



2nd Sunday of Lent

Let's begin our reflection by settling ourselves into a comfortable position. You might want to light a candle to give your eyes a focus, away from all that might distract them.

Be aware of the thoughts in your head and leave them to one side, safe in God's hands.

Be aware of how your body is feeling. Notice the life-giving breath that you take in and breathe out.....

In the Gospel reading last week we listened to the voice from heaven speaking to Jesus after his Baptism and saying:

'You are my Son, the beloved, with you I am well pleased.'

We hear that message repeated again this week when Jesus takes Peter, James and John up a high mountain where he is transfigured before their eyes, but this time the voice says:

'This is my Son, the beloved, listen to him'.

This message about love was there in the 1st Reading from the Book of Genesis too when we read about God asking Abraham to sacrifice his only Son, his beloved son. He didn't have to make the sacrifice, God just wanted to know if he was willing to, God actually provided a ram for the sacrifice instead. As a result Abraham called the place where this happened **'the lord will provide'**.

In these difficult times of the Pandemic some of us have been asked to make the ultimate sacrifice of losing someone we love to Covid. For others of us, that has been a huge fear, a huge anxiety that serious illness or death will come to us, to our family or to someone we love. It is not easy to understand when things like that happen, we are left with so many questions...and very few answers.....

God knows, God understands and we trust that **God will provide**.

God love-giver

The love that dares to speak out,

The love that listens,

The love found most powerfully in weakness,

The love that heals;

This is the love we need and long for,



Not counterfeit pretty love,

tied with bows,

But lasting love:

Love that's there when the sweetness has gone:

Love that endures beyond the barrier of pain.

Forgive us

For worshipping the idols of perfection,

**For failing to see your glory in the
vulnerable,**

**for attaching more worth to the seen
than the unseen:**

Lord have mercy, Christ have mercy.

Vulnerable love-giver,

Christ wounded healer

Holy Spirit, compassionate friend,

Grant us love in all its fullness.

Kate McIlhaga

Listen to the Song on Youtube:

***1. Love is His word, Love is His way,
Feasting with all, fasting alone,
Living and dying, rising again
Love only love is His way.***

Chorus

***Richer than gold is the love of my
Lord.***

Better than splendour and wealth.

***2. Love is His way, love is His mark,
Sharing His last Passover feast.***

***Christ at the table, host to the
twelve Love,***

only love, is His mark.

***3. Love is his mark, love is His sign,
Bread for our strength, wine for our
joy,***

This is my body, this is my blood

Love, only love is His sign.

***4. Love is His sign, love is His news,
Do this He said Lest you forget
All my deep sorrow, all my dear
blood,***

Love, only love, is His news.

***5. Love is His news, Love is His
name,***

***We are His own, chosen and called,
Family, brethren, cousins and kin.***

Love, only love is His name.

***6. Love is His name, love is His law,
Hear His command, all who are
His,***

***Love one another, I have loved you
Love, only love, is His law.***

***7. Love is His law, Love is His word,
Love of the Lord, Father, and Word,
Love of the Spirit, God ever one,
Love, only love, is His word.***

Sometimes it can be easier for us to choose which sacrifice we want to make rather than have someone make it for us. This week find a way of showing your love to someone who doesn't expect itand remember to keep looking at the object you chose last week that reminds you of God's love for you.

