

From the Pastor's Desk

"THIS IS MY BELOVED SON, WITH WHOM I AM WELL PLEASED; LISTEN TO HIM!"



A Gentle Invitation for March and Lent

As we step into March and continue our Lenten journey, each day offers a fresh chance to enter more deeply into the Paschal Mystery. Soon, the clocks will change and the days will lengthen—reminding us that, as spring light returns, the Lord also desires to brighten our hearts.

What opportunities can help us continue this spiritual journey?

One beautiful way is Eucharistic Adoration in our parish. Learning to be still before the Blessed Sacrament teaches our hearts a new language—the quiet of love. We adore Jesus in the Eucharist because we love Him and want to keep Him company in His Eucharistic solitude. On Holy Thursday, the mystery of Gethsemane invites every disciple to accompany the Lord and console His Heart, which bears sorrow for humanity.

When our souls are wounded—or when we carry joys and concerns that only He can renew—we can find consolation in the silence before the monstrance. There, we allow ourselves to be embraced by His tender love, a love that never disappoints.

During Adoration, we can pray simply and silently, learning to speak to Jesus from the heart. There is no single “right way.” What matters most is to stand before Him with humility, faith, and trust, and to let His presence work in the depths of our souls. During Lent, we might even “fast from vocal prayer” while the Blessed Sacrament is exposed, using the silence to focus on Him and gently set aside distractions.

“This is my beloved Son, with whom I am well pleased; listen to Him!”

Let us learn to listen to Him—even when our minds wander. Fix your gaze on Jesus and set aside distractions like mobile phones and prayer books. Simply be with Him. In the silence of the heart, God draws the soul into a loving dialogue, much like the reverent pauses we experience during the Holy Mass.

Entering the church at twilight, we may notice how the gentle light upon the monstrance and the hush of the sacred space help our hearts rest in God. In those moments, the Lord deepens us, especially in these final days of Lent.

Our world has so little silence and so much noise. Yet here lies our opportunity: to grow within. Before the rush and superficiality of daily life sweep us along, let’s rediscover the richness of contemplative prayer. True richness isn’t found in activities or things, but in the love of God. How grateful I am to see families, young people, and parishioners gathering in these moments of prayer. May we learn to live with depth and quality—always certain that God is near and that time spent adoring Him is never wasted.

Happy March to all, and a blessed Lent!