

Lent



Goodbye Ordinary Time and Hello Lent!

We have officially begun one of the most sacred periods on the liturgical calendar and our green is traded for purple. This symbolizes a shift in our spiritual focus toward greater introspection and scrutiny. Hence, Lent is a time to look closely at our lives and seriously consider the things and people we need to disengage from to have a more productive spiritual life.

By now, we probably recite by heart the Lenten tenets of prayer, fasting and almsgiving. However, Lent challenges us to move from head knowledge to practice and a change of heart.

The ashes we receive remind us of the fragility of life and that we are imperfect beings who require the saving grace of our God. A God who reminds us in the words of the psalmist, “if today you hear his voice, harden not your hearts”.

And while the Lenten focus is typically on giving up, it was Pope Francis who reminded us that it is also a time to feast on doing good. A time to offer our time, talent, treasure and our very selves in service of others. A time not merely to read scripture but to contemplate with scripture. A time to not merely say the words of a prayer but to have a heart-to-heart conversation with God about the things of this life and the next.

The Lenten forty-day journey has been ushered in once again. The only question is, how will we make this Lent one of the most meaningful ones ever? St Paul asserts, “Now is the day of salvation, now is a very acceptable time.”

Happy Lenting!