

Fr. Martin's Reflection – February 27, 2022

Dear Brothers and Sisters,

This coming week begins the season of Lent. It is a time for renewal and reflection, a time to refocus on what is important for me personally, for my family and for my parish. Last week I published an outline of what will be taking place in the parish during the season of Lent that I hope will provide time for personal prayer. Another very important component for developing personal prayer is family prayer. Family Prayer helps to introduce our young people to the importance and benefits of prayer. In our modern world many have moved away or never established family prayer, so it is difficult to find a way to start. I would like to give a few suggestions:

- Have a discussion with the family on why you want to begin family prayer. Some reasons could be for the needs of the family e.g. school, health, work, bereavement.
- Choose a regular time that is best for all and has the least chance of interruptions.
- Keep it simple: quiet down, sign of the cross, an Our Father, Hail Mary & Glory Be followed by the needs of the day – the ups and downs – the joys and celebrations and upcoming events and happenings. Finish with an Our Father, Hail Mary & Glory Be.
- As the family becomes more comfortable with each other praying together then introduce scripture (the up-coming Sunday gospel) or other reflection pieces.

I have said it many times before that I have no problem with people taking the missal from the church to use at home for prayer and reflection – maybe Lent would be a good time. I also realize that modern technology allows us to download many kinds of APPS – there are good faith and Catholic APPS to suit all your needs, have a look around.

Annual Catholic Appeal

Each year Bishop O'Connell reaches out to us seeking our support for the different bodies that support the needs of our people in the diocese e.g., outreach programs to provide food, clothing and assistance to the poor and vulnerable, youth and young adult ministries, evangelization for adults and community, vocations to the priesthood, formation of lay parish leaders, supporting our retired priests and developing pastoral care for all.

This appeal is essential for the life of our diocese, and I ask you to pledge what you can. This weekend, February 26-27, will be our 'Catholic Appeals' weekend and on the seats will be pledge cards which you are asked to fill out and place in the collection baskets. I want to take this opportunity to thank you for your generosity to the parish and to the diocese.

I would like to leave you with a verse from Psalm 92 which I feel very is beautiful and a wonderful reflective piece:

"It is good to give thanks to the Lord, to sing praise to your name, Most High, to proclaim your kindness at dawn and your faithfulness throughout the night." Ps 92

May you have a very a blessed Lent – open your heart to the voice of God who wishes to speak to each of us each day.

Fr. Martin