



Lent is upon us, let us not delay in building that person that God meant us to be!

It is that time of the year where we have the opportunity to reflect on our own personal relationship with God and how we can strengthen it. We are given 40 days to concentrate on the three pillars of Lent: **prayer, fasting and almsgiving.**

As a school, every morning we will pray a decade of the rosary while reflecting on the Sorrowful Mysteries. We will also have our Lenten Confessions later this month. In addition, something new we will be doing is teaming up with our buddy class and praying the Stations of the Cross with Father Dietrich.

In our classrooms, we continue to discuss what fasting and almsgiving can mean at this time of our lives. On Ash Wednesday, we had a presentation with Christian Heiden from Levo International. Heiden has embarked on a mission to construct hydroponic greenhouses to bring sustainable food supply to Haiti... a desperately poor country in the Western Hemisphere. Thanks to the willing participation and support of *Many Hands* for Haiti, Heiden and family have built a demonstration greenhouse in July of 2016 on the *Many Hands* compound in Pignon, Haiti. A new team of young people joined the effort and in 2017 eight hydroponic farming units were installed and are currently being piloted.

As a school, we will be collecting money throughout all of Lent to support this worthwhile foundation. Maybe going without snack and using that snack money to support this cause or even doing some extra work around the house to earn extra cash might be another way to help aid Heiden's efforts! These are only two ways we can help our children to begin to understand what fasting and almsgiving really means for our youngest Catholics. You can learn more about Heiden's efforts by visiting the company's website: levointernational.org for more information.

Here at St. Matthew School, we continuously strive to meet the children where they are and help them improve on the person God truly wants us to be: mentally, physically and spiritually. Have a blessed and fruitful Lent!

God Bless,

Helen Treacy, Principal