

### **Prayer for Lent**

*“How often have I lived through these weeks without paying much attention to penance, fasting, and prayer? How often have I missed the spiritual fruits of the season without even being aware of it? But how can I ever really celebrate Easter without observing Lent? How can I rejoice fully in Your Resurrection when I have avoided participating in Your death?”*

*Yes, Lord, I have to die - with You, through You, and in You - and thus become ready to recognize You when You appear to me in Your Resurrection. There is so much in me that needs to die: false attachments, greed and anger, impatience and stinginess. I see clearly now how little I have died with You, really gone Your way and been faithful to it.*

*O Lord, make this Lenten season different from the other ones.  
Let me find You again. Amen*

**Henri Nouwen**

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## *Soul Seeing for Lent* **A Gospel Reflection from Brian Wigger**

I recently read an article by Sr. Joan Chittister, OSB entitled, *Soul Seeing for Lent*. I would like to share a section of what she writes regarding Lent which I find refreshing and hope you do too.

*“Lent is not about giving up our adult candy or immersing ourselves in pain. Lent is about being honest with ourselves, changing what needs to change in our lives, making our world a better place and growing into the Light. Lent is a call to weep for what we could have been and are not. Lent is the grace to grieve for what we should have done and have not. Lent is an opportunity to change what we ought to change, but have not. Lent is not just about penance. Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now”.*

*“What are those things that keep us from living a fully Christian life?”*