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## EDITORIAL

It is early in the year, and the holy season of Lent has begun. It is a good time to think of turning over a new leaf, if you have not done so till date.

All of us can improve in one way or another .. because God is perfect, as our heavenly Father is perfect! Lent is another name for Spring, when the earth awakens from the depths of winter and blossoms in the warmth of the sun.

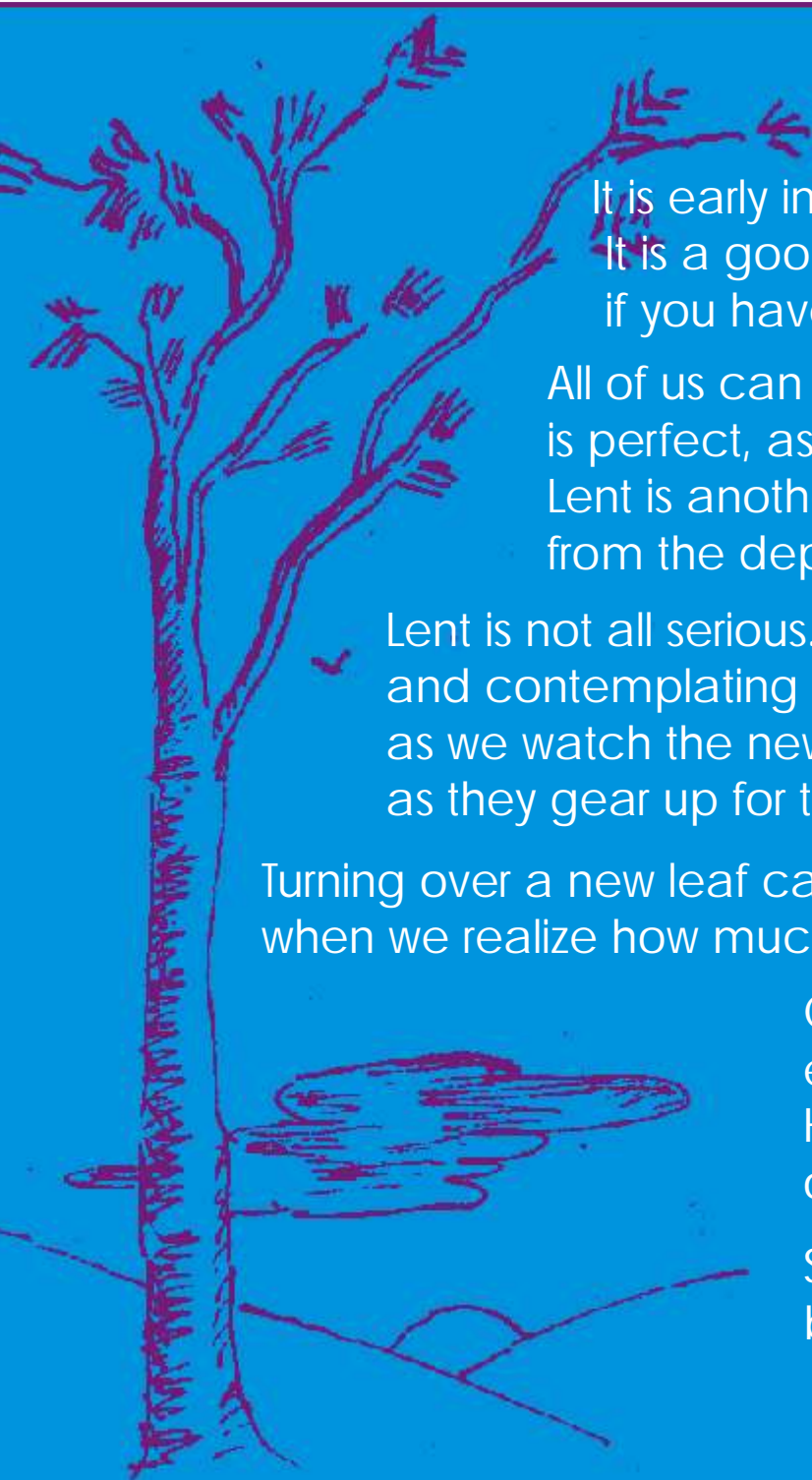
Lent is not all serious... and doing penance for our sins... and contemplating the sufferings of Christ. It can be joyful as we watch the new leaves unfolding on the barren tree, as they gear up for the season of Easter.

Turning over a new leaf can lead to happy discoveries, as we realize when we realize how much we can achieve if we really try.

Christ suffered and died, and we remember His death every year, but let us not forget His glorious resurrection, which is the cornerstone of our religious belief.

So, let the hope of Easter bring warmth and joy to our hearts.

- Marie D'Souza



## THE JESUS PRAYER

- Fr. Peter Ribes sj

The Jesus Prayer is an easy Method of prayer of great appeal to people today. Basically, it consists of the REPEATED INVOCATION OF THE NAME OF JESUS.

In biblical thought, the invocation of the divine name has a SACRAMENTAL VALUE. It is an effective sign of God's presence and action.

This invocation is commonly done using a formula inspired in Gospel passages such as Mk 10, 46, Mt. 9, 27. For example: "LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME, A SINNER."

No exertion of body, mind or imagination is required. Any appropriate position will do – which helps us to focus our awareness on the loving presence of the Lord.

It is helpful to repeat the formula articulating slowly, pausing briefly at the end of each meaningful group of words, keeping a fairly uniform rhythm of recitation.

To keep this rhythm it may help to synchronize the recitation with our breathing.

The use of rosary or prayer beads facilitates attention as well as rhythm.

To suit our spiritual needs, we can shorten the formula, or lengthen it at will, provided the name of Jesus is not omitted.

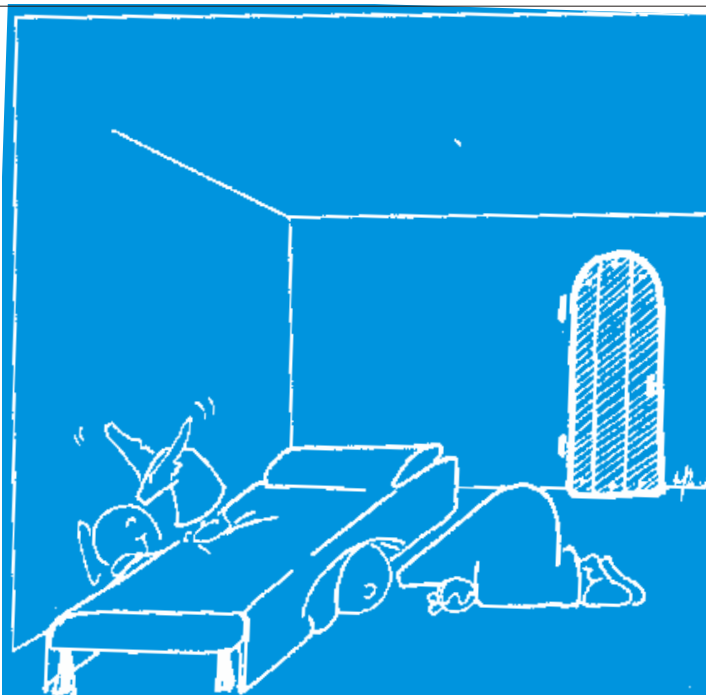
To practice the Jesus prayer, we simply start repeating it quietly, attentive to the Lord, till it becomes habitual and nearly 'says itself'. It can be practiced in two ways:

Formal Jesus Prayer – We concentrate on the recitation to the exclusion of any other activity.

Free Jesus Prayer – We recite it as we engage in other familiar, semi-automatic activities, as a kind of 'background music' as we dress, or walk or travel .....

The Jesus prayer is vocal, yet at the same time mental, as we focus our mind on what the lips are saying – mainly on the Lord himself.

By God's grace, as time goes on, the mind, the affections participate more intensely and spontaneously.



When you pray,  
go into your room,  
and shut the door,

PRAY TO YOUR FATHER  
IN SECRET. - Mt. 6:6



-Parish Team

During the Eucharist, the word 'Peace' is used often. For us Christians to understand the word 'Peace', we need to go back to the Hebrew word 'SHALOM'.

Shalom comes from the root verb meaning 'to be complete, perfect and full'. It is translated in the Bible as : *Completeness, wholeness, health, peace, welfare, tranquility, prosperity, fullness, rest, harmony & the absence of agitation or discord.*

So in essence, when during the Eucharist we wish each other PEACE – SHALOM, we wish the person all the above. And that's what Jesus gave us.

Make LENT your season of HOPE

## PLEASE FORGIVE ME !

Throughout history, there has been only one person who never made mistakes. The rest of us make plenty but few of us are comfortable with asking for forgiveness for them. Yet owning up to our mistakes is a big step toward preventing their recurrence. Try this:

Start looking at the other person when you apologize : This communicates that you know you have caused harm and are ready to accept the consequences of your behaviour.



Give some visible sign that you are sincerely sorry. Shake hands or touch the shoulder.

Such an action will help start the healing of your relationship.

Assure the other person that the actions won't happen again and detail the steps you will take to rectify any harm you caused.

Taking steps to achieve sincere contrition will help you grow in holiness as you work to eliminate the occasion of sin.

## HOW MUCH OF THE MASS MUST I ATTEND TO FULFILL THE SUNDAY OBLIGATION



*What part of the Mass can I afford to miss?*

*While an emergency may demand that a person leave before the end of Mass or come late, one who misses a Reading and Communion can hardly be said to have attended Mass.*

*More to the point, attending Mass is not just something we have to do, it is something we get to do.*

*At Mass, each faithful Catholic is fed with abundant graces. We know that our Lord is truly present in the Eucharist, and we receive His body and blood in this Sacrament.*

*The Mass is a precious gift to us. Try not to miss a minute of it.*

## GET MORE OUT OF THE MASS

*The Mass becomes so familiar that we can find ourselves 'checking out' during parts of it. But the more we put into the entire celebration, the more we get out of it. Try these tips:*

- ✓ *Take notice of others as you walk into the church. Smile, nod and say hello. Give a vigorous Sign of Peace. Mass is meant to be shared as a community celebration.*
- ✓ *Try arriving early to spend more quiet time in the presence of Christ in the tabernacle. (The Eucharist reserved there came from a prior celebration of Mass.) Praying before our Lord can help put you in the right frame of mind when Mass begins.*
- ✓ *Take a seat up front and move to the center of the pew so you don't miss a thing. Let those who arrive late have the seats at the back and give the spots on the aisle to those with a special need (a parent with a baby, a Eucharistic minister, etc.)*

