

MARCH  
2025

# MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



## TAKE CARE OF OURSELVES

Sometimes we live without realizing how we are, what we feel, how we feel, where we are. We propose a method for breathing, becoming aware of your breathing, becoming aware of yourself, and experiencing mental calm.

Breathing techniques for mental calm:

<https://www.youtube.com/watch?v=f6yAY1oZUOA>



## ACCOMPANYING US IS OUR MISSION.

Lent leads to the desired encounter with the Lord at Easter.

**“Flee, be silent, and pray”.** This was the imperative proposed by the Desert Fathers in the early centuries of Christianity,

To begin, as a first step, I propose that we try to discover the luminous truth these words hold and how to interpret them in the present day in which we live.

## RUN AWAY

We need to flee from worldliness. We are called to be like pilgrims, passing through; like workers, collaborators hand in hand with the Creator and with our brothers and sisters; and like custodians, taking responsibility, not destroying it, nor possessing it, nor exhausting it, but as a gift that must bear abundant fruit. Because it has been given to us, It's about fleeing from worldliness, that is, fleeing from what, while apparent, pretends to be eternal, because we often choose appearances over reality. Worldliness refers to what passes away—to what is outdated, equivocal, ambiguous, disorienting, false...

This has a concrete meaning: abandoning the world of consumption, selfishness, comfort,

laziness, whims, and perishability in order to attend to another “world” to which no one surrenders. This could be the opportune time to volunteer, meeting the most basic needs of others, entering into the realm of mercy, accompanying prisoners, the sick, the elderly, the lonely... Fleeing an easy world to enter a world where no one visits, accompanies, or shows compassion. If we do not live this during Lent with true commitment, how can we enter into the Passion of the Lord with which Easter opens? If we forget the passions of humankind, their sufferings and their shortcomings, how can we sincerely enter into the Passion of the Lord?

## SHUT UP

Lent is a pilgrimage, and therefore a time of silence. Our society is noisy; if there's no time to listen, how will there be time to be silent?

This new step leads us to seek silence in our personal relationships, which may mean listening, or suppressing the accusatory words of our brothers and sisters, mastering aggressive, biting, and ruthless language, and discarding chatter, which says nothing and is neither a bond of union nor a communion with others, nor does it give others the comfort and counsel they may need.

Find silence to reflect on everything that happens around us that so often goes unnoticed, to grasp what may be happening to our world and to the neighbor with whom I share a doorway, a desk, or a hospital bed.

The search for intimacy with God entails the truly vital need for a silence of the entire being.” Thus, exterior silence will only be fruitful when it proceeds from interior silence, which profoundly manifests that in the presence of God there is nothing more to say. He exists. That is enough.

## NOW

Talking to God. If there's one thing we're losing, it's this: prayer, the space for existential encounter, for dialogue with the One who gives life meaning, consistency, light, and strength.

Talk to God to remember his wonders for mankind, the great deeds he has accomplished in our lives, his kind company, his presence.

*Cfr. Madre Prado, Monasterio de la Encarnación  
(Humanitate)*

## ACCOMPANY IN THE FINAL MOMENT

<https://www.youtube.com/watch?v=CruBRZh8quc>



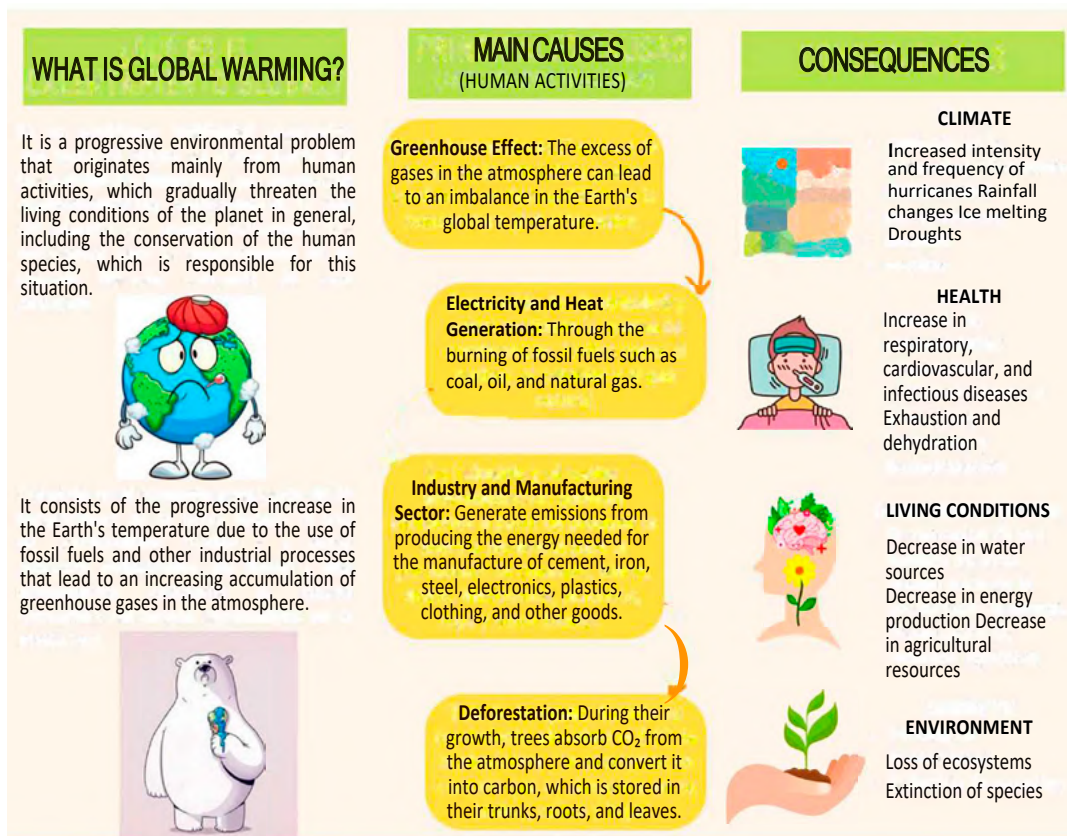
# TAKE CARE OF THE ENVIRONMENT

## WE PROTECT WHAT WE LOVE, WE LOVE WHAT WE KNOW

Life on Earth depends on a delicate balance, where humans play a fundamental role and have been responsible for a major impact over the past 120 years, and it is our duty to reverse it. Caring for the environment is caring for ourselves; one is not separate from the other – on the contrary, they are strongly linked.



Protecting ecosystems on a large scale and safeguarding the environment where we live is an obligation, because in this way we will be taking care of our future generations.



# TAKE CARE OF OUR MINDS

1. Circle only the numbers you find:

b j 6 r z j e 7 q 5 8 i k  
0 w 7 k 7 d s 9 d 0 l 8 ñ 9 o 9 1  
s 7 5 c 8 0 y 0 5 9 x 3 4 p 2 y h 6  
3 q v 1 4 9 e 3 f x 1 4 p 6 y j 6  
6 a 2 6 1 c 9 0 z 1 i n 2 8 g 7 j p  
4 2 f 8 6 0 m 2 5 3 5 w 5 u 4 2 3  
k r 8 a 0 b 2 8 g t 8 5 7 o 8 b 6  
7 4 5 6 3 s h 9 v r h f 8 q 7 o  
l 3 l 1 g 9 4 7 d 3 4 0 1 v w 9 1  
9 t 5 u 2 n 3 1 3 4 m y 6 a 0 t i  
z 0 m n 5 6 u 4 ñ 1 e 2 7 ñ 0 x

2. Circle the letters that are repeated in each row:

f g u n m h u v

r t x s r j k ñ

q g b d p t ñ p

x z s r h u x n

s a e a u d o i

z s d c o p h c

### 3. Order the words to write a sentence below:

1 I feel nap taking like long a

2 is The full clouds sky of

3 the we fresh villages milk in

4 many The damaged storm televisions has

## TAKE CARE OF THE SPIRIT

### “Hope is a permanent longing

What do we long for? How is our hope? Francis, as an adult like us, encourages us to have hope and to work for those who have lost it and seek to regain it, seeing their most basic needs as people met: bread, a home, shelter, love. And to do so, it's good to ask ourselves: How is our hope?

I understand hope as that yearning that nestles deep within us and constantly accompanies us to be happy, to be loved, and to love others to make them happy just as we are. A yearning that invites us to constantly strive toward a better future, for myself and for others, toward a communion with God, the source of our life, with everything and everyone. The image of the festive banquet expresses the goal of this profound longing. A banquet already foretold in the Old Testament, which Jesus makes possible at the Wedding at Cana.

The longing to be loved in order to love never disappears. When it seems dead, it rises as a lament, spurring us on to pursue it again. This longing is rooted in God's plan and dream in creating us: “And God saw that all was good,” and in his invitation to us to make everything good. This longing is expressed in the Jewish greeting Shalom: “May you live in good harmony with yourself, with nature, with others.” This plan and dream of God in creating us, restored by Jesus, is reflected at the Wedding at Cana.

Jesus was a tireless creator of hope. His entire existence consisted of spreading to others the hope that he himself lived from the depths of his being” (JA Pagola).

Jesus worked hard to make everyone happy, starting with those who needed it most, and that’s why they killed him. As Václav Havel says, **“Hope is not the conviction that things will turn out well, but the certainty that something makes sense, regardless of its final outcome.”**

Things didn’t go well for Jesus in his life, but his hope in the Father—”Into your hands I commit my life”—gave meaning to his life and death on the cross. His death and resurrection gave meaning to ours and encourages us to follow him.

He made us happy when we decided in our youth to give ourselves to him, to make him known and to make others happy, but over time, perhaps the intensity of desire has faded, but the longing to be loved, to love, always remains, and with it, hope, even if it seems dormant. Hope is like a flame that is in danger of going out, but never completely; there are always embers that can rekindle the fire.

\* Today and now , **how is our hope?** The fact of participating in this meeting tells us that we are hopeful, although perhaps also aware that we need to nourish it, help each other to increase it within ourselves and to be able to infuse it in others by radiating it.”

*(Text taken from the conference by Teresa Ruiz Ceberio, January 31, 2025).*



### **We reflect personally and share in Community :**

- \* I look back on my life. What illuminated it, what fueled my hope over the years? How does Sarah, Abraham’s wife, experience hope?
- \* What gestures of hope do I live today and transmit to those around me?



Sisters of Charity of  
Santa Ana

Your opinion is important to us:  
If you want to give us ideas, if we can improve something ... tell us!  
Hna Crisanta Cordero: [crisantacor@gmail.com](mailto:crisantacor@gmail.com)  
Hna Rosa M Muñoz: [delegformacion@gmail.com](mailto:delegformacion@gmail.com)