

NUMBER 03 15 MARCH 2017

# Lenten

MOMENTS



*“Love one another. As I have loved you, so you must love one another.”*

– John 13:34

The gospel message of love for the other offers great scope for Lenten reflection as it projects us out of our private world into a real world of hurt, brokenness and human need. The Christian life is not a pursuit for individuals in isolation. We belong to a human family and we are called to recognise the face of Christ in everyone we meet and to extend Christ’s hand of blessing, healing and forgiveness. This is the love we are called to share.

## LENTEN MOMENT

Take a few moments today to reflect on Pope Francis’ call to open the doors of our hearts to others, especially those who are most vulnerable.

**Who do you encounter in the everyday?**

**How might you renew your encounter with Christ through your neighbours?**

Lent is a favourable season for opening the doors to all those in need and recognising in them the face of Christ. Each of us meets people like this every day. Each life that we encounter is a gift deserving acceptance, respect and love ... Lent is the favourable season for renewing our encounter with Christ, living in His word, in the sacraments and in our neighbour ... and thus to favour the culture of encounter in our one human family. Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share to the full the joy of Easter. (Pope Francis)