, no matter how you are... We love you. No strings attached. Here, you can get to know us a little better.

WE ARE

We awaken Jesus in the heart by bringing out the best in people, coming from a genuine affection, with the tranquility of knowing that God is slowly revitalized in the heart.

The Daughters of Jesus want to awaken the love of Jesus, from a genuine love; from a respectful conversation with consideration of the wounded soul; from a few words of encouragement, a smile or a hug; caring for the whole person as Jesus actually does.

With a very specific way of living and serving that we recap in 7 principles that you will find in each of us:

Jesus at the center

We always want Jesus to be the essence of our lives.
May His words and ways of acting give meaning to everything we do. Therefore, every day we try to make His presence inspire us and help us face any situation.

We are daughters.

God is that firm ground on which we walk in life.
Like a father or mother who offers his/her words and efforts to support, give confidence and comfort to his/her children, to see them grow out of love and freedom. We feel like daughters of that God and, therefore, sisters to all. Living this deep relationship every day awakens an immense joy that we want to share with others.

We live with simplicity and joy.

We walk from the small, with a smile.

Because that's where God likes to act. That is why we want to live only with what is necessary for our mission: prayer, dedication and affection. To let ourselves be better formed by God, to live like Him.

We see God in everything and everyone.

When you feel like a child of God, you learn to follow His trace in life.

Until you find him in every person and in every situation. Therefore, we love the person, whoever he is and wherever he is. Because in it, we can always discover the passage and presence of God.

Always available where we are most needed.

Availability is our emphasis.

Our place in the world is where we are most needed and for those who need us most, untethered, regardless of race or origin. They are our brothers.

Trusting God completely. Gifting our passion for Jesus in whatever is needed. That's why we live universality.

Our way of proceeding is in discernment.

We want to discover what God wants from us in every moment, personally and in community. And that means deepening and distinguishing the many possibilities that arise in life, from silence, contemplation and fraternal dialogue.

This discernment is the pillar of trust that grows among us, with all the people with whom we relate and with our Father.

Mary is our guide.

Get to know each child and bring out the best in them.

She is a mother. In such a fractured world, having a mother reconciles us. It helps to find the points of union, the understanding among us. In short, fraternity is home, it is family.

Being a mother is present. A discreet presence in the most important moments, in the good, but also in the bad, where it serves as a refuge.

Today, as you read and pray over our music in the time of Lent, in the social reality we live in, in the situation of the Congregation, in your vital moment...

What resonates? What do you feel? What does it invite you to? What is for you to be a daughter today?

We invite you to write down your answer and share it in community, listening to each other, and recognizing Jesus desiring to act in each one from his singularity. Let us, thus, accept the call of our time to walk together and to walk with others, each with the gift he/she has received.

Happy Lent.