



*From the Desk of Father Peter*

*Bring Your Challenges and Struggles and Walk with Jesus to Calvary*

*We have all seen and experienced hardships that have touched us all at some level. The annual observance of Lent is the special season for the ascent to the holy mountain of Easter. It's a call to renewal in fervent prayer.*



*The majority of human resentment clearly does not result in self-destruction or in the killing of another, but it certainly leads to death in goodwill, opportunities, cooperation, and relationships—just to name a few human interactions. And this is because we let these thoughts of failure and inadequacy—which again, are not from God!—convince us they are true.*

*So Lent is here once again. Whether we come today with no idea of what we will do for Lent this year or whether we come with a clear plan, we have the opportunity to reflect and think about what Jesus asks of us in the spiritual disciplines of prayer, fasting and almsgiving.*

In the words of Pope Francis we too:

*Fast from hurting words*

*and say kind words.*

*Fast from sadness*

*and be filled with gratitude.*

*Fast from anger*

*and be filled with patience.*

*Fast from pessimism*

*and be filled with hope.*

*Fast from worries*

*and have trust in God.*

*Fast from complaints*

*and contemplate simplicity.*

*Fast from pressures*

*and be prayerful.*

*Fast from bitterness;*

*fill your heart with joy.*

*Fast from selfishness*

*and be compassionate.*

*Fast from grudges*

*and be reconciled.*

*Fast from words;*

*be silent and listen.*

*Fasting is usually associated with food, but as Christians we are called to refrain from other things as well. Fasting from these those things that separate us from God our Father can draw us closer to*

*him and to others. We fast because when we deprive ourselves of something, we make more room for God and his grace which, in turn, helps us to grow in holiness and virtue.*

*Confident that the Lord will help us identify what specifically we should do this Lent, let us take a moment of quiet and listen to God's direction in the silence of our hearts. What we surround ourselves with does affect us and Lent is a good time to examine what that "surround sound" is. If we are not seeing or hearing enough truth, goodness and beauty in our days, this season of Lent is a good time to refocus our efforts.*



*Many Blessings on your Lenten Journey.*

*Enyan-Boadu*