

Lent



Happy Lent! Can you imagine the Season of Lent is already upon us again? Indeed, it is the holiest of the holiest of liturgical seasons. Lent facilitates a time of reflection, renewal, and metanoia. This penitential season ushers in an opportunity to recalibrate and continue as pilgrims of hope in becoming the best version of ourselves that God is calling us to be.

This past Sunday's gospel is the precursor to this Lenten Season that is designated for the spring cleaning of our very lives. And this gospel entails some very important catalysts for a fruitful Lent. These include a lack of hypocrisy, being non-judgmental, and removing wooden beams, thus clearing our vision to see the pathways God has outlined for us.

And while I am extremely confident that by now we can probably riddle off the three basic tenets of Lent - prayer, fasting and almsgiving; the far more important crux of the matter is having this knowledge move from our head to our hearts, and flow into our very lives.

I challenge us in this 2025 Lenten Season to make a conscious effort not just to say a prayer, but rather to make our very lives a prayer. Indeed, to seek not merely to fast from food or meat in particular on Fridays, but fast from all forms of negativity, so we can feast on God's mercy and compassion. And let us not just give those tangible and necessary items, of money, food and clothing, but rather expend our time and talent to help others become resourceful and independent beings who can provide for themselves.

As the Stations of the Cross invite us to pause and reflect on those pivotal moments of our Saviour's journey to Calvary, may they serve as a reminder to us that none of our crosses are too heavy for our Lord to bear and the very purpose of the crosses in our lives is to help make us better not bitter.

Lastly, let us be ever mindful as we journey through Lent devoid of Alleluias, we are still according to Saint John Paul II "**an Easter people and alleluia is our song**".