

We invoke the heavenly protection of St Joseph on all fathers and on their duties in family life. We also commend to him bishops and priests, who are entrusted with the service of spiritual and pastoral fatherhood in the ecclesial Family. By concretely fulfilling their responsibilities, may each of them reflect God's provident and faithful love.

blessings through thy foster Son, Jesus Christ Our Lord, so that, having engaged here below thy heavenly power, I may offer thee my thanksgiving and homage.

O St. Joseph, I never weary contemplating thee and Jesus asleep in thine arms. I dare not approach while He reposes near thy heart. Press Him in my name and kiss His fine head for me, and ask Him to return the kiss when I draw my dying breath.

St. Joseph, patron of departing souls, pray for me.

The following is provided for those who wish to give this Ministry their support needing bank details:

Account Name: Dominican sisters  
Account Number: 1633010010577  
First Bank, Gusau, Zamfara State

*Called to be a Dominican Sister? Then write to:*

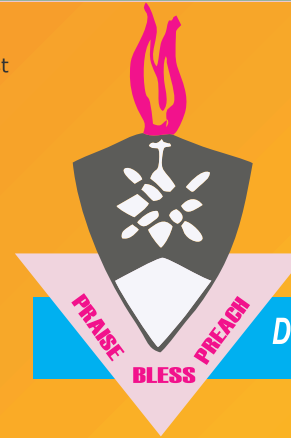
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*"Here I am Lord, I come to do your will"*



# The Flame

DOMINICAN SISTERS

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## The Editorial

*CHRIST LOVES US AND GAVE HIMSELF FOR US*

Dear Readers, you are welcome to this edition of the Flame Magazine, hoping very much that it is well with everyone.

Christ loves us and gave himself for us. We cannot tell why He loves us more than we can imagine, but we do believe that this is true. He died to cleanse us from our sins, to teach us the way to Our Father, and to pay the price for our punishment. It is not easy for our human mindsto understand God's great gift of love for us.



Let us extend this love to all, the poor and needy around us, especially, during this season of Lent.



ROSARY SHRINE NOVENA

Our Rosary shrine novena continues all through the year. Feel free to send in your prayer requests and petitions. We thank you for your prayerful and financial support

Next rosary shrine novena begins:  
Saturday April 5, 2014

to

Saturday May 31, 2014  
Please, fill in your intentions on the enclosed envelope.

## THE NEW EVANGELIZATION, WHAT IS IT ABOUT?

Evangelization is the preaching of the Christian Gospel vocally or the practice of Christian living, with the purpose of conversion. The power to convert do not come from us, it comes from God. What we speak and do, as we evangelize is the 'seed' God is using us to plant in the life (lives) of the person(s) being evangelized.



"The New Evangelization [is] directed principally at those who, though baptized, have drifted away from the Church and live without reference to the Christian life---- [it's meant] to help these people encounter the Lord, who alone fills our existence with deep meaning and; and to favour the rediscovery of the faith."

----Pope Benedict XVI, Homily at the opening of the Synod on the New Evangelization.

As part of his apostolic exhortation, (EVANGELII GAUDIUM) to the bishops, clergy, consecrated persons, and the lay faithful, on the proclamation of the Gospel in today's world, Pope Francis says, "With Christ, joy is constantly born anew. I wish to encourage the Christian faithful to embark on a new chapter of evangelization marked by this joy .... I invite all Christians, everywhere, to a renewed personal encounter with Jesus Christ, or at least an openness to letting Him encounter them."

## TIPS FOR A GOOD LIVING

### BECOME THE BEST VERSION OF YOURSELF

God wants us to be the best version of ourselves.

Here are four suggestions to achieve this:

- Read a good book for at least 10 minutes each day.
- Love at least, one person without measure.
- Do exercise at least once a week
- When attending Holy Mass or your church service ask God to show you how to become the best version of yourself. Carry a journal to write something down in case God says something through the homily, the readings, or words of Consecration.

## Lenten Reflection

### SERVE CHRIST IN THE POOR

Sermon of St. Gregory of Nazianzen

*Blessed are the merciful, because they shall obtain mercy*, says the Scripture. Mercy is not the least of the beatitudes. Again: *Blessed is he who is considerate to the needy and poor*. Once more: *Generous is the man who is merciful and lends*. In another place: *All day the just man is merciful and lends*. Let's lay hold of this blessing, let us earn the name of being considerate, let us be generous.

Note even night should interrupt you in your duty of mercy. Do not say: Come back and I will give you something tomorrow. There should be no delay between your intention and your good deed. Generosity is the one thing that cannot admit delay.

*Share your bread with the hungry, and bring the needy and the homeless into your house, with a joyful and eager heart.  
He who does acts of mercy should do so with*

*cheerfulness*. The grace of a good deed is doubled when it is done with promptness and speed. What is given against one's will is distasteful and far from praise worthy.



When we perform an act of kindness we should rejoice and not be sad about it. *If you undo the shackles and the thongs*, says , Isaiah, that is, if you do away with miserliness and counting the cost, with hesitation and grumbling, what will be the result? Something great and wonderful! What a marvelous reward there will be: *Your light will break forth like the dawn, and your healing will rise up quickly*. Who would not aspire to light and healing.

Let us visit Christ whenever we may, let us care for Him, feed Him, clothe Him, welcome Him, honour Him, not only at a meal, as some have done, or by anointing Him, as Mary did, or only by lending a tomb, like Joseph of Arimethaea, or by arranging for His burial, like Nicodemus, who loved Christ half-heartedly.

Let us then show Him mercy in the persons of the poor and those who today are lying on the ground, so that when we come to leave this world they may receive us into everlasting dwelling places, in Christ our Lord Himself, to whom be glory for ever and ever. Amen.

### ST. JOSEPH, OUR LOVING PATRON

In popular Christian tradition, the

month of March is dedicated to St Joseph, whose liturgical feast we celebrate on 19 March.

Joseph, the husband of the Blessed Virgin Mary, is patron of the universal Church and enjoys deep respect among God's people. This is shown by a great number of Christians who bear his name. In Joseph, called to be the earthly father of the incarnate Word, the divine fatherhood is reflected in a most extraordinary way.



Through the exercise of his fatherhood, Joseph cooperates, in the fullness of time, in the great mystery of salvation. God shared his own fatherly love with Joseph, that love "from which every family in heaven and on earth is named" (Eph 3:15).

Every child, like Jesus, learned about life and how to act from his parents. How could we not think, with deep wonder, that he must have developed the human aspect of his perfect obedience to the Father's will particularly by following the example of his father Joseph, "a just man" (Mt 1:19)?