

Thought for the week
6th Sunday in Ordinary Time, Year B,
11th February 2018

February 14th - Valentine's day, a day society associates with love; is this year actually Ash Wednesday: one of the most important days in the liturgical calendar and the start of Lent.

The 40 days of Lent represent the time Jesus spent in the desert prior to starting his ministry. So during Lent we are spiritually following Jesus into the desert. It is a time we can spend preparing ourselves in readiness for the commemoration of Christ's death and resurrection: the greatest demonstration we have of God's love for us

Lent affords us an opportunity to examine our lives; and this Lent I invite you to use the resources St Michael's offers during Lent which are listed on the opposite side to this thought: and to put into practice the 4R's, to help you to do this.

—Reflection (Self Examination), Repentance, Resolve and Reconciliation.

There follows just a few examples of the questions we can ask ourselves during Lent. Are we becoming more Christ-like or more worldly? Are we as generous with our time and our money as we ought to be? Are we always helpful and friendly to our elderly family members or neighbours? Have we shown forgiveness or are we holding on to resentment? Are we really praying, or are we just saying prayers? How truthful and honest are we?

If you have children you might also like to follow Father Michael's suggestion and pray with them during Lent asking 3 simple questions.

What do I want to thank God for today?

What do I want to say sorry for today?

What do I want to ask God for, for tomorrow?

Such questions, honestly asked and honestly answered before ourselves and before God, can help to open ourselves to God and change the way we live and pray: so that with God's Grace, by the end of Lent we can celebrate Easter renewed.

A Parishioner