

17 FEBRUARY 2023



STEWARDSHIP REFLECTION

LENT

Lent is upon us. The annual observance of Lent is the special season for the ascent to the holy mountain of Easter. It seems so natural that Lent takes place at this time of year. Winter is dragging on and yet the first signs of spring are presenting themselves here in the Lower Mainland. The season seems perfectly suited for renewal.

It's a time of shedding. Many animals shed their winter coats, deer shed their antlers, birds start molting their feathers. We humans start shedding some of our heavy winter coats and maybe even a few pounds. It's a time of awakening. Like hibernating bears, we begin to wake our bodies and move around a little more.



We shake off the spiritual lethargy and begin to focus on repentance and baptism. And that's Lent. It's time for some spiritual workouts, struggling with our ascidia (spiritual sloth), shake off the lethargy and get in shape to climb that great spiritual mountain of Easter.

Peace,

Father Larry Lynn

"Unless there is Good Friday in your life, there can be no Easter Sunday."

-Bishop Fulton Sheen