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Diocèse de Timmins / Diocese of Timmins

No 56 | ✠ S.P.

Lent and Pastoral Letter

This year Lent begins on the first of March when the Church will celebrate Ash Wednesday.

As the faithful of the Catholic Church, we are all invited to take advantage of this time in the liturgical year to live our Christian faith with greater intensity. Three main avenues are always available to us: prayer, fasting, almsgiving. We can give more time to God in prayer by reciting the seven penitential psalms, by reading and meditating on the Gospel, by attending mass, by saying the rosary or by making the Stations of the Cross. Fasting consists of reducing our food consumption or giving up some things that take up much space in our lives. Through almsgiving, we share with people who have less than we have, the poor in our communities and less favoured regions.

Indeed Lent is an excellent opportunity to further adjust our lives to God, to live in his way. We are called to in fact become saints. It is in this spirit that I wrote the Pastoral Letter that I offer to you today entitled: "*As he who called you is holy, be holy yourselves in every aspect of your conduct.*" (1 Peter 1: 15) '*Reflections on the Universal Call to Holiness*'. Each person can go through it slowly throughout Lent as a kind of personal retreat. We might also use it to share spiritually with others: as a family, in the parish ...

When the diocese looks at the future it is facing, it seems important to me that we would return to what is essential: our connection with the Lord and a life ever more in conformity to the Gospel. May this Letter help each of you to become a better and more fervent disciple of Christ.

May you all have a Good Lent. With my blessing.

✠ Serge Poitras
Bishop of Timmins

February 22, 2017, Feast of the Chair of Saint Peter the Apostle