



Newsletter Resources - Lent 2024

Newsletter Insert for First Sunday of Lent

Giving up. Giving out. Giving in.

Christ promised to never, ever leave us, but somehow, during Lent, we can draw closer to Him who is always close to us. Our Church calls us to Give up. Some appetite, some distraction, some affection given up creates a type of "Vacuum" that the Holy Spirit rushes to fill.

Our Church calls us to Give out. Nothing demonstrates quite as dramatically our intent to put our trust in God, like giving away our treasure to someone that can never repay us. In this act we demonstrate that our faith is in God, and not in money or things.

Our Church calls us to Give in. In a world where every popular "life coach" encourages us to find our purpose, set our goals, do our own "thing" to the utmost, Jesus Christ coaches us differently: "If you want to find your life, you must lose it." The Lenten season reminds us that we are most fulfilled when we are emptied of "self" and "filled" with the Spirit of God, becoming ever more transformed into the Image of Christ.

Adapted from Catholic Online - www.catholic.org

For Reflection

As we begin Lent, we are reminded that Prayer, Fasting and Almsgiving are the key actions of this season.

What do I need to give in to?

What do I need to give up?

What do I need to give out?

Newsletter Insert for 2nd Sunday of Lent

Why do we celebrate Lent?

Lent is a time to recognise our humanity. It's a time to acknowledge our mortality. And it's a time to detach ourselves from some of the things of the world and, in the freedom that this brings us, to recognise our deep sense of belonging to God.

Creating the space for contemplation, to return to God, may mean that we can understand some of the desires and motivations that inspire our actions, which at the best of times will be complex, muddled and murky. To do this will mean we need to let go of some of the things that block our connection with the life that God promises us in and through Jesus. It means we may need to let go of life itself.

If we can make space to enter into the bigger life of God we may find that we are able to look objectively at some of the desires that drive our actions, and to acknowledge and respond to God's gracious and merciful presence.

From Christian Aid - www.christianaid.org.uk

Newsletter Insert for 3rd Sunday of Lent

Trócaire's Country of Focus for Lent 2024

Malawi is one of the twenty poorest countries in the world and experiences considerable water stress. 'Water stress' means that Malawi is particularly vulnerable to drought and extreme weather events, which are increasing in frequency and intensity due to climate crisis. Over one third of Malawi's population does not have access to clean water. Rural communities in Malawi face significant challenges in accessing clean and reliable water sources.

What is Water Justice?

In a just world everyone would have access to sufficient supplies of safe and affordable water; however, for many people around the world, this does not happen. This is an injustice. Obstacles that block access to safe water are the root cause of this injustice. These obstacles arise from issues such as drought, flooding, restricted access to safe water sources, pollution or a lack of control over local water sources. Other issues can increase people's vulnerability to water injustice, such as climate change, migration, conflict and population growth. Ongoing water injustice will result in increasing numbers of people being pushed into poverty, as it affects health, sanitation, livelihoods, education and more.

Adapted from Trócaire Lenten Resource 2024.

Newsletter Insert for 4th Sunday of Lent

From Fasting to Feasting

Fast from judging others;	Feast on seeing the best in people.
Fast from emphasis on differences;	Feast on the unity of life.
Fast from despair;	Feast on hope.
Fast from thoughts of illness;	Feast on the healing power of God.
Fast from words that destroy;	Feast on phrases that are encouraging..
Fast from discontent;	Feast on gratitude.
Fast from anger;	Feast on patience.
Fast from being negative;	Feast on being positive.
Fast from worry;	Feast on trust.
Fast from complaining;	Feast on appreciation.
Fast from hostility;	Feast on peacemaking.
Fast from bitterness;	Feast on forgiveness.
Fast from constant activity;	Feast on slowing down.
Fast from disrespect;	Feast on recognising the sacred in all life.
Fast from self-concern;	Feast on compassion for others.

Resty Rivera, PHILIPPINES

For reflection:

- What do I need to fast from during this Lent?
- What might be my Lenten feast?

Newsletter Insert for 5th Sunday of Lent

Beannachtaí Lá Fhéile Phádraig ó gach duine i Trócaire!

Today is a day for celebrating our roots, our history and, for many people, celebrating with our family. In Malawi, Malita is also proud to be part of a strong community. Despite the challenges they face, the community works hard to build a better future for their children through education, savings and loans initiatives and village gatherings. Trócaire is supporting communities in Malawi and around the world to provide basic needs so that families can thrive and enjoy life. To learn more, go to www.trocaire.org

Newsletter Insert for Palm Sunday

Passion (Palm) Sunday

We enter Holy Week. There is something in this week calling us back to our roots. Those roots are found in a borrowed upper room, where Jesus took what was ordinary – bread and wine – and transformed it so that it was for those around the table, as it is for us today and for all the generations in between, the “Bread of Life”. They were reminded and called to “do this in memory” of him. They did and we do.

Those roots too, show us one called “Lord”, “Master”, “Teacher” kneel at the feet of his guests, pour water from a jug and clean what had become dirty, soothe what had become sore and above all, give a lesson in humility. Yes, Holy Week is a week that calls for Holiness. May we be made holy through our participation in and celebration of these days, the remembering and re-telling of a Sacred story and a true sense of sorrow for past mistakes and hurts. May we find new vision and new purpose and, with hearts renewed, set out to tell all – “it is true, he is risen”.

Adapted from Fr. Vincent Sherlock