



## DIOCESE OF HAMILTON

March 2, 2022  
*Ash Wednesday*

### **Full of the Holy Spirit**

During the forty days of Lent, we recall the forty days that Jesus spent in the desert. Scripture tells us that when he went into the desert he was “full of the Holy Spirit.” He had been baptized in the Jordan River by John and when he came out of the water the heavens opened and the Spirit descended upon him in the form of a dove. The voice of God was heard “This is my Son, the beloved. In him I am well pleased!” The Holy Spirit is the **love** between the Father and the Son.

“Full of the Holy Spirit”, he went into the desert, ready for whatever awaited him there. For forty days he was tempted by the devil. Fundamentally, the tempter tried to convince him that as the Son of God, he had great power and did not need the Father; he could “go it alone”! He resisted the temptations – his relationship with the Father remained intact and strong. He was ready to begin his public ministry.

### **We are going to die – let us choose how we are going to live**

Like Jesus, we too are loved by the Father! The same Spirit that filled Jesus enlivens us during the forty day Lenten journey of prayer, fasting and almsgiving. Throughout Lent we consider what it means for us to “choose life” – aware always that we are going to die. (*“Remember, you are dust, and you will return to dust!”*)

### **Prayer and Fasting**

All of the parishes in the Diocese of Hamilton offer many opportunities for prayer throughout Lent: Sunday and Weekday Masses, Stations of the Cross, Adoration, and devotions, both public and private. For many, it is a Lenten practice to “give up” something for the 40-days of Lent – or, alternatively, to “take on” something extra. Consider giving up some time on social media and giving more time for family interaction or prayer. Spiritual reading is always a good way to strengthen one’s faith.

### **Almsgiving**

Since 1967, the Canadian Conference of Catholic Bishops (CCCB) has set aside the fifth Sunday of Lent as Solidarity Sunday. A special collection is taken up in support of the Canadian Catholic Organization of Development and Peace (CCODP). The Share Lent campaign is an important supporter of impoverished and oppressed partners in the Global South. Our almsgiving assures that they too “will live”! Please be generous in your support.

Donations can be made in the Sunday collection basket in your parish, online at [www.devp.org/sharelent](http://www.devp.org/sharelent), by mailing a cheque, or by calling 1-888-234-8533. May I suggest that an offering of \$1.00 per day X 40 days = \$40.00 is a generous donation? Those of greater means might choose to be more generous. God's love for us is always abundantly generous!

Dear friends, may Mary, Mother of the Church accompany us during these holy days. And may we reach out to those who suffer, most especially these days, the people of Ukraine!

*+ Douglas Crosby*, OMI  
(Most Rev.) Douglas Crosby, OMI  
Bishop of Hamilton

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