

Lent is a good time to stand back and have a deeper reflection on our lives. Let us spend extra time each day to draw closer to Jesus as we prepare to celebrate the mystery of resurrection.

四旬期是上主恩賜的良機，提醒我們需要靜修以檢視自己的生活。讓我們每天安排一些時間來更接近主耶穌，好能妥善預備復活奧蹟的慶典。

Lenten Spirit

Fast from pessimism; feast on **optimism**.

Fast from criticism; feast on **praise**.

Fast from self-pity; feast on **joy**.

Fast from bitterness; feast on **forgiveness**.

Fast from idle gossip; feast on **purposeful silence**.

Fast from jealousy; feast on **love**.

Fast from discouragement; feast on **hope**.

Fast from complaining; feast on **appreciation**.

Fast from selfishness; feast on **service**.

Fast from fear; feast on **faith**.

Fast from anger; feast on **patience**.

Fast from self-concern; feast on **compassion for others**.

Fast from discontent; feast on **gratitude**.

(Author Unknown)

May God bless all of us this Lent and fill us with his boundless love.

願上主在四旬期降福我們，把祂豐厚的愛傾注給我們。

四旬期的精神

拋開悲觀；擁抱樂觀

不作批評；鼓勵讚美

無須自憐；充盈喜悅

卸下憤恨；寬容謙讓

不聽閒言；沉默氣和

消弭嫉妒；歡慶仁愛

不氣不餒；散播希望

不吐怨言；懂得欣賞

恥於自私；樂於服務

無須恐懼；信心靠主

克制憤怒；忍耐柔和

放下自我；關愛他人

摒除不滿；常存感恩

*Yours affectionately,
Sr. Cecilia Wong*