

The Lenten Season is particularly important in our Christian Tradition. It is a time for us to intensify our Spiritual practice. This year we are all invited to give some special attention to our celebration of the Eucharist. Apart from our usual diligence about attending the Sunday Eucharist perhaps you can also consider attending the celebration at 6.30 pm. on a Wednesday evening. Each weekend I am providing a special leaflet explaining the various parts of our celebration together with some questions for reflection. These can be used for prayerful reflection each day. Our Mass together and our own personal prayer are inextricably linked together of course so it is important for us to make some extra time for our personal prayer during this Lenten season. Our best prayer is to just sit in silence so I encourage you to do just that.

*Fr. Patrick*