

Monastery of St. Clare

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Dear Friends,

“Repent and believe the Good News” (Mk 1:15)

Lent is here yet again. So how are you deepening your faith these forty days? Have you thought about penance as an act of gratitude and appreciation for the love and mercy that we have not, and never could, earn?

Metanoia means a profound change of outlook. Repentance or penance is not a question of inflicting pain or hardship on ourselves for its own sake. We repent in order to “believe in the good news.” It is a change of outlook that allows us to see more clearly what God is doing in us and for us.

Metanoia, repentance, and penance describe the journey of conversion by which we open ourselves and allow our outlook to be changed so that we can respond to God’s incredible gift.

Penance is a call to understand more clearly that the only lasting hope, the only complete healing for any of us lies in welcoming the love of God who alone can give us what we could never achieve or acquire for ourselves. The Good News is good beyond all our hopes and expectations. For that very reason, we have never completely grasped it, nor have we ever fully understood its implications for us.

May your Lenten journey bring you a greater experience of God’s loving mercy.

With a grateful heart,

Sr. Nancy

Sr. Nancy and all your Poor Clare Sisters

May almighty God bless you. May God look upon you with mercy and give you peace.

— Blessing of St. Clare