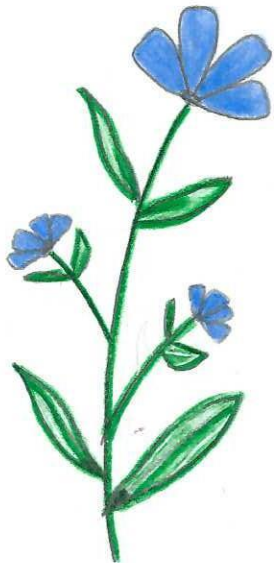
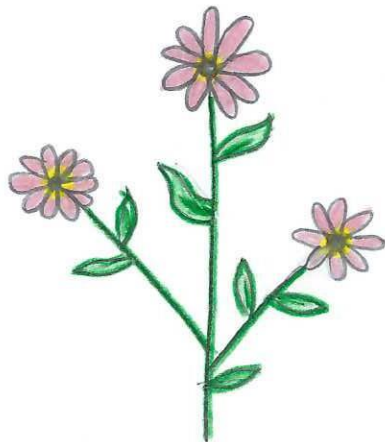




grow



Positive



Thoughts



LENTEN REFLECTIONS

2024

CHRISTIAN BROTHERS

HIGH SCHOOL

COMMUNITY



A name is called, a blue-robed and tassel-capped student crosses the stage, experiences several handshakes, receives an embossed blue cover, and leaves your life . . . probably forever. You wonder if the fifteen seconds you just witnessed are worth all of the minutes, hours, days, and years of physical and emotional energy you devoted to this individual's short-lived walk across that stage. You question whether the continual efforts you made to guide this headstrong person on to a stable path were worthwhile, if the words of "correction" you provided were of any value when this "child of God" pushed you to the limits of acceptable behavior, and whether the too-numerous-to-count hours spent coaching and/or going over their schoolwork with them will make a difference in their new life.

LaSalle would say unequivocally, "Yes!"

As this school year slowly draws towards its end, Lent is an appropriate time during which to reflect on, accept, and appreciate the daily challenges AND rewards of being a Lasallian educator. La Salle calls us to meet and accept children where they are and help move them to a better place – something which, at times, also might be at odds with our own well-being. Lent is a time to remind ourselves of the significance and importance of our actions and efforts in our students' overly-complex, multi-facet lives. As LaSalle writes in his Seventh Meditation (199.1), "look upon your work as one of the most important and most necessary services . . . one which has been entrusted to you"

As members of the Lasallian community, we are in awe of the significance of this responsibility of service and at the same time accept with difficulty the complicated fact that our best efforts may not always succeed. But we also know it is through these efforts that we touch our students' hearts, we impact their lives, and we help "them become true children of God" (199.3). We may not be a part of that particular moment in our students' lives when our efforts finally come to fruition, but this is okay. It is through this Lasallian journey of ours that we help provide them with meaning in their lives and, just as importantly, help attain meaning in our own lives.

-Tom English, CB Teacher 1979 – 2021

In my religion classes, we try to vary our morning prayers frequently, lest boredom should set in. Recently, we have been sharing prayers attributed to famous saints. While the words of the saints are always impactful, one particular prayer really stuck with me. It feels as though God has been beating me over the head with these words lately, perhaps because they are words that I really need to hear. The words that God has been wielding of late are those of the great Spanish mystic, Teresa of Avila: *"Christ has no body but yours. . . Yours are the feet with which He walks to do good, Yours are the hands with which He blesses all the world."*

It is a simple and powerful reminder that prayer, while a powerful tool, is not enough on its own. Jesus doesn't just ask us to pray for the hungry. He asks us to pray and then FEED the hungry. He doesn't ask us just to pray for the sick. He asks us to pray and then VISIT the sick. He reminds us that we are the vessels through which compassion is delivered. As Dr. Martin Luther King once said, positive change doesn't just happen. It is not inevitable. It is driven by the *"persistent work of dedicated individuals who are willing to be co-workers with God."*

-Paul Sunderman

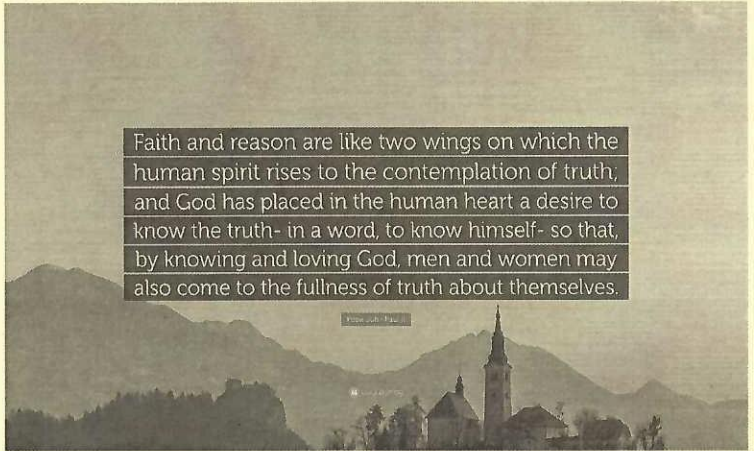


Let Us Remember...

Let Us Remember... Such simple words... Such a powerful challenge. Every day, many times a day for 180 days, we say this. But do we really pay attention? When I first started at CB, I said the words, but I didn't truly understand their meaning. People would stop me in town when I wore my sweatshirt, sharing their connections to CB. They'd shout greetings like 'Saint John Baptist De La Salle in the HOOOOWWSSEEE!' Such a strange interaction to have from people I didn't know about a place I worked. But eventually it clicked. On a plane home from a Venaver trip with 10 students, a man asked, "Can I sit in this seat Mrs. Brousseau?" He was a student of mine from 18 years ago who noticed the CB shirts. When one of the Venaver students exclaimed 'Saint John Baptist De La Salle!' he responded without hesitation, 'Pray for us!' CB isn't just a school; it's a unique experience we share together. The longer I've been here, the more I've understood the significance of those words... Let Us Remember. They prompt reflection and keep us grounded, much like the Lenten season. So, I challenge you this Lent to take a few minutes each day, several times a day, to remember.



-Nicole Brousseau



-Pope John Paul II, Encyclical Letter Fides Et Ratio

As a Gen X, JP2 Catholic, I was accustomed to a very specific type of Catholic upbringing. On weekends, two things were 100% guaranteed. One, I would wake up at 6am to watch the only weekly, new episode of Spider-Man and His Amazing Friends. Secondly, without fail, I would go to 10am Sunday Mass with my parents. Equally present in my life were the Sisters of Mercy. Ready each Monday morning, without fail, to teach me in the ways of the faith and a little bit of math and english along the way. Dear friends, God has placed us right here and now to be the same models of faith and reason. What greater blessing is there to be that one person who grows those two wings of Faith and Reason for the young people entrusted to your care? To be the one that, bright and early every Monday morning, is dependable, wise, and true. Their journey toward "the contemplation of truth" requires all of us; right here and right now.

Mondo Diaz

*Though I walk through the valley of the shadow of death, I will
fear no evil, for art with me, thy rod and thy staff they comfort
me.*

Psalm 23:4

High school can be a roller coaster from the start and is often portrayed as the fastest 4 years of your life. Over the course of my 4 years here, I made many amazing memories and met so many new people that I would have never met anywhere else. I also learned a lot over this period of time, and some of these lessons were like small stones, while others were mountains I had to scale. I gained and lost friends, learned what a toxic relationship looked like, and eventually found God. Ever since I found my faith in the Lord, I've learned to trust in him fully with my life, my worries, joys, and everything in between. Following God was the only reason I was able to scale the mountain that life threw at me. You are not alone in your trials and tribulations. Trust in Him, for he has a plan for your life. If I can offer any advice to the future generations, it would be, Follow God, and "Don't become what the world wants you to be, become what it needs you to be"

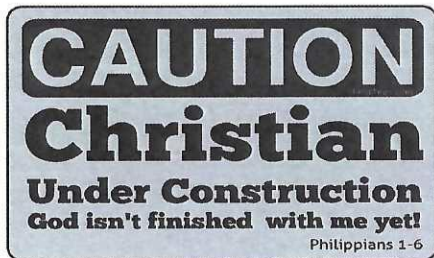
-Ben Uyeno '24

Pardon Our Dust

I remember growing up, my parents took me to large department stores to check out cool toys during the holidays. Some major department stores had tarps up throughout the entrance with signs that stated, "Pardon our dust, we are under construction." My dad lifted me up off the ground so I could peak through the window to see all the people hard at work.

At the beginning of the Season of Lent, we are all marked with ashes on our foreheads. As we are marked with the cross, we tell the world, "Pardon our dust, we are under construction." This holy season is an invitation to look within and examine our lives with Jesus. What can I do to grow closer in my relationship with Jesus during these forty days? What sacrifices can I offer Jesus as he journeys through the desert? Lent is not only about us. It is centered around the thousands who will be baptized and received into the Catholic Church at Easter. As we pray, fast, and give alms, let us be strength for the journey for those on their way to baptismal joy!

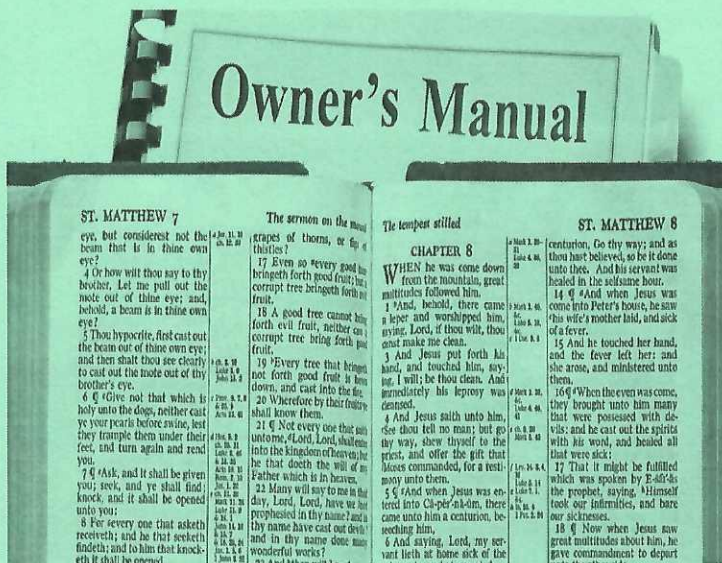
-Manolito Jaldon



Lenten Reflection

Robert Palmer, PalAmerican Security

I believe that in life we are called to be the best we can be and that everyday is a chance to make a difference. Everyone has been given gifts and talents, just learn how to use them...they don't come with an Owner's Manual!



As each has received a gift, use it to serve one another, as good stewards of God's varied grace. 1 Peter 4:10



Faith, my relationship with God, is all day and every day. At the start of Lent, I look back at the year and see my shortcomings. I consider my faith a gift. Why me, when there are millions of people who appear to have no faith (my definition) or very little? Every morning I pray to increase my knowledge and understanding of my faith; it is not stagnant, rather alive, growing or lessening. It is my responsibility to treat everyone with truth, kindness, and dignity.

I have been very fortunate, or maybe kind of lucky, that God has blessed me with so many gifts, a wonderful wife and children, parents, employment, friends, an education, and good health.

We do not always realize how lucky we are to have the freedom to attend Mass and receive the sacraments on a regular basis.

Jack Witry, CB Teacher and Coach (1957-2000)

From St. John Baptiste De la Salle to an unnamed Brother
(Letter 101)

“Do not have any anxiety about the future. Leave everything in God’s hands for He will take care of you.”

I inherited the anxiety and worry gene from my mother and have lived with it most of my life. When I was very young, I worried about my parents and brothers and sisters, and as a teenager I worried that I may offend the wrong peer, or that people were talking about me. When I was married, I worried that I was a good enough housekeeper and cook, or that I was smart enough for my husband. When I had children, I worried about whether or not I was feeding, clothing, educating, watching them closely enough. ENOUGH! It was exhausting. My husband, I believe rightly, states “Ten minutes after you leave a room, the folks you were talking to forgot you were even there”. Most people are looking inward.

I kept relying on myself. I forgot to rely on God. Most of the things we fret over are not as big as we make them. My family was and is fine. I had good friends in high school. I cared about them, but rarely thought of them in my adult life. I make a mean spaghetti and my house is clean enough. Of course, I’m smart – I work at CB. MY own kids are amazing people and contributing members of society. I wasted time, when I should have been taking a breath and living each day with joy as God intended. Live each day at a time and know you are a beautiful child of God.

-Annie Vanenburg

The proverbs...for gaining wisdom and instruction; for understanding words of insight; for receiving instruction in prudent behavior, doing what is right and just and fair; for giving prudence to those who are simple, knowledge and discretion to the young.

-Proverbs 1:1-4

The year 2020 left me in a challenging place. Between switching schools a couple of months into my 8th-grade year, dealing with the challenges of Covid, and experiencing the loss of my Grandpa, I fell into a deep depression. Adjusting to the difficulties of high school only made it more challenging, and I found myself lacking motivation and losing focus in my studies. It wasn't until late sophomore year that I was diagnosed with Attention Deficit Disorder (ADD) and prescribed medication to help with my challenges.

When I reached out to my teachers about my diagnosis, I received nothing but love and support. Since then, I have developed a newfound love and respect for teachers, especially the ones here at CB. The staff and faculty at Christian Brothers genuinely care about their students, going above and beyond to make us feel seen, heard, welcome, and comfortable.

While I am excited to embark on my journey into adulthood and college, I will truly miss my CB family. I encourage you to continue teaching because you touch your students' lives every day, even if you do not realize it. Thank you for everything you do.

- Izabella Temple '24

Because by Your Holy Cross, You have redeemed the world.

Certain old Catholics will recognize this as the “ALL” response to each of *The Stations of the Cross*. Reflecting on Lent always means meditating on the suffering of Christ, and the suffering of his mother.

My elementary school was run by The Sisters of St. Joseph—an awesome group of women both devout and sometimes audacious. They were progressive and intellectual yet inspired in their students a love and affection for three things: the beauty and meaning of the rituals of the Catholic faith, a firm belief that all persons deserve dignity, and the idea that love is truly shown through hard work and service to others. It’s no wonder that the Lasallian environment felt familiar to me from the start.

Over half a century since leaving that primary environment, I think of those nuns often. And during Lent, I’m reminded of them daily. The Sisters made *The Stations* not only solemn and meaningful to me, but powerful. We listened to and walked through the suffering and sacrifice of Jesus, and experienced reverence and empathy. Later in life, I would join my mother and my paternal grandmother in practicing a special devotion for the suffering and sacrifice of Jesus’ mother as well.

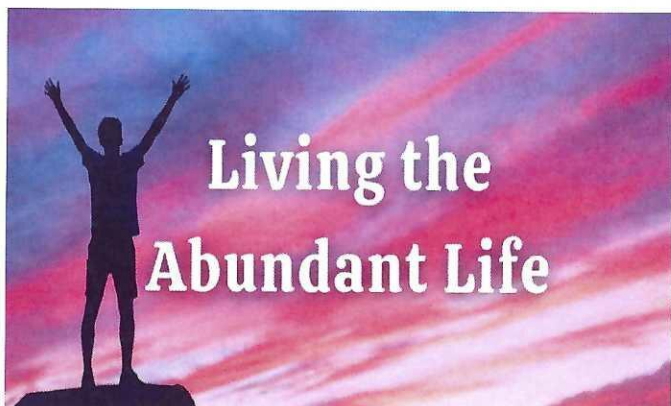
The spirituality of all these women gave me the precious gift of God’s constant friendship. Even in the most difficult times in my life, I have never once felt alone because I have never been alone. Long before I learned of the Lasallian charism, I had come to know that I was always in the holy presence of God. In this season of Lent, I find myself grateful for those who taught me about strength, sacrifice, and our human connection to God.

-Loretta Kenney

John 10:10 *The thief cometh not, but for to steal, and to kill, and to destroy: I come that they might have life and that they might have it more abundantly.*

I have been sitting with this scripture in my mind for almost a year. I toy with it in the back of my mind over and over, emphasizing and remembering the importance of why He came. Am I living my life abundantly? Are you living your life abundantly? Or are we just existing? I got to a point in my life where I no longer wanted to feel that I was only existing. Am I living my life according to God's purpose, and his promises? Am I seeking and aiming to please him? Am I fully living my life with abundance and joy? As I reflect on this season, I remember why He came — So that we can have life not only here on earth, but eternally with Him. Such a beautiful sacrifice knowing He came for us. I like to rest in the spirit knowing and remembering this. The enemy came here to destroy us, but through Christ there is life. I'm choosing life and living it in abundance.

~Marlena Norman



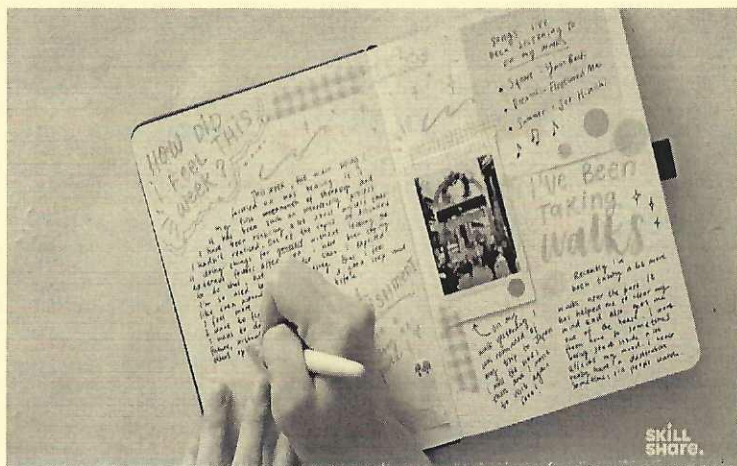
I have been young, and now am old; Yet have I not seen the righteous forsaken, Nor his seed begging bread **Psalm 37:25**

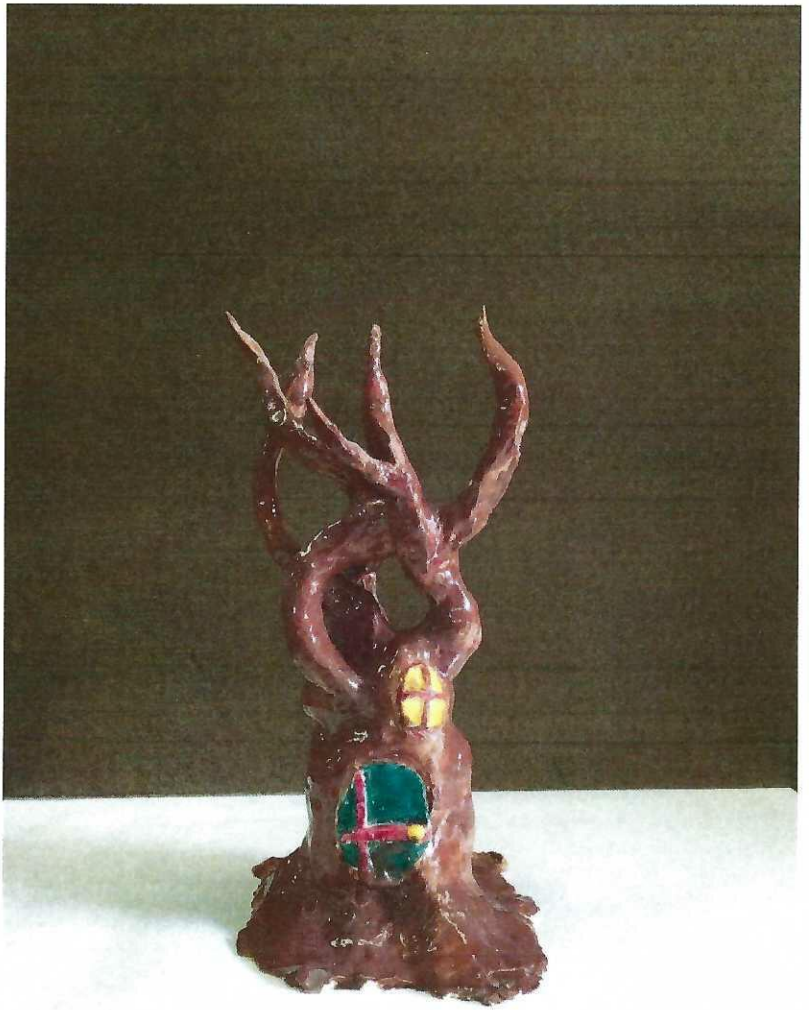
In times of trouble, often times I feel as though God is not listening, or that I can't get a hold of him to speak with him about a struggle. But then I remember that the teacher is always quiet during the test. Even in times I'm in fear or I'm intimidated I can look to the hills from where my help comes from. Last year my mother's kidneys were reaching low levels of function, and doctors told her that she would need a kidney replacement surgery done. She was put on the transplant waiting list in October of last year, and the hospital advised her not to expect even a phone call about a potential surgery for at least three years. When I was notified of this, I was shocked and afraid, but it didn't even feel real. My mother had been strong for me and my family my entire life, and I couldn't imagine living life with her being bedridden, or worse. I was filled with fear, but there was nothing I could do except wait. I asked God for answers and guidance, or at least something that I could be sure of, but it never came to me. A little over three months later in January 2024, she got a call from the hospital notifying her that they had found a kidney that matched her perfectly. The call had taken place on Sunday night, and she was in the hospital being prepped for surgery on Monday night. They had begun her surgery early the next morning, and she was in recovery by Tuesday afternoon. My entire family and I were so amazed that it happened so quickly, and without error or delay. But in my shock, I reflected on when she was first diagnosed and how scared I was. I felt like God gave me nothing to be sure of, and just threw me into chaos with no hope. But through this experience he showed me that all I need to be confident in is the fact that he is in control. God's presence and sovereignty is the surest thing in a world full of distress and anguish. I was never abandoned in my situation, and I never will be, because I can have faith in God's control.

-Jonoah Tarver'25

Through this season I felt compelled to start writing in a journal. I believe the reason for this is to not forget the little details in my life. I find I get lost within the bigger picture of life, especially when I try my best to live the phrase of “carpe diem.” As a senior, I feel the end of my high school era is coming to a close fast, so I figured if I wrote about it, I would not miss a minute. I try to reflect each night or morning upon the day I had. This has proven to be beneficial in so many ways. I find myself noticing things I never thought clearly about before, I am more grateful for my friends, family, and this life I am living. I recognize my goals and core values more often and it is easier for me to know who I am and want to be. To understand who you are is simple when you know what you stand for and what you want to put out into the world. As Cicero said, *“a thankful heart is not only the greatest virtue, but the parent of all the other virtues.”*


-Katie Jones '24





Ceramic Art: Sophia Romero '25

Photography: Tessa Milton '24




As Catholics, we are taught that Lent is a time for fasting, prayer, and almsgiving.

It is during this time when people choose to give up something meaningful to them, like a favorite food or a habit, as a form of sacrifice. This act helps individuals focus on their inner strength and as a way to break free from routines, but to also challenge themselves.

We should also use this time to pray and focus on deepening our relationships with God. Also, it is an opportunity to strengthen one's faith, build resilience, and cultivate a sense of purpose.

But Lent is not only is it about giving up something, but about giving back and to engage in acts of kindness and charity. It will not only make a positive impact to those around you, but you can also experience the fulfillment that comes with helping others.



I also like to use this time to focus on the things in my life that I know are signs of God's love, such as my family, friends, and students. It helps me to remember that no matter what is going on in my life, God is with me, and I see him daily in the lives of those around me.

-Amanda Valine

The authentic feeling of being in love is inimitable. While people may typically think of being in love in romantic terms, for me, I'm beyond blessed to say that I am also in love with my vocation as a servant leader for God. Each day, I am excited to come to school to "love" our community... serve our community...dream for our community.

God is within her; she shall not fall (Psalms 45.6)

It is heartening to know that I have a trusted and beloved Shepherd who strengthens me in this journey along with incredible partners who serve alongside me in living this Lasallian Catholic mission. The Lenten season is a special time of year to remember how much God believes in us, that the presence of God is always within us.

God doesn't need Lent...we do. "For Lent we often think of what we are going to give up, what we will refrain from or what we will do to sacrifice, but it is really not what we do for Lent, but rather what we allow God to do through us," shared Fr. Greg, of the Holy Name Cathedral in Chicago. So, along with fasting, prayer, and almsgiving, I try to dedicate time to another great love for me, nature, particularly as it pertains to ecological conversion. Ecological conversion is the "transformation of hearts and minds toward the greater love of God, each other and creation.

I was especially moved by Pope Francis' thoughts in his *Encyclical Letter Laudato Si' On Care for Our Common Home* and his emphasis that the protection of the poor and of the earth are connected: The poor suffer most when the earth is abused; our indifference to the poor is reflected in our mistreatment of nature. "Solidarity" should be re-imagined extending to both to the poor and to the earth.

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I love that our Lenten journey is an opportunity to examine our hearts by seeking to reach outward in ways we never imagined. For, as the Founder St. John Baptist de La Salle so wisely shared in Meditation 78.2, “It is in the company of Jesus that you work for the glory of God.”

Lent encourages us to take the time and truly hear His voice. In this sacred space, we reflect on God’s greatest act of love, sacrificing his beloved Son in order that we may all have salvation. With the coming of spring, and the miracle of Easter, we are reminded of renewal and rebirth.

Pope Francis shared in a recent Lenten message, “Keep seeking and be ready to take risks... We need courage to think like this.” In that spirit I join Pope Francis, and the Brothers, in praying for a change of our hearts, a deepening of our relationship with God, each other, and with all of creation.

-Crystal LeRoy



Senior year nearing its end has been a period of anticipation and anxiety. My biggest reminder to myself is to stay grounded in the present instead of anxiously awaiting the mysteries the future holds for me and dwelling on the past and what could have been. Reflecting on the past and future, I make sure to jump at every opportunity and recognize all the great people and things I am blessed to have in my life.

While life may appear out of control, I always have the present and that is what matters most. With life rushing by, I often miss what is right in front of me. So, as I slowly creep towards graduation, I make it my personal mission to strengthen my friendships, reconnect with those I've drifted from, and cherish every little thing while I still can. This is still a time of anxious anticipation, but it is also one of growth and reconnection that I know I'll be able to look back on with happiness many years from now.

-Ginelle Tabotabo '24



Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them. — Anonymous

"Not everything that is faced can be changed, but nothing can be changed until it is faced." ~ Lucille Ball

A person who refuses to admit his mistakes can never be successful. Proverbs 28:13

I think a fair amount of people dwell on the mistakes they make. People have the ability to just move forward... I do not have the ability. It's a universal experience to be just lying awake at night and your brain chooses to remind you of all your mistakes, faults, and embarrassing moments. Lent is "a solemn Christian religious observance" which ends with Jesus' death. Really depressing, isn't it? I always hated Lent as a kid. But Lent doesn't actually end with Good Friday, it ends with Easter. So maybe a good idea for all of us overthinking is to spend the 40 days, dwelling on our mistakes... wait that sounds contradictory, doesn't it? Just hear me out... or I guess read me out. Spend the 40 days learning from your mistakes, give them their due attention, face them, and when Good Friday comes, the day we buried our Lord and Savior, bury your mistakes in the tomb. Then when Easter comes, use them to rise again. Use your own resurrection to take what you've learned, be smarter and wiser yet also a lot kinder to yourself. *Paola-Marie Eulie '25*

While the Latin word for Lent (Quadragesima) is, like its derivatives, a strict accounting of its length ("forty days"), the English term is thought to derive from a term for "spring." It's certainly not the first thing that comes to mind when I think of Lent! Growing up, Lent was a time of penance, of loss ("giving something up!"). Only once Easter came could I breathe easily; the snow was mostly melted, and the green showed. Plus, I could resume whatever I temporarily set aside!



Now, though, I have started to appreciate the intimate connection between winter and spring - between Lent and Easter. The winter has its own beauty, but it also allows me to appreciate the spring. Lent has its own beauty - tranquility, voluntary self-denial, close focus on Jesus' saving mission - but a Lent well-done has made the beauty and power of the Resurrection even more spectacular when on Easter we can finally sing "Gloria!" and say "He has risen!" I hope to get better at "living Lent to the fullest" each year - and not see it as a mere speed bump on the way to the spring of Easter.

-Jim Wykes



"Preach the Gospel at all times and when necessary, use words." I first heard this quote by St. Francis of Assisi at the first Kairos that I attended here at CB. The experience of Kairos had a profound impact on me. An intricately planned retreat for young adults to get away and explore the presence of God in their lives was awe inspiring. But somehow this quote moved me even more. I'm still not entirely sure why. It's not a novel concept that our actions can be more impactful than our words.

Maya Angelou once said, "At the end of the day people won't remember what you said or did, they will remember how you made them feel." I think these two quotes are related. Our individual influence on this world comes from the energy we radiate, the integrity that we demonstrate, and the connections that we make each day.

My goal this Lenten season is to meditate on these two quotes; to dive into their meanings, assess how I am, and am not living by them, and create actionable goals to move myself closer to the person I want to be.

Perhaps you'll explore these quotes as well. What significance might they hold for you?

Be well,

Emily McDougall

Philippians 4:7

*And the peace of God, which surpasses all understanding,
will guard your hearts and your minds in Christ Jesus.*

God is always with us and worth everything. Instead of worrying about anything, learn to pray for everything. The Lord will always answer your prayers when you need it the most.

Alyssa Elorduy '25



When you go about your day, think about this: when you faced a challenge, setback, or failure, how did it affect you, and what did you learn from that experience?

God has a reason for allowing things to happen. We may never understand His wisdom, but we simply have to trust His will.

Psalm 37:5

Dear Heavenly Father, I come before you with gratitude and humility, seeking your divine guidance and strength. Thank you for carrying me through difficult times. I experienced a concussion in cheerleading the night before the Holy Bowl, during our final run-through, I found myself blacked out on the floor. Minutes later, I was rushed to the hospital and sent to diagnostic imaging to receive an MRI. While lying in the tube, I found myself questioning the reasons behind this trial. For about two weeks, I was unable to see or walk. Returning to school was difficult because I was out for 10 weeks. Coming back, I was failing every one of my classes, and I was given the restrictions of no use of electronics or reading, attending school for only an hour a day. Yet, through your grace, I have overcome these obstacles, emerging stronger and more resilient. After three months, I returned full-time with a few A's, B's, and one C, achieving my goal of passing sophomore year of high school. And although I am not fully recovered, I am proud of all the progress I have made, overcoming a significant day in my life. Not only have I learned how strong of a person I am, but also how this experience drew me closer to you, fostering a deeper connection and understanding of your plan for me. I now value how precious life can be. Amen

-Lyla Chavez '26

Lent is a perfect time to stop and reflect on just how much Jesus went through because He loves us.

Jesus reminds us that He is the bread of life. During His last days He gather His disciplines, took the bread, gave thanks for it, then broke it. After, He takes the cup which symbolizes His blood that was poured out for our sins and says drink.

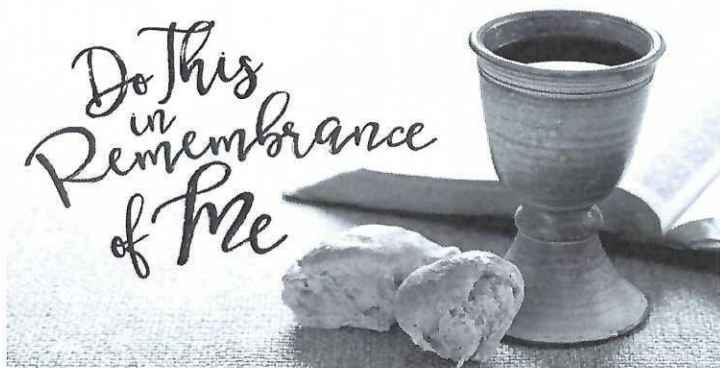
1 Corinthians 11:23-26

I once heard this passage explained in way that gave me a deeper understanding. Jesus shows us that the bread, which was once whole and perfect in its way, had to be broken for others to partake. So, as we journey through life's ups and downs, let us be reminded that our Savior, who was sinless, experienced pain that He did not deserve but it was all for God's will.

Then the cup, which references the Passover in the Old Testament. Jesus had to become the sacrificial lamb to save us from our sins. So, as we drink it, it covers us so that we may be protected from Gods wrath.

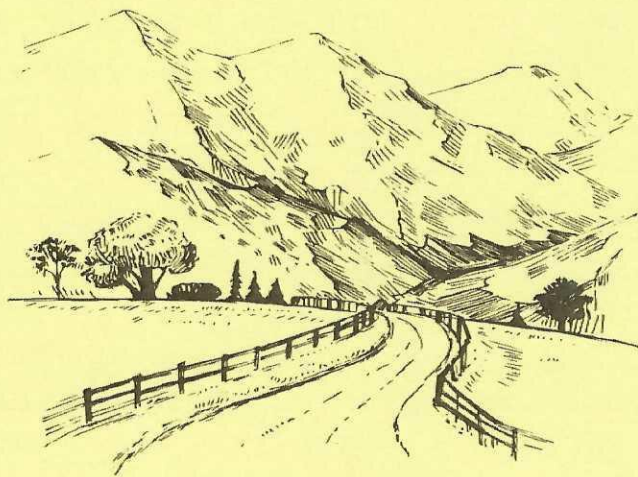
No greater love than to lay down one's life for a friend.

-Dawn Jackson



Lent is when we open ourselves to God as we reflect upon the person we are and who we hope to be. Looking to acknowledge from where we came, looking to appreciate where we are and stopping to consider where we hope to go. My life has been a curious journey, filled with the good and the bad. A journey that has taught me to appreciate the good around me in the world. During Lent I am reminded that many of God's wisdoms are simple...attempt to live with gratitude, simplicity, and love. Although I try to embrace these lessons each day, Lent provides a sacred time to contemplate the Creator's wisdom. As we journey through this season of Lent may we all embrace the opportunity to grow from God's wisdom.

-Tom Edwards



We love because he first loved us (1 John 4:19).

Upon entering CB, the concept of family and love left a bitter taste in my mouth. Amidst significant household change, I did not feel I had anyone to call family anymore. I was not sure where to look for love. *"Trust in the Lord with all your heart, and do not lean on your own understanding,"* says Proverbs 3:5. And that is what I did. I found my family by putting my utmost trust in God's plan.

They call themselves "the Manuelis'." My best friend Alex Manuselis has shared his Thanksgiving dinners and warm hugs with me throughout my time at CB. As we begin the Lenten season, I thank God daily for his divine love manifested through my best friend and our beautiful memories. Alex and I share tears, laughter, and a story of comradeship like no other. Each late-night conversation over Oreo McFlurries and each horror movie binge in Alex's basement is proof of God's love. Without putting my trust in what God has in store, I would not be the student, friend, or person I am today. All thanks to God, I have the most amazing family. While we are not blood-related, God's love has shaped our bond into one that transcends DNA. -Sarah Stinson '24



Jesus said to his disciples:

“When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry, and you gave me food, I was thirsty, and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

Matthew 25

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you (Psalm 33:22-22).

The season of Lent is a time of waiting and preparation for the resurrection of Christ. During this time we are called to practice patience and work on opening our hearts to the Lord. Lent is a perfect time for those who have drifted from Christ to find their way back to Him. Along with seeking Jesus during Lent we are called to look at ourselves to see where we can improve our everyday lives. We do this by fasting from something that we may feel attached to or something that may be a bad habit so that we can better ourselves. An alternative or even addition to fasting would be to go out of your way to do an act of good in your everyday life such as small kind deeds or consistently volunteering. Regardless of what you do, Lent should be a time of reflection and accepting the Lord into our hearts.

-Andy O'Neill '25

Lent

PRAY. FAST. SERVE.

Sometimes we feel like there are only hardships in life and in the world, that our hands are bound with difficulties and obstacles. We forget that our daily challenges can be made easy by just changing our attitude and remembering that God is always alongside us. *"In the light of faith you see things quite differently."* (Letter 118)

During Lent we purposefully set out to change our attitude, do something tough or that is extra and above and beyond. We ask ourselves "Can I do this for 40 days? Am I capable?" YES, WE CAN! Yes, we can when we remember the ultimate sacrifice of Jesus' life. Those challenges become easy when put in their rightful place and become the means of our improvement and creating a closer relationship to God. *"Remembering that God is with you will help and inspire you in all that you do."* (Letter 2 - to a Brother, 15 May 1701)

We question and reflect during Lent "What can I give up? What more can I do for my family, friends, and community?" Our acts can be big or small, daily, or as needed, if they are done with grace and humility. It is ok if we fail; God is right there with us. It is great if we succeed, God is right there to thank. Have the audacity to do things not in the normal or standard way; use hardships as tools; no matter what, God will still be there. My Lenten prayer is to have patience, push myself to get out of complacency or only do things that are easy to do. I pray I live in a meaningful way. *"You can do more with the grace of God than you think."* (Reflections)

-Joy Prevost

All quotes from St. John Baptist de La Salle

This past year has been tough on my family and me, since my father was diagnosed with stage four melanoma in May of 2023. Since then my dad has been taking treatment, which has been going well, but with his diagnosis the bond between my family has grown stronger. This bond between my family has felt like an unbroken chain which links us. Since May, I have found faith in every small detail I can absorb. I feel that nature has helped my family and I through this tough time. Also through movies, funny enough, we have been trying to spend as much time with each other and entertainment through movies helps. This Lent has given me time to reflect upon my time with my family like the sunset upon a lake. This Lent I would like to reflect upon the beautiful time I have spent with my family.

-Dominic Fontana '24



The busyness of the Christmas holidays is over.

New Year's resolutions are an ingrained habit or, more likely, already forgotten.

Now is the season of Lent.

Lent is the time...

... to quiet the distraction of the noise inside and around me.

... to focus on changing myself and developing a deeper relationship with God.

... to give myself grace when I fall short.

... to have patience to let growth happen on a time frame that I do not control.

... to let go, to forgive, to heal.

... to prepare.

Annette Romani

During Lent this year, I'm particularly drawn to the call of almsgiving...I've reflected on the individual generosity of so many in our Christian Brothers community. My new role in the LSLO has offered a surprising gift: to be reminded of the importance of almsgiving (not just, but especially, during Lent), and the pursuance of change, no matter how small. *-Erin Hanshew*

When I considered applying for a position in the LSLO, I was reminded that the heart of what it means to be Lasallian is why I entered the field of education, and the importance of the idea of "Enter to Learn, Leave to Serve" in my own life's history. There is more work to be done, but I have been awed by our community during my time in this role. I'm touched by the generosity of our community during every collection drive. I wish everyone could join me to hear the appreciation and impact when I make donations to local organizations...for example, at the Loaves & Fishes warehouse dropping off hundreds of donated jackets to a grateful group of employees who explained just how in need they are right now. Moreso, I've been reminded of the generosity of people's time. The teachers willing to spend a week away on a service immersion trip (and the preparation of our students that goes into these trips) to ensure the values of a Lasallian education are animated for our students. For the many students who choose to volunteer at local organizations because they care about making a difference. The freshman who regularly volunteers at his local library branch, the senior who spends 3 evenings a month at the Food Bank on his own, the sophomore who attends every service opportunity and asks me every time at the end "when can we come back?", the junior who worked at Loaves & Fishes in October with a CB group, and later signed up to work in the kitchen every other Saturday with her mom for the remainder of the year. During this Lenten season, I am inspired by all the quiet ways our community shows me how they value what it means to enter to learn and leave to serve.

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer. *Psalm 19:14*

During Lent, I do my best to renew and strengthen my relationship with God through prayer, fasting, and almsgiving. I try to slow down and create space for spiritual contemplation and growth in my life. With three kids going in three different directions at all times, I feel like I am always running around, and I never get “quiet moments” for myself. During Lent, I make an intentional effort to provide these opportunities for myself. I am reminded that God is in control no matter what is happening in my life, and He can help me find peace amidst the chaos. I am truly grateful for all of the blessings that surround me, especially for my family, our health, and for the Christian Brothers community. What a gift to be part of such a wonderful school. Lent is a powerful reminder of the significance of the sacrifice Jesus provided for us through his Passion. During this time, I look forward to the “quiet moments” and the renewal, excitement, and joy that the Easter season brings.

-Cindy Maldonado

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4

This verse has helped me through challenges in my life. Even though I may not be able to see the positives in the moment, I will always be able to learn from the tests God gives me. I am reminded of a time in my life when I felt alone and struggled with my faith. I questioned my relationship with my Heavenly Father because of my relationship with my earthly father. Growing up, I was always a daddy's girl. I was attached to my dad at the hip and would never want him to leave, even to go to work. We went to father/daughter dances and jammed out to classic rock in the car. When he left, I was shocked; the whole thing felt like a blur. I spiraled. I could not fathom how a father could leave his wife and children, and it made me scared to think of being left by God. Throughout this time, I learned that God will never leave me. God sent people into my life during this time when I needed to feel loved in order to grow through my afflictions. I felt His love through those He wanted me to learn from. Fatherly figures surrounded me and gave me advice that only a dad could. Through this trial, I have learned my value and that I am never alone no matter what I go through because I will always have God to guide me when I am lost.

-Alexa Duarte '24

Isaiah 58:6-8-This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn.

Simple instructions, but yet so hard to follow. As I enter the Season of Lent, often I focus on what “am I going to give up” to show a sign of sacrifice...or maybe to take a break from a particular vice that I know is unhealthy. Of course, this sacrifice takes discipline, and perhaps for a short moment, I do something challenging as sign of repentance, in the hope that I can grow closer to God. But come Easter Sunday, I quickly drop that “sacrifice”, I hop back on to my social media accounts, indulge in way too much Easter candy and so on. However, as I reflect on this Bible verse from the Friday after Ash Wednesday, I am reminded of something else that takes discipline, serving those most in need in my community. Through the Prophet Isaiah, God tells us, in very simple language, what we can do in this time of Lent to repair our relationship with Him, to build His Kingdom here on Earth, and it is simply in service to our neighbor. Rather than, or perhaps in conjunction with “giving something up,” God has invited me to reach out to those most marginalized in my community...and so doing, my “light shall break forth like the dawn.” I love this image of hope in Lent, that by following God, and doing His will, we can in fact grow closer to Him.

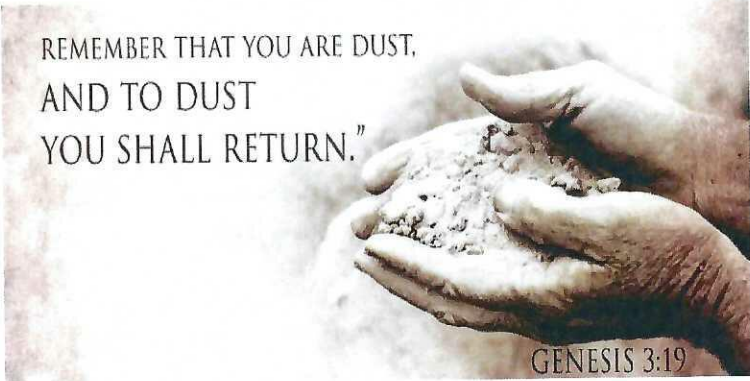
-Dave Perry

“By the sweat of your brow
you will eat your food
until you return to the ground,
since from it you were taken;
for dust you are
and to dust you will return.”

Genesis 3:19

What does it mean, to know we are made of dust? Why take the time to consider it? *Be somebody!* Our culture says. *Prove yourself.* What if we resist the temptation of those ego-driven messages and instead accept ourselves as dust, no more and no less than any other of God’s creations. From the ground and of it. Part of a whole I will never see nor understand. I receive these words as an invitation to surrender. An invitation to clear out the noise, busyness, and striving, and accept the grace that is freely given. An invitation to acknowledge my innate belonging to everything else. Dust doesn’t need and dust doesn’t do. Dust was, is, and will be.

-Kelly English



REMEMBER THAT YOU ARE DUST,
AND TO DUST
YOU SHALL RETURN.”

GENESIS 3:19

Life is ...

Life is an opportunity, benefit from it.

Life is beauty, admire it. Life is a dream, realize it.

Life is a challenge, meet it. Life is a duty, complete it.

Life is a game, play it. Life is a promise, fulfill it.

Life is sorrow, overcome it. Life is a song, sing it.

Life is a struggle, accept it. Life is a tragedy, confront it.

Life is an adventure, dare it. Life is luck, make it.

Life is too precious, do not destroy it, Life is life, fight for it.

Mother Teresa

I have this hanging on my wall in my office because in simple but clear words Mother Teresa addresses the daily decisions we are having to make in our lives. It also reminds me to see the positive side of things in challenging times. Lent is a time to reflect on my words and actions and see where I can improve in my faith. I remind myself to lean on God in times of stress. Ultimately, I put my faith in his hands, and it helps me in my daily life. It is a time to really acknowledge God's sacrifice for us and to be grateful for the blessings he has given me in my life. I feel so lucky to work here at CB, my family and friends, pets, and health.

-Michelle Timm

O Lord, open my lips, and my mouth shall proclaim your praise
PSALM 51:17

I see God when I am in nature, in quiet moments of reflection, and every day that I get to engage with my Christian Brothers faculty and staff community. This diverse group of people make the everyday slog of going to work an actual pleasure. I think about how much I get to smile, laugh, and catch up with my colleagues each day. I feel cared for and supported in both my work life and personal life; something that is actually pretty rare. Some of my best friends are the people I get to see at work, and I attribute that to how God has led each and every person here to CB.

-Melissa McClelland



Lenten Reflection

What does Lent mean to me?

Growing up Lent was about giving up something. Lent was about doing penance and purifying ourselves because Christ had died for us. Lent was an examination of our weakness and failing as humans. Old school. Traditional Christian and Catholic doctrine.

To whom much is given, much is expected. ~ Luke 12:48

Growing and maturing as a person and in my faith, I have had the transformative realization that the focus of Lent should not be so much about our failings and weaknesses. Lent should be about our human ability to become better; to grow. Penance is not about giving up something because we are undeserving. Penance is a reflective practice that is about doing more and growing into the person Christ knows us to be. Christ dies for us not because we are undeserving, but because we are deserving.

Trying to be more growth oriented is what Lent should be about. Very much like nature grows itself anew in the Spring that accompanies Lent into Easter, we as people should look to grow, re-grow, and bloom into something beautiful and new. This is the opportunity that Christ offers us.

Lent is the opportunity not to give up, but to be the better versions of ourselves that we should be the other 325 days of the year; for ourselves and for one another.

Do. Reflect. Do better.

-Larry Reel '91

Psalms 118: 6- *The LORD is on my side; I will not fear*

Fear is a psychological emotion that triggers a physical response. Fear can make things foggy, judgement then becomes impaired, and may force you to make irrational decisions that ultimately aren't the best. Fear also activates the flight or fight response. Fight could be a good thing because no matter what you stand strong against the fear that's occupying your mind. Flight on the other hand may cause you to run, be weak, and give up. This is where Psalms 118:6 helps me choose to stand and FIGHT. I remember that the Lord is always on my side, I have nothing to fear because no matter what, I have someone who will be there to fight with me. This is a verse I have used to motivate my athletes as well. When we walk into a gym no matter the opponent, we must remember that no matter what, The Lord is on our side, and we shall not fear!

-Shandyn Foster



As I see myself pass on from CB and into the world, I find myself reflecting on what CB has taught me. I have met many wonderful people whom I am glad to call my friends. I was an introverted kid when I first came here and even while planning on future aspirations, I find myself coming back to seek a place away from stress. But not from my friends, peers, mentors, and the rest of CB's community. CB has taught me to value myself, others, and the potential of what I could be when I am willing to put the work in. I am thankful to have grown up into a loving, accepting, and nurturing environment. CB doesn't hide or mask the unfair and cruel world we witness from our bubble behind school gates. CB gives its students the ability to prepare for the world ahead, via embracing a loving community to brace for the hardships of the world or to take its students into the world to help the less fortunate and bring awareness to pressing issues. Christian Brothers was a foundational piece to figure out my values and I am eternally grateful. Thank you again to all the teachers and staff who run this show.

– Braeden Allwardt '24

