

NUMBER 45
22 FEB 2023

Lenten

MOMENTS



Ash Wednesday

What can you change this Lenten season?

Let us prepare ourselves with confidence to follow the Lenten journey that begins today as an opportunity for conversion and interior renewal in listening to the Word of God, in prayer, in the daily exercise of charity towards one's neighbour ... (Pope Francis, General Audience, 2022).

*A pure heart create for me, O God,
and a steadfast spirit renew in me*

(Psalm 51:10)

How will you undertake interior renewal on your Lenten journey?

COMPASSION JUSTICE RESPECT HOPE