



# LENT

Our Liturgical Calendar has once again come around to Lent, the season of journeying with Jesus to Jerusalem and preparing with Him for the events of His death and resurrection. It is a season of forty days, symbolic in both the old and new testament as a period of trial and testing. Lent provides us with the opportunity to reflect on the mysteries of our faith through prayer, our fervent seeking after God; through fasting, a time for the renewal of repentance and through almsgiving, an increased love and concern for our neighbour. It is about coming out of self to refocus on the unbelievable gift of the sacrifice that our Lord and Saviour made for us.

This special time is one of grace given to us by God urging us to live in a more deliberate and conscious manner so that we encounter a change of heart. It is not really about giving up but giving space for God to change us. In Lent we seek a heart which is firm and merciful, attentive and generous, a heart that is not closed or indifferent.

Our prayer is then...

Let us pray that we will try harder to love you in all the things that we say and do and in all the choices that we make during this season of Lent. May we always be people of love and forgiveness. As we journey with you this Lent may we become closer to you, grow to know you more and learn to live in a new way. As we remember your death, Jesus, we know that it was a sign of God's great love for us. Live in our hearts this Lent and help us to share this love with our families, friends, and everyone that we meet. Amen

Let's Pray for:  
The Pope  
The Archbishop  
The Parish Priest  
All the members of the Conference  
All we serve