

We get knocked down... but we get up again

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My brother has three children - the youngest is a girl with two older brothers, all very close in age. I loved watching them grow up and can still remember when they were all younger than 5. From the moment she could walk my niece would do all she could to keep up with her brothers. She would follow them and run after them wherever they would go. Naturally, on occasion, she would fall down. Whenever that happened she had a split second to make a major life decision. Should she start crying at the top of her lungs and wait for her mother or father to come and rescue her OR should she pick herself up and try to catch up with her older brothers? Invariably she would choose the latter and pick herself up and keep going on. She was a tough little cookie!



In different ways, we all get knocked down in life. And we face the decision to stay on the ground hoping some help will come our way or to pick ourselves up, brush ourselves off and move on. The season of Lent is all about recognizing that we do fall down because of our human weakness and sins. But we do not stay down. Last week on Ash [Wednesday](#) as we began the season of Lent, we acknowledged our sinfulness with a cross of ashes on our forehead.

During the 40 days of Lent, the Church and Jesus himself encourage us to pick ourselves up, brush off our sinfulness, and move on along the road of discipleship. Through our acts of penance and the Sacrament of Penance we are forgiven for our sins. In our Lenten acts of prayer, fasting, and almsgiving we are strengthened as we walk together with Jesus and seek to live as he lived. Let us pray that our lives may be transformed this Lent by the grace of the Lord.



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