



Lent: Renewed in love

Even now says the Lord, return to me with all your heart, with fasting and weeping and mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger and abounding in steadfast love (Joel 2:12-13)

This Lenten season is a beautiful time to enrich our faith. We are asked to return to God with all our hearts and to grow in friendship and love with the Lord. Lent is a beautiful season for deepening our spiritual life through fasting, spending more time in prayer and almsgiving. It is a special time to return our heart fully to God, allowing God to renew us in love. Lent is a favourable time to experience this love in more profound ways as we prepare for the joyous celebration of Christ's Resurrection at Easter.

Lent calls us not only to personal conversion but to turn our hearts more deeply toward the marginalized, the oppressed and the vulnerable in our society. Our Vincentian spirituality provides a beautiful framework for enriching the graces of Lent. The good works we do are acts of almsgiving and gestures of God's love. With every encounter during home visits, assistance given at our stores and various other interactions, we are giving generously.

Perhaps in the precious remaining days of Lent, we can strive to find ways to do a little more - to let ourselves experience greater closeness with those in need through deeper prayer and generous giving. Our willingness to enhance our understanding of how to better serve those in need and seeking creative ways to help will inspire us to grow in holiness.

If we use the opportunity Lent provides us with to reflect more deeply upon the circumstances and needs of those we serve, they will come to know God's special love for them. Lent spent hearing the stories of those in need with awareness, attentive listening, accompaniment can lead to deeper understanding and compassion.

This sacred time offers a unique opportunity to deepen our commitment to Catholic Social Teaching which guides us to live out our faith through acts of love and justice while respecting the human dignity of all.

Pope Leo eloquently states in his 2026 Lenten message, *Dear friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us.*

May the reminding days of our Lenten journey lead us closer to the heart of the Gospel, inspiring us to live out our Vincentian call to serve, the least among us with love, respect, justice and joy.

Reflection Questions

1. In what ways can my Vincentian work be seen as living the message of Lent?
2. In the remaining days of the Lenten season, how can my Vincentian experiences help me prepare for the joy of Easter?

Let us pray...Loving Father, as we continue our Lenten journey, may our faith and love be instruments of compassion and hope to those we encounter. During this special time may we find quiet moments of reflection and refreshment. May our works, actions, prayer and conversations throughout the remainder of this Lenten season provide nourishment to renew our hearts. Amen.

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For those interested in contributing spiritual reflections, please email jose.torres@rogers.com. Also, for reflections that may be used in your group meeting's spirituality segment, please check out: [Monthly Reflections - Society of Saint Vincent de Paul - National Council of Canada](#)