

## Reflection Thursday after Ash Wednesday March 2022

Asked to choose between life and death, wouldn't choose life?? What often seems obvious, however, often turns out to be much more difficult. Are all our choices lifegiving? Wasting food, our utilities, using our cars when we could easily walk are all helping destroy our planet and life in the future. Choosing life means making sacrifices some of which are far from easy. Lent offers us the opportunity to live much more simply, cut back on our irresponsible use of resources and focus more on those who really need help in these difficult and challenging times. Our Lenten prayer invites us to put God at the centre of our lives.

Macrina Wiederkehr writes:

*Everything can bless us, but we've got to be there for the blessing to occur. Being present with quality is a decision we are invited to make each day. It is another way to become like God.*

*Due to the reality of our terribly distracted, cluttered, and noisy existence, the decision for real presence is not easy. If we can make this decision and live it, it will be a kind of salvation for us. It can save us from many kinds of death: the death of apathy and mediocrity, the death of carelessness, the death of boredom, the death of selfishness, the death of meaninglessness. There is nothing so healing in all the world as real presence. Our real presence can feed the ache for God in others.*

Give five minutes of quiet time to God every day in Lent but let God do the talking!!

End with:

*O God beyond all names, O Holy One, you have pitched a tent in my heart. You are my shelter, my tree of life. You are my cave, my haven, my abode. You are the sanctuary where I dwell. I am the sanctuary where you dwell. I do not ask you to free me from the storms of life that assist my growth. I ask only that you protect me and help me make wise choices. O let it be!*

### **Pope Francis:**

*With great generosity God continues to sow abundant seeds of goodness in our human family. During Lent, respond to God's gift by accepting His word, which is "living and active". Regular listening to the word of God makes us open and docile to his working, bears fruit in our lives and summons us to become God's co-workers. By making good use of the present time, we can sow seeds of goodness. This is a grace, whereby the Creator wishes us to be actively united with his own bountiful goodness.*