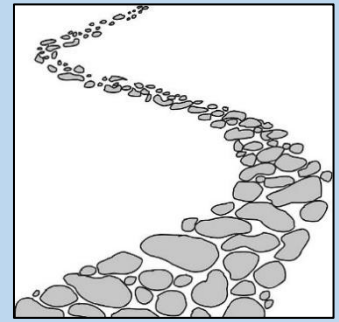


WALKING THE PATH



Walking the Path ~ of Forgiveness. ~

9th March 2025:
1st Sunday of Lent
In Luke's Gospel:
"You shall
worship
the Lord
your God."



Fast from apparent darkness; feast on God's light.
Fast from words that cut down;
feast on speech that uplifts.
Fast from gossip; feast on affirmations.
Fast from discontent; feast on gratitude.
Fast from pessimism; feast on hope.
Fast from anger; feast on patience.
Fast from self-centeredness; feast on compassion.
Fast from giving up; feast on enthusiasm.
Fast from the sorrow; feast on trust in God.
Fast from focusing on problems; feast on prayer.
Fast from anxiety; feast on faith.

"CHRIST BE IN ALL HEARTS THINKING ABOUT ME."

rites of the Catholic Church # 4

THE SYRO MALABAR CATHOLIC CHURCH
Major Archbishop is Raphael Thattil presides over this, the largest Syriac Christian church and the largest Eastern Catholic church. It is called "Syro-Malabar" to reflect the church's use of the East Syriac liturgy and its origins in Malabar (modern-day Kerala, in India).



THE CHALDEAN RITE



"Forgiveness restores
peace in our hearts."

- Pope Francis



~ ST JOHN OF GOD ~

John of God was born on 8th March 1495. After a profound conversion experience in 1535, he founded his first hospital at Granada, where he served the sick and afflicted. After ten years spent in the exercise of charity, he died on 8th March 1550, of pneumonia, after he had plunged into a river to save a young man from drowning. He was made a saint by Pope Alexander VIII in 1690 and was declared the patron saint of hospitals in 1898.

8TH MARCH



C. McKenna, Secondary Link Adviser,
Brentwood Diocese Education Service

