



# faith

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“Lent is a journey that involves our whole life, our entire being. It is a time to reconsider the roads we are taking, to find the way back home, to rediscover the fundamental bond with God, on which everything depends.”

Pope Francis



## SPRING CLEANING

The word ‘Lent’ comes from the old English word *Lencten* which means springtime.

Let us look at Lent as a spring cleaning of our souls.

Ash Wednesday is the gateway to our journey of reflection and prayer. This is a time when we stop and assess how we’re doing in our walk with God. Ashes are put on our foreheads as a solemn reminder of human mortality and the need for reconciliation. This marks the beginning of the penitential Lenten season lasting 40 days.

Lent is an intense part of the liturgical year. We are challenged to renew our understanding of this important season of the church, to truly appreciate its gift.

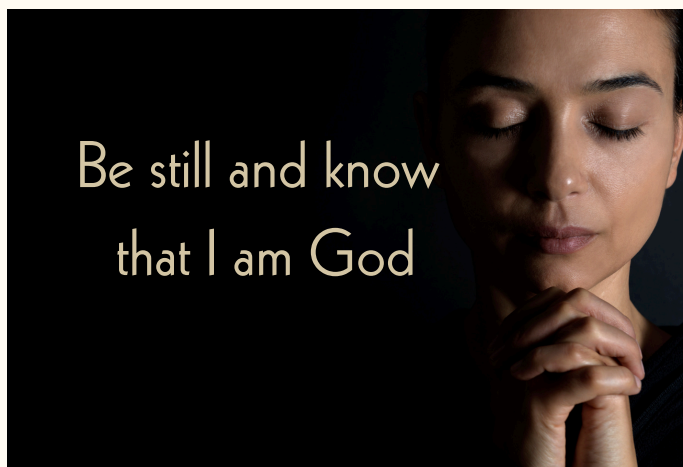
While this time is a period of sacrifice and abstinence, that should not be our sole focus. Lent is where we centre on God and make a more concerted effort to put Him first in our lives.



Take this time to renew and grow spiritually and personally. We are fortunate to have this opportunity to deepen our relationship with Jesus...let Him into our hearts and souls.

Throughout Lent, the cross a symbol of faith and devotion, is a central focus of the season. The cross symbolizes sacrifice and penance, but it also represents great joy and of love *"greater than which no man hath."*

Lent has always been a time we are more spiritually drawn to the cross and its significance. As we look at the Cross, many of us have asked ourselves why? Why did Jesus die like this? For many of us it is difficult hearing all Jesus had to endure as detailed in our readings, but we must face the crucifixion and the gift of love that Jesus scarified for us before we can celebrate His resurrection.



As Catholic women, we are devoted to prayer and all the many ways of adoration to show our devotion to God. This Lent, take time to slow down and pause. Take the time to be still and let the Holy Spirit guide you to fully feel the presence of God.

*"Be still and know that I am God"*  
Psalms 46:10.

Lent is also a time of hope. Pope Francis said, *"Living a Lent with hope means feeling that, in Jesus Christ, we are witnesses of the new time, in which God "makes all things new" (cf. Rev 21,1-6)."*

Let us pray that Lent be a time of hope, a genuine and personal encounter with the Lord Jesus who shed his blood for our salvation.

May this Lent be a special time to enhance our faith and make ready our hearts for the glorious, resurrected Jesus. God is love!

I wish you all many blessings and joy on your personal Lenten journey.