

Lenten

MOMENTS



Jesus' passion, death and resurrection is a story of letting go, of allowing death to bring new life and accepting a new spirit for this new life. On our journey this Lent we have taken up, given back and been challenged to take a fresh approach to how we care for our neighbours and our planet. At this moment we are perched on the edge of a new way of life. We can choose to return to old habits or we can accept the death of our old ways to make way for the new.

PAUSE FOR REFLECTION

When we are 50, 60 or 70 – or 40, and we are trying to be 20, someone must similarly challenge us: “Let go, for God’s sake! Be your age, it will be better than it is now!” Old age is hell for those who cling and want to be young at all costs. It can be peaceful and full of joys, if we are willing to receive its spirit ... Whenever something passes, be it youth, health or attractiveness, something else takes its place. With that something else, God also sends a new spirit, a new pentecost ... Entry into the paschal mystery requires that we die, that we accept new life, and that we refuse to cling ... We must trust God enough to believe that God will always give us something new and something better.

–Ron Rollheiser OMI <http://ronrollheiser.com/paschal-mystery-the-new-you/>

PRAYER

*God of Mercy,
We see in Jesus the face of mercy.
May we be led by Jesus' example to
open our hearts to receive new
life and allow our minds to let go so
we can receive a new spirit.
Help us to appreciate the graces
you have in store for us.*

LENTEEN REFLECTION

How can you surrender control and simply let go and trust in the Lord?