

ON ASH WEDNESDAY WE ARE CONFRONTED WITH OUR FRAILTY, WEAKNESS, & MORTALITY. AND YET, IN THIS DIFFICULT & DARK REFLECTION, WE DISCOVER GRACE; GOD'S PRESENCE WITH US AND UPON US IN OUR SUFFERING AND LOSS - WE DISCOVER ANEW THAT THE GRACE OF GOD COVERS US AND CARRIES US AS WE JOURNEY THROUGH DARKNESS.

AS WE FACE OUR PAIN...OUR OWN PERSONAL SENSE OF FRAILTY AND MORTALITY, WE REMEMBER THAT FOR SO MANY PEOPLE ALL OVER THE WORLD, EVERY DAY, EVERY MORNING, IS IN SOME WAY ASH WEDNESDAY. SO MANY FACE VIVID DAILY PRESENCES OF SICKNESS, WAR, INSTABILITY & DEATH. MAY THIS MOMENT OF REFLECTION CAUSE US TO STAND IN SOLIDARITY WITH THOSE WHO LIVE WITH THEIR BACKS CONSTANTLY AGAINST THE WALL. MAY WE HEAR THEIR CRY AND COME TO SEE THEIR STRUGGLE AS OUR OWN.



HOW MIGHT THE PRACTICE OF FACING THE REALITY OF DEATH CHANGE THE WAY WE LIVE?

Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by the fear of death.
—Hebrews 2:14,15

He who fears death is a slave and subjects himself to everything in order to avoid dying. But he who does not fear death is outside the tyranny of the devil and when the devil finds such a soul, he can accomplish in it none of his works. — JOHN CHRYSOSTOM



WHAT MIGHT YOU FAST FROM OVER LENT?

WHAT MIGHT YOU ADD OVER LENT?
