



Faith Matters

Simple reflections on our faith

by Marilyn Bergeron

Spiritual Health Check: Preparing Our Hearts for Lent

Winter colds, the flu, and other viruses are common at this time of the year. How often do we try to self-medicate? A bottle of this cough syrup, or some home remedy? We hope we can cure ourselves.

Do we take the same approach to our spiritual health? Do we try to self-medicate, or do we seek spiritual healing by welcoming Jesus more deeply into our lives?

Lent: A Time for Honest Reflection

Lent is close by. Let's prepare now to see where we need to improve. Lent isn't just about giving up sweets or coffee. It's a season for us to look carefully at our lives and make some adjustments. They'll be different for each of us.

Most of us could set aside more time to be in the presence of God — whether that's in a quiet corner of our house, in the Adoration Chapel, or simply walking in the snow, talking to our Lord and Saviour.

Are we so busy that we have no time to pray? Or to visit a friend? Do we practise forgiveness? Do we admit, even to ourselves, that we've been ignoring the God who made us, loves us, and can lead us to a better place?

Scattering Seeds of Faith

How can we share our faith with others this Lent? We often think we need special training to share our faith. Yet there are so many opportunities to try different things — a conversation over coffee, an invitation to Mass, a ride to a Church event.

In the parable of the man who scatters seeds, he doesn't count the seeds. He doesn't watch where they land. He simply scatters the seeds and leaves the rest in God's hands. Let that parable teach us how simple it is to share our faith.

How many seeds can you scatter this Lenten season?