

Feb 2024

Dear Friend in Christ.

We're already in the second month of the year. Lent will begin smack on 14 Feb to 28 Mar. We all know dirty dust is the sign that opens Lent in our Ash Wednesday liturgies. The starting point of Lent is very clear. We begin from the place this dust positions us in: *we repent in dust and ashes* (Job 42:6). To repent, is to be converted, is to involve ourselves of personal change, a renewal affecting every dimension of ourselves and our activities.

So dear friends will we be asleep on the watch, like the apostles in the Garden of Gethsemane? *"It is the hour for you to wake from sleep"* (Rm 13:11). Let not our busyness of life and the many responsibilities we all juggle delay any further to make the year ahead a year of spiritual growth and positivity.

So let this Feb kick into gear by really living our lives and our faith by self-reflection and not repeating the sins of the past. Let go of the expectation that we must always need to be moving forward at lighting speed. Instead give ourselves permission to slow down and set aside small periods of time throughout the day for prayer, so that a rhythm of praising and listening to the voice of God is created. We need also to straighten out our lives so that everything we do leads us to Him. Don't let grudges and resentments fester, keep our relationships in good repair.

For some of us it may be hard to do as we face hard times either out of fear and uncertainty but whatever, heed the call out of Jesus, *"Be watchful! Be alert!"* (Mk 13:3). Yes, bring Him for our journey in 2024 to stay safe.

Yes, Take Him throughout the year. He is the God who stays with you and me. He stays in our joy, our pain, our grief, our sorrow. So do you believe these?

- He promises to stay when we're at our absolute worst.
- He promises to stay when we are broken or humiliated.
- He promises to stay when we're happy and celebrating a victory.
- He promises to stay when life turns upside down.
- He promises to stay when we're faithless.
- And He promises to stay when others walk away.



S39-Feb 2024 SSVP Reflection



So, it's crucial for us all once again to taking the time to have a marked moment to pause and remember *Immanuel*- '*God with us*' so that we can move along with Hope throughout 2024.

Let us pray

In your love, Lord,
answer our humble prayer:
give us the grace to see what we have to do and the strength to do it.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever, Amen.