Dear Friends of Unity Acres,

With Advent and Christmas still very fresh in our memories we are suddenly in Lent. Emmanuel, God is with us. We are no longer in exile, forsaken, desolate. He is with us. No reason to fear. With hardly time to change gears we are called to penance, to fasting, to rending our hearts of self and facing the stark reality if we choose to be one with Him as He chose to be one with us then we must take up our cross and follow in HIs footsteps. Christmas - Lent. He chose to be one with us - Do we choose to be one with Him and through Him with our brothers and sisters in the Body of Christ. There can be no other way - He is the way and His way is that of the cross embraced out of love and union with all the oppressed and suffering even unto death and through death to the resurrection and victory over satan, death, sin and suffering. At Christmas we celebrate love following upon love - God loves us - He is with us. During Lent as we look to Easter we celebrate His love in action and our response to His love not on our terms but as He has loved us.

He became one with us. That meant a complete letting go of His divinity and being one with us in all things except sin. He, though He was rich became poor so that we might become rich in His love, in His union with His father in our love for one another. With the feasts of Advent, Christmas and Lent and Easter so close together we can more easily rejoice that God is with us. Emmanuel because of this one immense reality we can do all things in Him who strengthens us, who is within us and among us in the Eucharist, in His word, in our brothers and sisters.

Now during Lent may the Spirit guide us - are we allowing Him to be with us in the Eucharist, in our absorbing and following His Word, in His very real hidden presence in our brothers and sisters especially the suffering, the isolated, the rejected. In what ways am I isolating or insulating myself from Him - He who is Emmanuel, God with us and desires only to lose none of us but to bring us all into His Father's love.

Surely we all, each one of us, are called to look into our own life and ask to see clearly what is binding us from celebrating Emmanuel. What are we clinging to and why? He is with us. We have no reason to fear and to act in order to be more fully with Him. Yes the divisive power of satan and self creeps into all of our lives. We become so easily attached - to our time, our space, our security, our pleasures, our ease, our stability, our beauty, our power over other people etc., etc. Emmanuel be with us and guide us.

We also are equally called to look within ourselves as we are -God with us - we are the Body of Christ. Yes, we are called to be present to one another by abolishing the barriers, that separate us one from another. We can do this - there is no other way than the way of Jesus. Let go of the barrier and "be one with". This raises havoc in the world and Jesus promised the world would hate us for it just as the world hated Him. The world under the domination of Satan holds up a very specific value system which is always selfserving but usually portrayed in noble terms. Materialism, buy, buy, not basic needs but what will make you happy, secure, beautiful, strong, etc. Compete with others, it is not popular to act for the good of all. Insulate yourself by barriers of power and wealth. So materialism and military might join forces and devastate millions of poverty stricken famished brothers and sisters in our country and bluntly in the third world countries. Insurance companies (OVER)

and banks guarantee to keep the crushed ones where they are and safeguard the "good life". All this very carefully is nourished by the constant nourishing of fear - fear of law suits, fear of poverty, fear of isolation, fear of violence, be careful, be prudent, be on guard.

Emmanuel, God is with us. We are the Body of Christ. Help us Lord to rejoice in your presence and to obey, to take up our cross rejoicing always that the world hates us. Lord, help us to see and to rejoice only in your cross. Help us to believe and to obey. Lord, may this Lent turn our lives upside down. May we come to grips with our lives being "a night in a very uncomfortable Inn".

May this Lent be filled with His Grace,

Father	McVey
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THANK YOU!!

THE OUTPOURING OF LOVE AT CHRISTMAS WAS OVERWHELMING. MANY PARISHES WENT TO GREAT EFFORTS TO SHARE WITH US AS DID SO MANY FRIENDS. YOUR CARDS LINED THE HALLWAY FROM ONE END TO THE OTHER.

ST. FRANCIS PARISH IN LACOMA AGAIN SHARED WITH US A DELICIOUS CHRISTMAS MEAL WITH ALL THE TRIMMINGS.

OUR DEEPEST THANKS TO EVERYONE!!

PLEASE PRAY FOR THE HAPPY REPOSE OF THE SOUL OF EARL JONES WHO DIED 3 DAYS AFTER CHRISTMAS. WE WERE BLESSED BY EARL'S LOVE AND FRIEND-SHIP. HE WAS INDEED A MAN OF GOD WHO CHERISHED DAILY PRAYER, LOVED LIFE AND MADE EVERY PERSON FEEL HE WAS HIS FRIEND. WITH INFINITE JOY EARL IS NOW SHARING IN GOD'S LOVE.

PLEASE PRAY FOR OUR FRIENDS IN HOSPITALS AND NURSING HOMES:

- ---WILLIE COOK HILLCREST NURSING HOME, ELLEN ST., OSWEGO, N.Y., 1312
- ---ARTHUR FRANCE
- HARWOOD NURSING HOME, SUNRISE DRIVE, OSWEGO, N.Y., 13126
- ---JOSEPH GARRETT MICHAUD NURSING HOME, So. 6THG ST., FULTON, NY 13069
- ----WILLIE MOORE SYR. VETERAN'S HOSPITAL, 800 IRVING AVE., SYR., NY 13210