

Get Involved: Pray



EMBRACE Prayer Group February 2016

The season of Lent begins this year on 10 February. If like me you have let your New Year's Resolutions slip, then there is no better time to consider a fresh start and a challenge for the next 6 weeks to prepare for Easter.

Traditionally Christians have observed Lent as a time of fasting, almsgiving and prayer. The annual springtime bootcamp aims to kickstart those who have become spiritually sluggish and unmotivated. Giving up treats and comforts are always a good exercise in self control but there are other practical challenges that you might consider this Lent.

I would encourage all to remember those caught up in the migrant crisis in their prayers this holy season and to ask for discernment as to how we can respond to the crisis as individuals and as a community.

Perhaps when you are fasting this year off your chocolate or your morning takeaway coffee you might choose to donate that money instead to a charity that works with those caught up in the migrant crisis or supports migrants and refugees closer to home.

If you fancy trying a different challenge why not commit to being more informed about the issues giving rise to the crisis and even consider adding your voice to those calling for justice for the oppressed.

Consider ways of showing solidarity with refugees not just through individual prayers but perhaps you could discuss with friends, family, parish and community what can be done to show solidarity, to make God's kingdom come. It might be as simple as taking some time at church to organise a welcome for refugees in the parish, it might be extending some hospitality or going to one of the many local events to promote integration.

Commit to change this Lent and watch yourself and those you love grow in the image of the Lord!

Contributed by Patricia Carty

A Prayer

Come Lord Jesus

Open our eyes to see You in our neighbour and in the stranger looking for refuge

Open our ears to hear You cry for justice with the oppressed

Open our hearts and let us show real concern for the plight of those in need today

Open our minds that we may truly understand how You wish us to live

Open our hands that we may give and work to promote the coming of Your kingdom