

Reflection for the 1st Sunday of Lent

This Sunday is the First Sunday of Lent, and we have now entered into a Season of Prayer, Fast and Abstinence. The Season of Lent is unlike the other Seasons of the Liturgical Year. For the Lenten Season is focused on one objective and that is being ready for Holy Week, the celebration of the Paschal Triduum; Holy Thursday, Good Friday, and Easter Sunday, which is the most holy and sacred time of the Liturgical Year. To prepare for these three days that have changed the world and the course of human history, the Lenten Season is and has always been a time of stepping back from our daily lives and entering into a time in the desert.

The other Seasons of the Liturgical year have a joy that is being celebrated or at least a hopefulness of a joy that is to come. Lent traditionally has a focus not on joy but on prayer, fast and abstinence. This Lenten Season is a time for self-improvement, becoming the person the God has created us to be.

This Sunday as we enter into this unique time of year, that is different from the other Seasons of the year, may we turn to our Gospel reading this Sunday and be moved by the words of St. Mark who wrote that Gospel that we read this Sunday. *“This is the time of fulfillment. The Kingdom of God is at hand. Repent, and believe in the Gospel.”* These are the words that Jesus spoke as he began His public Ministry. We can see that from the start, that in order to follow Jesus we must be willing to repent of our old behavior before we can embrace a new way of life. May this Lenten Season for your and I be a time when we can repent of our old way of life so that we can more fully believe in the Gospel.

Prayer for Second Week of Lent Virtual Fish Fry

Dear Father in heaven, this Holy Season of Lent that you have given us speaks to our daily struggles and sorrow's, showing us, as followers of Jesus Christ, how to answer all life's troubles. Our answer is found in the mystery of the death and resurrection of your Son and our Savior, Jesus Christ.

O Lord, help each one of us this Lenten Season to embrace the mystery of your Son. May this Season of renewal transform us as individuals and as a community of believers. Please bless this food that has been created by You and prepared with human hands. We ask this through Christ our Lord. Amen