



DIOCESE OF SCRANTON

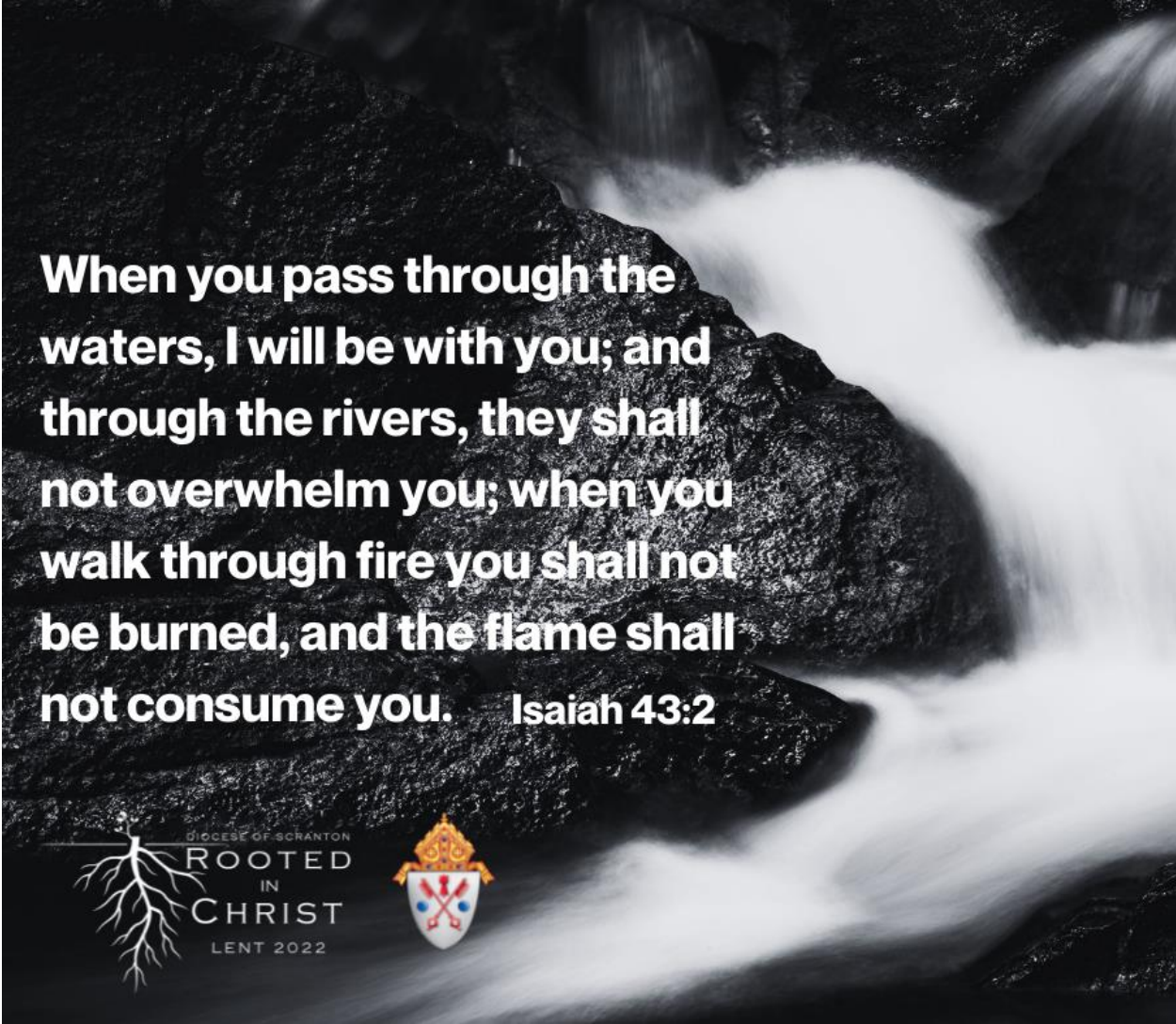
ROOTED IN CHRIST

LENT 2022



STICK WITH IT *Saturday*

There are so many ways to define "Stick with It." Most involve discipline, sacrifice, determination, endurance, stamina, long-suffering, courage, and often fear and pain. To stick with something can mean enduring over a long period of time or it can imply a courageous, disciplined effort to sustain a single dangerous feat. Confidence, inner strength, faith, balance, and emotional maturity bolster a person's capacity to sustain the journey. The ability to keep on going in spite of unexpected obstacles, and unanticipated events like pandemics or wars, or the courage to stand strong in the face of hunger, fear, weariness, pain, and loneliness, indicate the vibrancy of spirit a person possesses and the passion and devotion that a person has to accomplish a goal.



When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. Isaiah 43:2



Recently, we watched the heroic confidence it took for a Ukrainian mother to inspire her eleven-year-old son, Hassan to make a 600-mile train trip through war torn territory from his home city in Ukraine to the border of Slovakia. Her desire to save Hassan overshadowed any other fear. She quickly packed up a plastic bag, the boy's passport, and scrawled a phone number on his hand. Surely with a lump in her throat and terror in her heart, she sent him far away from Zaporizhyia where a nuclear plant there appeared to be on fire and in danger of nuclear meltdown.

The courage of his mother, a widow familiar with suffering, must have been in his veins too for Hassan set out to do exactly what his mother said. He would stick to it till the end. It takes courage to believe that others will help, and faith that determination will guide you through if you just stay the course and remember the love of others. A soldier spotted Hassan at the

train station, took his hand and walked him over the border. Volunteers cared for him, fed him and packed food for the rest of his journey. They used the phone number to contact his relatives who came to get him. His fearlessness, determination and wonderful smile won their hearts and their admiration. "And a little child shall lead us." (Isaiah 11:6)

A little math: over 70 times "Be not afraid," appears in the Bible and the most repeated "I am with you always," perhaps 365 times. One for each day.

"Be not afraid," appears in the Bible over 70 times.



Sister Kathy Kurdziel has been a member of the [Congregation of the Sisters, Servants of the Immaculate Heart of Mary \(IHM\)](#), a community of Catholic women religious dedicated to God and service to God's people, for 55 years. She is a former English and theology teacher, former Vocation and Formation Director for the IHM Sisters, and is currently an editorial consultant for IHM publications, and the Delegate for Religious for the Diocese of Scranton.

FOR REFLECTION

Think of some times when you were called upon to stick to something; something small? Something very large or prolonged? How did you develop the stamina, determination and fidelity to go on?

Who or what sustained you? Who reached out to you? To

whom did you reach out?

Whether things turned out well or ill, what gives you the strength to keep going now? What did you learn that you often pass on to others?

FOR PRAYER

What became your mantra in hard times? Perhaps you still use it today. Sing or hum or dance to the old favorite by Bob Dufford, SJ, [Be Not Afraid](#). Pull it up on your phone; play once every day.

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