



Lent 2015: Time is Running Out

Rarely does a day go by without the media reporting on heinous acts or horrifying crimes, perpetrated at times even in the name of God, toward people for their faith, their ethnic group or simply for no reason. The violence we witness today is quite disturbing. Human instinct is to track down the culprits and to investigate their motives. Christ responded to violence in His Passion with forgiveness. His way of life was an ongoing reminder that *God is Love*. All too often we forget this. However, the tragedy of our time calls for a return to active faith.

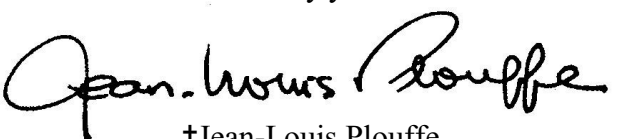
Lent is the *favourable time* to refocus our life on God and rediscover the courage of our convictions. “Keeping Lent” is to want to change . . . We are given forty days to work at making this change by acknowledging our spiritual malaise. We only need to be humble enough to scrutinize our relationship with God and with others, and evaluate our inner thoughts and feelings.

Above all, our spiritual well being lies within the quality of our relationship with God. He must be the main reference for who we are and what we do. During this Lenten Season, God invites us to a personal encounter with Him in silent prayer or meditation inspired by His Word. More frequent participation in the Eucharist will also refresh our memory of what Christ has done for us and will provide us with nourishment to sustain us as we walk toward Him. If we dare to honestly evaluate our relationship with the Lord, our connection with Him will become more personal, our relationships with others will be transformed, the vulnerable will be able to count on our undivided attention and the destitute will benefit from our greater generosity. The light of the Risen One will allow us to acknowledge the most secretive thoughts held in our hearts, since it is *from the heart that bad intentions ... and misconduct comes from* (Matthew 15,19). May we welcome Christ’s reconciling grace into our hearts, and share that grace with others.

Let us not hesitate to make this Lent 2015 a turning point in our lives. Let us begin now! *Time is running out* says the Apostle Paul. When we are young, time seems to last forever. As we grow older, time flies and we never seem to have enough of it. The countdown is on! *The days are the passing of a shadow*, says the Book of Wisdom. We are only passers-by, our eyes set on another life, Eternity.

As we begin Lent, let us remember *that time is running out*. Let us take advantage of these forty days of prayer, fasting and penance to rediscover the simplicity of the heart of a child and the seasoned courage of an adult to deepen our faith. Let us open our hearts to joy, to our interior life, to God and to others. Happy Lenten Season 2015!

Fraternally yours in Christ

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Bishop’s Office