

**1<sup>st</sup> SUNDAY IN LENT**  
**FEBRUARY 22, 2026**

We are now embarking on the annual season of Lent, our forty day journey from the ashes to the Glory of the death and resurrection of Jesus the Christ.

In Pope Leo's message for Lent, this year, he offered a simple definition of Lent as a time when the Church "invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life."

These forty days invite us through the traditional instruments of fasting, alms-giving and prayer; to focus our hearts on a personal relationship with the Lord which then pours out in our relationships with others. As Jesus is tempted in the desert to use power, prestige and position because of His Son-ship, He embraces our human condition, challenging us to service, compassion and humility.

In our experiences, vis-a-vis others, we discover the freedom to be who we are, daughters and sons of God, chosen to reveal the wonder of creation and the even greater wonder of being redeemed by the death and resurrection of Jesus the Lord.

This time of forty days is a gift to us, reflecting upon the profound understanding and truth of love of God, others and ourselves; the greatest commandment according to Jesus. May our discipline of fasting, charity and prayer open us to a profound insight, preparing us to celebrate the glory of Easter. May we be encouraged, as Catholics, to allow the word of God to touch our hearts with meekness so that Lent may become a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ.

Blessings of peace!

Fr. Don

---