

LENTEN MISSION

For many of us, Lent is a time to go to the Sacrament of Reconciliation. It may not be possible for all who wish to go to Confession to safely avail of the sacrament this year. Still, this is a perfect time of year to review our lives, acknowledge what needs to be acknowledged and bring it to the Lord. When we can't go immediately to the sacrament it is a very worthwhile thing to prayerfully acknowledge our sins and our need for mercy and make an Act of Perfect Contrition as taught by the Church.

'Perfect' contrition is a prayer from our whole heart, expressing sorrow for sin for the simple reason that God is so good.

An Act of Perfect Contrition helps us to take full responsibility for our sins, expressing sorrow for how we have offended God and hurt others. Ask God for his forgiveness and for his grace to help us avoid sin in the future.

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love.

*I firmly resolve with the help of your grace to sin no more
and to avoid the near occasion of sin. Amen.*



Walking with Jesus along the Via Dolorosa

LENTEN REFLECTIONS WEEK 3

“Jesus Christ is the Personified Truth who attracts the world to himself. The light that shines out from Jesus is the splendour of the truth. Every other truth is a fragment of the Truth that he is, and refers to him.”

Emeritus Pope Benedict XVI

Gospel Passage from The Jerusalem Bible
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Address of his Holiness Pope Benedict XVI to the participants of the Plenary Assembly of the Congregation for the Doctrine of the Faith. 10th Feb 2006

Veritatis Splendour



The trial before Pilate.

In the Name of the Father and of the Son and of the Holy Spirit. Amen

Lord Jesus, when you were brought before Pilate, he asked you a question, “What is truth?”. Pilate denied the truth and failed to recognise you. In today’s world, it is sometimes difficult for us to recognise the truth. But, You have said, “ I am the Way , the Truth and the life”. As we reflect on your word today help us to always be open to the truth. Give us the courage and strength to stand up for the truth, for what is morally right, even in the face of criticism and rejection. Help us to know the fullness of your truth and to be witnesses of that truth, guiding others in a gentle and loving way. We ask this through Christ, Our Lord. Amen

Gospel Reading John 18:33-19:3

So Pilate went back into the Praetorium and called Jesus to him and asked him, 'Are you the king of the Jews?' Jesus replied, 'Do you ask this of your own accord, or have others said it to you about me?' Pilate answered, 'Am I a Jew? It is your own people and the chief priests who have handed you over to me: what have you done?' Jesus replied, 'Mine is not a kingdom of this world; if my kingdom were of this world, my men would have fought to prevent my being surrendered to the Jews. As it is, my kingdom does not belong here.' Pilate said, 'So, then you are a king?' Jesus answered, 'It is you who say that I am a king. I was born for this, I came into the world for this, to bear witness to the truth; and all who are on the side of truth listen to my voice.' 'Truth?' said Pilate. 'What is that?' And so saying he went out again to the Jews and said, 'I find no case against him. But according to a custom of yours I should release one prisoner at the Passover; would you like me, then, to release for you the king of the Jews?' At this they shouted, 'Not this man,' they said, 'but Barabbas.' Barabbas was a bandit. Pilate then had Jesus taken away and scourged; and after this, the soldiers twisted some thorns into a crown and put it on his head and dressed him in a purple robe. '

St John Paul II, in the opening words of the encyclical Veritatis Splendor wrote;

"The splendour of truth shines forth in all the works of the Creator and, in a special way, in man, created in the image and likeness of God (cf. Gen 1:26).

Truth enlightens man's intelligence and shapes his freedom, leading him to know and love the Lord. Hence the Psalmist prays: "Let the light of your face shine on us, O Lord" (Ps 4:6)."

St Paul, in his letter to the Corinthians, emboldens his followers to set their minds on the higher gifts and to live out their lives in love and truth so that they do not become a mere gong booming or a cymbal clashing.

'Love is always patient and kind: love is never jealous; love is not boastful or conceited, it is never rude and never seeks its own advantage, it does not take offense or store up grievances. Love does not rejoice at wrongdoing, but finds its joy in the truth.'
(1 Corinthians 13:4-6)

As we seek to find our purpose and respond to the vocation given to us in Baptism - Jesus you are the Way

As we seek to make decisions that show our love of God and love of our neighbour - Jesus you are the Truth

As we seek to draw closer to God and live life to the full - Jesus you are the Life.