

Lenten

MOMENTS

ISSUE 53 | 25 FEB 2024

**God of the Journey,
May this Lenten season challenge us
to a change of heart:
to live gently,
to love generously,
to count blessings and
to walk paths of peace
and inclusion.
Amen**



Second Sunday of Lent

Walking on Holy Ground: A Lenten Journey

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus.

(Mark 9:2-4)

The encounter with Jesus on the mountain top challenged the disciples as it should challenge us to see the light and potential in all people.

Our passion for life is quietly sustained from somewhere in us that is wedded to the energy and excitement of life. This shy inner light is what enables us to recognise and receive our very presence here as blessing... (O'Donohue, To Bless the Space Between Us).

Scripture is filled with holy encounters on top of mountains or of cave dwellers. Moses meets God on the top of Mt Sinai and the prophet Elijah seeks shelter in a cave... Pilgrimage often draws us to unfamiliar places ... our thoughts and habits have a way of bringing us on a well-worn path of action and thinking ... pilgrimage means challenging some of the routines which keep us stuck (Valders Paintner, Soul of a Pilgrim, 71).

**How can you see the light
in others on this Lenten Journey?**

COMPASSION JUSTICE RESPECT HOPE