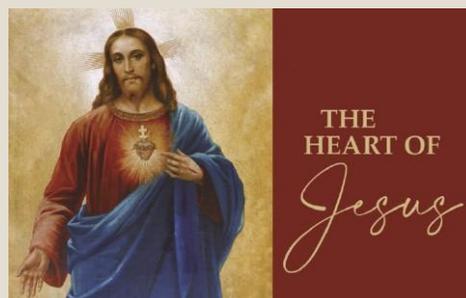




*From the Desk of Father Peter*

*Lent is a Better Time for Life*

*The things that concern us and keep our minds preoccupied are not superficial matters, they are integral parts of our lives and we need to tend to them. We can use some help to keep us focused and guide our decisions.*



*While we know there are no easy and quick solutions to the important issues we face, we do want to keep our heads about us. The Lenten season is a time to do it. The signs and symbols of Lent are meant to help us focus our attention on the great mysteries that will be celebrated in a few weeks.*

*This Lent, make an extra effort to attend daily Mass, spend some time before the Blessed Sacrament, pray the Stations of the Cross, and make little acts of sacrifice. This Lent, let us avoid telling ourselves there is no time for prayer. Be inventive and find a few moments for prayer each day. Let us resolve to offer something to God's glory. Fasting has been called "the prayer of the body." When we deny ourselves some small pleasure, we almost automatically become attentive to things that really matter, like our relationship with God. Lent is also a time of repentance. After all, as we try to draw closer to the Lord, we will inevitably uncover areas in our lives that need forgiveness. This is the reason why the Sacrament of Reconciliation is central to the season.*



*Have a peaceful season of Lent.*

*Fr. Peter Enyan-Boadu*