Pastor’s Notes

What purposes do you have in this Lent that we will start on Ash Wednesday?

How good is God who gives us a new opportunity to get closer to Him. Today we begin the journey of Lent with hope. Next Wednesday is Ash Wednesday, we will begin the path of Lent full of hope. Lent is not a goal. Lent is a path that leads us to the most impressive manifestation of God's love. Lent prepares us to be witnesses of God's love. Lent is a time of preparation to live the Holy days. To say Lent and especially Holy Week, is to say: Time of blessings.

What are the three main Lenten practices?:

The first Lenten practice is **prayer**. Increase our time praying and over all the quality of our prayer. Remember that prayer is an indispensable condition for the encounter with God.

The second Lenten practice is **sacrifice for the love to God**. Sacrifices over everything in our daily lives. When the Christian makes a sacrifice, he humbly offers Christ those moments of adversity and pain, but he offers them to God with the joy that they are pleasing in the eyes of God. The Christian makes sacrifices for the love of God.

The third practice is **charity**. Saint John Paul II explains the root of charity: *"In the deepest part of the human heart: every person feels the desire to get in touch with others, and it is fully realized when it is freely given to others"*. Remember that whoever loves God also loves his brothers and sisters.

When you pray, when you sacrifice or help your neighbor, do not look at it as if it is easy or difficult, just believe that you need it, that this is the best choice for your soul, better even: think that you are pleasing God.

Why do I prepare myself for this Lent? To be a witness of the love of Christ in his passion, death and resurrection. Then you can understand why it is worth preparing your heart during Lent.

I wish you a holy Lent.

---

Fr. Ricardo Rosales Nájera