**Lenten Reflection by Mary Hamilton, SHCJ**

Lent is the past tense of lend, which means giving of something with the understanding that it will be repaid.

The season of Lent consists of six weeks given to us to pray, fast, and give alms. These activities enable us to focus on the last weeks of Jesus’ time on earth and to prepare to enter into His passion, death, and resurrection.

Every day on the news, I see people who are suffering from wars, persecution, earthquakes, droughts, and famines. I have a deep desire to reach out and help them.

I also know that our planet is suffering from accelerating climate change. I want to do what I can to help our common home.

During this Lenten season, I hope to grow in compassion for all who are suffering.

I hope to grow in ***a love full of action,*** as Cornelia had prayed.

I hope to join with others who are trying to help our living and breathing earth.

If you pray daily, how will prayer during Lent be different?

If we choose to fast, what will we give up?

If we give alms, who or what will benefit from our generosity?

*You have been told, O mortal, what is good,  
    and what the Lord requires of you:  
Only to do justice and to love goodness,  
    and to walk humbly with your God. – Micah 6:8*