

## Reflection Ash Wednesday March 2022

The cry is loud: REPENT! REPENT! REPENT! We are called to prayer, fasting and almsgiving. This lent let our prayer focus on where God is to be found in our everyday experiences. Essentially **prayer** places the focus on God not on ourselves. Drop the 'I' from your conversation. **Fasting** this year calls us not to waste any of our utilities: Water, Gas, Electricity, car, heating (turn it down 1 degree!). **Almsgiving** asks us to give time to a charity that helps others: charity shop, food pantry, homelessness, the sick etc. Today the call to salvation means saving our planet from destruction or we won't have a life to save physically or spiritually.

Lord, we are embarking on a Lenten journey with you and with others.  
We invite the Holy Spirit to purify our hearts and strengthen us in love.

We wish to discover how much we need you  
and how much we need redemption.

On this special day, Ash Wednesday,  
may our small sacrifices in fasting  
help clear away the clutter in our lives.

Help us put our daily focus outside ourselves.

Help us become aware of those in greater suffering than ourselves  
and see them as the brothers and sisters you have placed in our lives.

As we acknowledge the darkness within us and around us,  
bless these days with your Word.

Let your Light shine in the darkness.

Open us more fully to your Light  
until we celebrate, with joy and exultation, the Easter light.

Help us, Lord, to honour this day with the ashes we receive.

May they help us remember our humble origins and where we are going.

May we acknowledge our sins  
and our deep need for your loving forgiveness and grace.

We pray that this Lenten season will make us more aware  
of how much we need your healing presence. Amen.

### Pope Francis:

*"Lent invites us to conversion, to a change in mindset,  
so that life's truth and beauty may be found not so much in possessing as in giving,  
not so much in accumulating as in sowing and sharing goodness."*