

# Lenten

MOMENTS



During Lent many people make extra efforts to give generously to those in need – almsgiving has been a central element of Lenten observance for centuries. These actions of love require levels of self-sacrifice and also trust – our donations go to people we never meet and causes with which we usually have little real connection. Ripples of compassion flow from every act of generosity and compassion.

## PAUSE FOR REFLECTION

Almsgiving sets us free from greed and helps us to regard our neighbour as a brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! ... Yet I would also hope that, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God ...

– Pope Francis: Lenten Message 2018

We can also give generously in other ways – kindness, patience, visiting, forgiving, caring for the vulnerable ... small acts which can change lives.

The seemingly insignificant aspects of our honourable actions are a reflection of the way God created us. As we listen to the hurt of another, overlook the impatience or irritability of a colleague, forgive a friend who disappointed us, take time to do a good deed or refuse to add to gossip, we are expressing the truth of being God's handiwork.

– Rupp: *God's Enduring Presence*, p 34

## PRAYER

*Inspire us God of Mercy and Compassion, to undertake a heart pilgrimage in this Lenten season: to nurture our hearts in the beauty of the natural world, to protect our hearts with the love of family and friends, to expand our hearts in generosity toward to those in need, and to challenge our hearts through actions for justice, May our hearts be open to the ongoing call to be a gospel of love in our world. Amen.*

## LENTEEN REFLECTION

What can you give to others this Lenten Season?