

**Thought for the Week**  
**1st March 2020**  
**First Sunday in Lent (A)**

What have you given up for Lent? We might have given up something like taking less food and wine but is this perhaps to have a beneficial effect on our waist lines? We might even gather up the money we would have spent and let it go to our Lenten charity.

But we may be missing the point. Deacon Brian reminded us last week that we are on a journey to our final destination to meet God and that Lent was a good time to stop, pray and listen.

Jesus went into the wilderness to help him see his purpose properly, gain the courage to do it and not be swayed by temptations. We therefore should consider Lent as a time when we assess our progress, or lack of it, to our final destination.

This year our Parish has published its Easter Card early to include Lent and lists a number of initiatives to help us on our journey.

What can be better than making the time to escape our busyness by attending all or part of Holy Hour on Monday evenings at 7.00pm? In the quietness and silence before the Blessed Sacrament, we have time to listen and be prompted as to what are our real priorities.

This Lent in addition to the traditional Lenten devotion, Stations of the Cross, we will also have talks to discover anew and afresh the Life of Jesus through the eyes of St Matthew. For alms giving our chosen charity is St Mungo's, helping look after rough sleepers in Reading.

Lent is not meant to weaken us but to give us a chance to get our breath back, gain strength and courage and be inspired for the work in hand that follows.

Stephen and Judy