**Lent Begins on Wednesday 17th February with Ash Wednesday.**

Each year, the Church encourages us to use the Season of Lent to prepare for our Celebration of Easter. Lent challenges us to think about how we can become better people. To think about our strengths and to think about our weaknesses and our faults. Not just to think about them but to set out a plan to keep our strengths and to eradicate our faults.

To become a better person, the Church encourages us to pray, to make sacrifices which will help our self-control and to help others in practical ways especially by giving to the poor.

To help you think about your Lent we have set out this short reflection. Set-a-side some time and read through it – maybe even say some prayers as you read through and think about it.

We have also given a link to Fr Mike who might give you some more ideas about your Lent.

<https://youtu.be/_qDG51cl9gY>

**When I’m wondering what to do for Lent – A Quiet Reflection.**

Father, this year I thought that instead of giving up something, I’d write a list for Lent. In these actions may I be better prepared to journey to Easter and to share in the story of your Son’s death and the glory of his resurrection. In these humble gestures may my love of you and love of my neighbour become entwined and united. This Lent, open my heart to recognise that I am best placed to serve you when I’m serving others.

This Lent, Father, give me the grace to (add in your own suggestions):

* Choose a virtue, stick a note of it on my fridge and pray for it every time I see it
* Pray once a week for someone I’m struggling to like
* Admit to a sin I committed and ask for your healing
* Say ‘thank you’ in prayer for something I usually take for granted
* Call or send a card to an elderly person who may be lonely at this time
* Reduce the waste I create and the mess I make
* Do some home baking and deliver it to someone who is struggling at the moment
* Tell someone about your unconditional love for them

Father, these are just small steps in the right direction. By your grace give me the courage to start here and to journey onwards, building with your Son the kingdom he spoke of.