

**Thought for the week**  
**24<sup>th</sup> March 2019**  
**3rd Sunday of Lent**

In the Gospel this week, Jesus talks about the importance of repentance.

What does it actually mean to repent?

One definition is to feel such sorrow for sin or fault as to be disposed to change one's life for the better.

This involves coming to a judgement about our actions and way of life - admitting fault, facing guilt and seeing the consequences of our own sin. No one finds that easy!

Then there is asking for forgiveness.. Sometimes apologising is very hard - swallowing our pride and maybe feeling embarrassed about what we've done. However, we do know that the longer it takes to say sorry, the more difficult it can become to do so.

All these issues can combine to make it difficult to go to confession, to seek out the Sacrament of Reconciliation.

Pope Francis tells us in the papal bull of the Jubilee Year of Mercy, *Misericordiae Vultus*, that the Sacrament of Reconciliation goes beyond forgiveness; the power of God's mercy flows into us and releases us from the negative effect of our wrong doing.

Everyone, religious or not, longs for the embrace of mercy, the love that's offered to us unconditionally and inspires us to be the best version of ourself.

So during Lent this year, we can resolve to embrace the Sacrament of Reconciliation - it is never too late - and enjoy the mercy that enables us to be reconciled with God, with others and with ourselves.

A Parishioner