



Hands of Compassion



This year we as a parish will embrace the theme of a people **“Called to Compassion.”**

What does compassion mean to you?

Think of being called by name to share in this experience. Think about compassion you have received. Let that gift inspire your life to be a means of love and compassion to those who you meet.

Lent traditionally is a time when we reflect upon our lives and actions.

Take time in prayer to look into your own heart.

How can you be more like the heart of Jesus?

In what ways can you become the eyes, the hands of Christ, offering compassion to your family, your community, the world?

We ask you to think about the ways in which God may be inviting you to be an instrument of compassion.

Write down what it is YOU can do so that God’s love is brought to the world in some way.

Write your intention below in the heart, cut on the dotted line, and bring it with you when you come to Mass on the weekend.

You will be invited to bring it before the altar where it will remain for the season of Lent.

“Christ has no body now but yours. Yours are the hands with which He blesses all the world.”

~ St. Teresa of Avila



Cut along the dotted line.



Bring this to Mass with you and wait for the invitation to bring it to the altar.