

Dear Friends,

"Compassion is like the lens of the heart; it is also the language of God." (Pope Francis)

If there were one word to describe Jesus, I think it would be compassion - and how in need of it are God's people today!

Perhaps that is the most urgent call we as disciples have right now. It is something we can do in little ways that can make a significant difference in the life of someone we meet today, this week, this month. It takes no expensive resources or special education or skills.

We are all human and in need of healing on this journey of life. Along the road, we can give each other a word of encouragement, an empathetic ear, an understanding heart. We can lighten the load if even for a moment. Let's be the compassion that Jesus is!

It's also important to be compassionate to ourselves as well. It's important to be compassionate to ourselves as well. Charity begins at home, as they say! Try it and see how self-care is not selfish but healthy self-regard. When we experience gentleness and compassion, we are more able to offer it to others.

We pray you will experience and give compassion and help heal our world! We also wish to thank you for your generous support. May God bless your hearts real good for your goodness to us!

With our love and prayers,

A handwritten signature in cursive script that reads "Sr. Nancy".

Sr. Nancy Shively, osc and all your Poor Clare Sisters