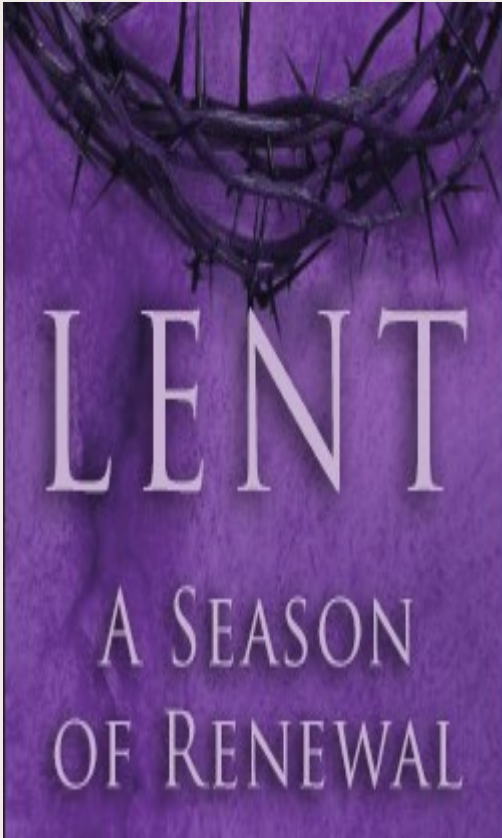


## *Our Lenten Message*

*"Lent comes providentially to reawaken us, to shake us from our lethargy." — Pope Francis*



*How are we being awakened? Are we fasting? What is fasting? Fasting comes in different forms, but generally has us turn from the usual to awaken us from lethargy.*

*We must fast from the worldly ways  
Include the excluded  
Become the poor to assist the true poor  
Be open to new ideas*

*We must be ready to be changed into our Lord's shepherds; be covered in the struggles of the unfortunate in order to awaken as Easter people.*

*Wishing each of you an awakening!*

*Rebecca McCarrell, President,  
Fr. Greg Bonin, Spiritual Advisor  
And the London Diocesan Council*