

On Ash Wednesday, we were told to "rend your hearts and not your garments"

The heart lies deeper within us than the brain cortex.

Lent means going deeper.

Today's second reading says, "if you believe in your heart..."

Today Valentine's Day and the first Sunday of Lent coincide.

It is fitting to have a Heart Day in  
Lent, for as THE LITTLE PRINCE REMINDS US: "it is only with the heart that one sees rightly."

And so we pray:

In this holy season of Lent,  
We lift up our hearts.  
May they overflow  
With abundant love.  
May our little sacrifices  
Be heartfelt expressions  
Of our deep love,  
Rather than head trips  
And rule keeping.  
Saint Valentine,  
Pray for us.

Amen