BENEDICTINE SISTERS
SACRED HEART MONASTERY *in* CULLMAN, ALABAMA

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February 11, 2026

Dear Friend,

Most of our days are shaped by very ordinary needs: food on the table, a paycheck, good health, a sense of security. Without these many forms of "bread," life becomes hard very quickly.

Yet Jesus reminds us that even when these needs are met, something deeper still aches within us. We are fed, but not satisfied. When Jesus says that we live by "every word that comes forth from the mouth of God," he is not dismissing our human needs. He is revealing their limit. Bread sustains the body for a time; God's word sustains the heart forever. Without God's word, we may survive, but we do not fully live.

We fast not to prove our strength, but to clear space. We limit our words, our habits, our distractions so that the Word of God might be heard more clearly. We become more aware of God's Word shaping us and more mindful of the hunger that surrounds us. We begin to hold before God those who lack daily bread, those who are weary or ill, those who feel forgotten or afraid, especially our loved ones.

We at Sacred Heart Monastery, in our Mass and Liturgy of the Hours, pray for our benefactors, friends, Oblates, the Church, our families, and the world. During Lent, we invite you to unite your prayers with ours by completing and returning the enclosed intention card. A basket filled with these intentions will be placed in front of our altar so that daily, as we gather to pray during Lent, your prayer will become a part of each Sister's prayer.

You and your loved ones will be remembered in a special way during the sacred season of Lent. May our gracious and merciful Lord bless you and your loved ones!

In Christ's peace,

"One does not live on bread alone, but on every word that comes forth from the mouth of God."

Matthew 4:4b

Sister Elisabeth Meadors, OSB

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