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This kingdom and this salvation ... are available to every human being as grace and mercy, and yet at the same time each individual must gain them. ... through toil and suffering, through a life lived according to the gospel, through abnegation and the cross, through the spirit of the beatitudes. But above all each individual gains them through a total interior renewal which the gospel calls metanoia; it is a radical conversion, a profound change of mind and heart.

Pope Paul VI, *Evangelii Nuntiandi*, 1975:10

Gerald Darring

### **A quote from Laudato Si, Section 28:**

Fresh drinking water is an issue of primary importance, since it is indispensable for human life and for supporting terrestrial and aquatic systems. Sources of fresh water are necessary for health care, agriculture, and industry....in many places demand exceeds the sustainable supply, with dramatic consequences in the short and long term.

**We will continue our Bible Study next Sunday, March 13th, after the 10:30 a.m. Mass in the cafeteria. All are welcome. Please bring your Holy Bible, a pen and note pad.**

In the Powerful Name of Jesus,

Fr. Freddie Thomas

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## **Metanoia**

We are prodigal children. We squandered our Father's inheritance, a wonderful garden to live in, with its water, we erode its topsoil.

Provided with a wonderful family, our lives, we condemn many to a survival-level existence, we rob many of them, and we contribute to their suffering.

Lent is a time to 'pass over,' to turn away from the injustice we have created over the years, to reconciliation. It is a time to 'turn away' from death to peace, death to eternal life.

We know that such a turn can be made. We have a Father who sees us when we are off, who catches sight of us and will run out to meet us, throw his arms around us, and kiss us.

We know that such a turn can be made. Christ brought mankind the gift of life through suffering and death he endured.

## Question of the Week

### For Adults:

When have you been generous enough to forgive someone who hurt you deeply?

### For Children:

Is there someone you need to forgive or ask forgiveness of?

## From the Office of the

The Extraordinary Jubilee Year  
Council. During this Lenten

### **Mercy is “the beating heart**

Pope Francis writes: “It is  
that she herself live and  
(Misericordiae Vultus). To  
the doubtful, instruct the  
patiently those who do u  
(feed the hungry, give d