Today's Lenten reflection is written by Fr. Dennis Gallagher, A.A.,
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So much of our time and psychic energy during these past months has been spent in responding to an unexpected health crisis. It has restricted our movements and social interactions, and its various constraints have burdened our hearts. As such, it has felt something like an interminably long Lent.

On this Ash Wednesday, as we begin the liturgical season of Lent, how should we orient ourselves? What might be the content of our prayer and our practice during this time of grace? Lent is our annual season of conversion, when the hope of a freshly renewed relationship to the source of our life is made available to us. *Jesus Christ is the same yesterday, today and forever* (Heb. 13:8), always ready to refashion us – in pandemic and out of pandemic.

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