



*From the Office of the President*

**John P. Fitzgibbons, S.J.**

REGIS UNIVERSITY | DENVER, COLORADO

**40 Days Into 2021**

**Office of the President**

**February 9th, 2021**

Dear Colleagues,

In reflecting on the year to date, it occurred to me – quite by accident – that we are 40 days into 2021. The number 40 has deep significance in Christianity. Before his temptation, Jesus fasted "forty days and forty nights" in the Judean desert (Matthew 4:2, Mark 1:13, Luke 4:2). Forty days was the period from the resurrection of Jesus to the ascension of Jesus (Acts 1:3).

With Ash Wednesday on February 17, we enter the season of Lent. For Roman Catholics, Lent starts on Ash Wednesday and ends on Holy Thursday, just prior to Easter. The Lenten fast excludes Sundays and continues through Good Friday and Holy Saturday which totals 40 days.

And just like that, 40 days have eclipsed since January 1.

Time gets away from all of us. But I know that when I am in focus and give 15 minutes near the end of each day to the Ignatian Examen reflection steps below, I grow deeply in my awareness and gratitude for God's presence and how I can shape tomorrow from today.

**Ask God for light.**

*I want to look at my day with God's eyes, not merely my own.*

**Give thanks.**

*The day I have just lived is a gift from God. Be grateful for it.*



**Review the day.**

*I carefully look back on the day just completed, being guided by the Holy Spirit.*

**Face your shortcomings.**

*I face up to what is wrong – in my life and in me.*

**Look toward the day to come.**

*I ask where I need God in the day to come.*

Gratefully and with a warm heart,

Rev. John P. Fitzgibbons, S.J.  
President