



Let us be still and ask the Holy Spirit to be with us

Dear Father,
Be with us as we pray.
Open our ears to hear your Word in the Gospel.
Unite us in faith, hope and love as we pray together.
Send your Holy Spirit to inspire
and sustain us in our mission.

We ask this through Christ our Lord. Amen.

Gospel

Mk 1: 12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. ‘The time has come’ he said ‘and the kingdom of God is close at hand. Repent, and believe the Good News.’

What words or phrases struck you in Sunday’s Gospel reading? What might God be saying to you in and through the Gospel?

Reflection

Jesus proclaims to all, ‘Repent, and believe the Good News.’ What is ‘good’ about the Good News for you... and *how* good is it? To say that any news is ‘good’ news is to suggest that it will bring you deep fulfilment, joy and possibly change your life for the better. If it’s genuinely good news then it’s hard to keep it from anyone, least of all those you love.

As Catholic leaders, we seek to share a wisdom born of life experience that resonates deeply in the Christian faith. We strive to speak a truth that might point others to the ultimate source of all Truth revealed in Jesus Christ ‘the Way, the Truth and the Life’. What has been the wisdom, the key to genuine happiness for you, that you want to give those you love, lead and serve?

Another very succinct expression of Jesus’ mission, of the good news, can be found in John 10:10, “I have come that they may have life, and have it to the full.” Living life to the full, in abundance, is a life lived in loving service of others, with others. Not just because Jesus said so, but because it is true - it can be discovered and verified by experience. Jesus came to know this and wanted to share it with others as Good News. He came to know that giving your life away in loving service of others, with others, was to live life to the full. (*Greg Wilson, CSYMA Board Member*)

God our Father

Be with us as we enter into the wilderness we call Lent.

A time of denial, for stripping back to the essentials;

A time of charity, for becoming good news for others;

A time of prayer, for rediscovering you close at hand.

Send your angels to look after us,

As you did for Christ our Lord.

Amen