

# Message From The Pastor

**March 13, 2021**

## A Thought About Lent!

Pope Leo the Great, a remarkable pontiff during the years of 440-461 AD, penned the following:

“Dear friends, what the Christian should be doing at all times should be done now with greater care and devotion, so that the Lenten fast enjoined by the apostles may be fulfilled, not simply by abstinence from food, but above all by the renunciation of sin.”

Let’s further consider what Pope Leo convincingly stated. The Christian should be a person who is familiar with fasting in his/her life. Indeed, Lent is a season fasting should be practiced with particular frequency. However, if it is practiced only during Lent, the Christian would not be blessed with the graces and benefits which come from the holy exercise the other 325 days of the calendar year! Fasting makes room for more of God in one’s life! Certainly, isn’t each of us needful of more of God in our life?

In addition, Pope Leo advocated “the renunciation of sin” as a necessary Lenten practice for the Christian. Again, each disciple of the Lord is do so the same beside the season of Lent. Renunciation of sin for forty days, then returning to behavior that you had previously renounced would be conducting yourself in a “spiritually bipolar” manner!

May the holy Lenten practices we embrace this sacred liturgical season profit you throughout the coming year! Let’s “holy-up” now, so we can “live-up” to Pope Leo’s sound advice.

Peace  
Fr. Marc