Assumption University

Campus Ministry



A Letter from
Emily McCall

Rend Your Hearts

*“Yet even now,” says the Lord, “**return to me with all your heart**, with fasting, with weeping, and with mourning; and* ***rend your hearts*** *and not your garments.” Joel 2:12-13*

As I sit here this Holy Week and I reflect on the past few weeks of Lent it seems as though it's passed by in the blink of an eye. To be honest, this Lent has been difficult for me. I haven’t been as steadfast in my Lenten offerings and fasts as I desired. I have felt overwhelmed and distracted by upcoming decisions and transitions in my life, making it hard to be present to the present moment and tempting me to cling to those things in which I seek false comfort. Yet even now in these last few days of Lent, I have the hope that Christ can bring about deep change within my heart.

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