

Homily **Ash Wednesday - Year C** (6.3.19)

So we start our solemn season of Lent with the traditional three items of **prayer**, **fasting** and **alms-giving**.

And of course we should be praying anyway, but the season of Lent invites us to take on a pattern extra to what we would normally do. Some sort of fixed time where we'll put aside each day and offer a special prayer to God to open our hearts to His presence at the coming of Easter.

And fasting of course which includes abstinence, is about giving up something or eating less. And certainly today, it was about not eating meat, but maybe also giving up a luxury good, so that we may save the money for the poor, and that is our alms-giving. I dread to think how much I will save, having given up wine for Lent.

[laughter]