

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.



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



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