

Reflections



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What is Lent?
ALTHOUGH the season of Lent comes from the Christian tradition, it has a wider implication to

people of all religions and even to those who don't believe in any religion at all.

Praying, fasting and almsgiving are recommended for proper repentance during the forty days of Lent leading up to Easter. This is called the Lenten observance. The purpose of this is to enable us to reflect on life in relation to one another and to society. So it is really about self-care for life and relationships.

Every able-bodied person is encouraged to follow this Lenten

observance. As humans with free will we frequently, and sometimes unavoidably, fail to achieve the goodness to which we aspire. When that happens a contrite repentance is recommended to reinstate us back into the desired state of goodness. Prayer, fasting and almsgiving are all instrumental in enhancing the process of repentance; they can help us gain forgiveness and achieve a state of grace.

Lenten observance

provides the opportunity to pause, reflect and proceed. This process is necessary if we are happily and successfully to care for ourselves and for others.

'Prayer' has been the mother of many modern concepts, including Mindfulness, Yoga, and Tantra; 'Fasting' has become part of various dietary practises for commercial and health gains; 'Almsgiving' has given birth to the emergence of numerous charities,

without which life for some is impossible. 'Repentance and forgiveness' are two sides of the same coin, without which happy relationships are impossible.

Someone once asked the famous preacher Billy Graham 'If Christianity is valid, why is there so much evil in the world?'

He replied, 'With so much soap, why are there so many dirty people in the world?' Christianity, like soap, must be personally applied if it is to make a difference in life.

