



# Catholic Diocese of Port Pirie

## CIRCULAR

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16 February 2021

### **LENTEN Conversion**

Each year, in our religious life, we celebrate the greatest solemnity of Christ's Resurrection on Easter. It is a time when we renew our baptismal promises and profess our faith in God's gift of the fullness of life. It is a joyful time to celebrate the new life promised to us by the risen Jesus, our hope and our salvation.

Before this celebration we want to prepare ourselves through Lent which is marked as a time for conversion, repentance, and renewal. It begins on Ash Wednesday with the reception of ashes with the words of invitation, "Turn away from sin and believe the good news". What does this mean? How can we turn away from sin and believe in the good news?

As a Church community we are encouraged to do this in three ways:

1. Through prayer - Mass attendance; family prayer; a visit to a church or chapel for private personal prayer before the Blessed Sacrament; reading the Bible; reflecting on the Stations of the Cross; participate in a Lenten prayer or discussion group; praying the Rosary.
2. Through fasting, self-denial and penance - not eating meat; not eating sweets or desserts; giving up entertainment to spend time with family; limiting food and drink so as to give to the poor; reconciliation with God.
3. Through charity and helping others - special attention to someone who is poor, sick, elderly, lonely, overburdened or feeling isolated from our Church community; participate in project compassion.

By making small sacrifices as well as fasting, praying and giving to charity, we are invited to experience a period of prayer like the one Jesus experienced when He stayed in the desert, to prepare ourselves in resisting temptation.

### **DAYS OF PENANCE**

On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have reached fourteen years old. Those who are aged between 18 and 60 are to fast on these days (fasting means to eat one normal-sized meal with no meat and two smaller snacks for a day). Priests should encourage those under their pastoral care to embrace the spirit of abstinence and fasting. This Lenten practice is not to be a burden upon those who have health issues or special needs.

### **PASCHAL PRECEPT**

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between Ash Wednesday and Trinity Sunday, unless for a good reason it is done at another time during the year.

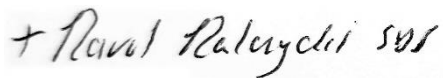
All of the faithful who have reached the age of discretion (seven years old) are obliged to confess their sins at least once a year.

## HOPE and PRAYER

I hope that you are able to prepare in a good way, so that at Easter you can wholeheartedly renew your baptismal promises and celebrate with joy Christ's Resurrection in the company of your family, your friends and in our Church family.

My prayer over these coming weeks is that our Catholic community in the Diocese of Port Pirie will seek to revitalise their relationship with Christ and through these little steps of prayer, fasting and charity we will prepare ourselves to profess our faith in God who is full of love, mercy and compassion.

Yours in Christ

A handwritten signature in black ink that reads "+ Karol Kulczycki SDS". The signature is written in a cursive style and is positioned above the printed name.

+Bishop Karol Kulczycki SDS