

Lenten Stillness

An Invitation to revitalise and reconnect with God

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit (John 12:24).

Fifth Sunday of Lent

Life moves along quickly. We become immersed in our daily activities, distracted by the “have-to-dos” continually filling our minds and hearts, or lost in the dullness of daily routine. Our relationship with God frequently needs revitalisation... During Lent, we address any spiritual fatigue we have by inquiring of ourselves: What in my spirit needs to return to life? What part requires new energy, renewed efforts?

Rupp, J. (2008, p. 22). *God's Enduring Presence*. Mulgrave, Victoria: John Garrett Publishing.

May you
plant seeds
of kindness
and love

We are called to let go of, to relinquish, to let die, anything that keep us from greater freedom to follow Jesus.

And by dying to our self we, paradoxically, experience new life...

And what did Jesus give up? Everything. He gave up everything.

What did he let die? Himself.

(<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/perspectives-on-lent/articles/a-homily-of-james-martin-sj/>)

He who sows courtesy reaps friendship, and he who plants kindness gathers love - St Basil the Great