
'FORTY DAYS AND FORTY NIGHTS THOU WAS
FASTING IN THE WILD'

If we are going to keep Lent in 2018 this is what we will need:-

- Intention
- Fasting
- Abstinence
- Prayer

INTENTION

During Lent we must want to grow closer to the example that we have in Jesus of living for God Most High. We simply cannot be complacent with how we are. So, coupled with our *INTENTION* must be Examination of Conscience followed by Confession of Sins and Absolution.

FASTING

Jesus who is our model actually went with food. If we are serious in following Him so must we: miss out lunch each day? miss out meat on more days than just Friday? These are just two examples of what we can do, there will be others.

ABSTINENCE

What do you really like doing? Give that up for Lent and you will practise Abstinence.

PRAYER

We should aim to pray more intensely and with more attention and with more regularity.

So, how to put this into practical effect.

1. Look at a calendar and set time aside to keep Lent.
2. Get hold of either of the 2 Lent Books, 'Praying Together' or 'Lent 2018'.
3. Decide which meals you will give up.
4. Decide which activity you will abstain from.
5. Be firm in your resolution to keep Lent

Each Week During Lent

- Each Sunday:- 8:00 and/or 11:00am be in Church at the Altar without missing
- Each Wednesday:- 6:45pm a priest will be in Church to celebrate the Sacrament of Reconciliation
- Each Thursday at 12noon spend time with Our Lord in the Blessed Sacrament of the Altar.

