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Lenten

MOMENTS



“If you stay closely united, you are like a tree standing in the middle of a bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burned, but inside the tree the sap is still flowing and under the ground the roots are still strong. Like that tree you have endured the flames, and you still have the power to be reborn. The time for that rebirth is now!”

— St (Pope) John Paul II

LENTEN MOMENT

In this reflection from St (Pope) John Paul II, he stresses the importance of others in our life journey, especially when we face difficult times. Take a few moments to call to mind those who give you strength in your life.

How could you show your gratitude?

Is there someone who needs your support today?

Ash Wednesday marks the beginning of the journey of Lent. Lent is that special time during which we are invited to turn our hearts and minds toward our spiritual footprint; to reassess our relationships and attitudes and our response to the gospel call to be the presence of Christ in our world through word and action. Too often characterised as a time to give up something (like chocolate), Lent is more importantly a time of reflection and renewal. Like the tree which is held stable by healthy and strong roots, Lent gives us the opportunity to examine our own ways of thinking and acting, to dig deep into our own roots and strengthen our commitment to being people of compassion, justice and hope.