



ARCHDIOCESE *of* KINGSTON

13 March 2023

Dear Sisters and Brothers in Christ,

On the 22nd of February, Ash Wednesday, we began our forty-day journey to the celebration of the great Easter Triduum, culminating in the celebration of the Lord's Resurrection. The Lenten journey calls us to focus on Christ and practice more intensely the disciplines of prayer, fasting and almsgiving.

In prayer, we pour out our hearts, and listen to His words of comfort and guidance that deepen our relationship with Christ. At times distractions, responsibilities, worries and frustrations - as well as self-indulgence - drag us down, and fasting assists us in returning to an authentic and stable life of faith. Through almsgiving, we are called to make an offering to the Lord in gratitude for all that He has done for us. Our giving might be in monetary gifts or in works of charity. Such acts not only draw us closer to Christ but are a visible witness to the love of God at work in and through us.

This Lent, let us be generous in our offerings to the *Archdiocesan Lenten Collection* that will be taken up in our parishes on Palm Sunday. Last year, our Lenten collection totalled \$66,392, which was allocated to local agencies serving vulnerable groups in our communities. In addition to this, our special collections for Ukraine raised a total of \$141,025.

You may recall that in the spring of 2022, a committee of young people from our four deaneries was formed to assist me with the distribution of Lenten funds. The members of this committee offered profound insights into their respective communities, sharing concerns regarding poverty, homelessness, crisis pregnancies, food insecurity, end of life issues, and mental health. Their conscientiousness and insights were invaluable in this task of distributing your alms to assist those in need. I look forward to working with them again this year.

Let us use these Forty Days to bring hope to others through simple acts of love, praying in a special way for the sick, and for peace in Ukraine and throughout the world. By entering wholeheartedly into this time of grace, we deepen our faith and live more fully the blessedness and joy of our Baptismal dignity.

May God bless you throughout this Holy Season of Lent, and bring you spiritually renewed to the celebrations of the Easter Mysteries.

With prayerful best wishes, I remain,

Sincerely yours in Christ,

+Michael Mulhall
Archbishop of Kingston