

# Lenten

MOMENTS



Time for prayer and reflection is often difficult to find in our busy lives with competing demands of family, work, friends and other activities. But spending time in self-reflection and contemplation is critical to our emotional, spiritual and physical health. Take time this Lent for reflection, renewal and refocusing on God's call to love and compassion in our relationships with others, ourselves and our world.

## PAUSE FOR REFLECTION

Prayer unites us; it makes us brothers and sisters ... In prayer, there are no rich and poor people, there are sons and daughters, sisters and brothers. In prayer, there is no first or second class ... It is in prayer that our hearts find the strength not to be cold and insensitive in the face of injustice. In prayer, God keeps calling us, opening our hearts to charity.

— Pope Francis, 2016

When the heart is grateful, the mind is healthy. When you appreciate who you are, enjoying the gifts within you and around you in your family, neighbourhood, nature, then the odds are that you are 'in a good place', responding in a balanced and positive way to the pain and wonder of your life. You may remember the old definition of prayer: a raising of the mind and heart to Love, to God. Could you begin doing this? Thinking thankfulness ... for the walk you've just had, the shower you've just enjoyed, the meal you are preparing, the friend who is calling in later ... for the email you were waiting for ...

— O'Leary, 2015

## PRAYER

*Holy Spirit  
Make my heart open to the word  
of God.  
Make my heart open to goodness.  
Make my heart open to the beauty  
of God, every day.  
— Pope Francis*

## LENTEN REFLECTION

When can you make time for quiet reflection?  
Can you 'think thankfulness' in the every day?