



## The Society of Saint Columban

Registered Charity number 221594  
Charity Reg. In Scotland SCO 38948

St. Columban's  
Widney Manor Rd, Knowle, Solihull.  
West Midlands B93 9AB  
Tel. 01564 772096  
[www.columbans.co.uk](http://www.columbans.co.uk)

*Dear Columban Friend*

*I sincerely thank you for opening this message.*

*At this Holy time of Lent when we normally think of what we can give up for the Lord, or what kind of Lenten penance we can do in preparation for Easter.*

*I wonder what more we might be able to do?*

*What little extra thing can we take on to further peace and happiness in today's society.*

*We can certainly be more aware of the needs of others. We can smile a little more, say a little prayer for whom ever one meet especially for the stranger. We can allow others to help us even when one feels "I do not need or want their help". It can feel uncomfortable and even embarrassing but we must learn to receive with grace what is offered in love.*

*The worst kind of offence is to refuse to be loved by God or others. The worst kind of Sin is to reject forgiveness or to believe one is not capable of being forgiven.*

*God's Love for us is limitless God's forgiveness is absolute, proved by the passion death and resurrection of Jesus.*

*Thank you again. It is my joy to be able to include you and all of your loved ones in the prayers and Masses of Columban Communities throughout the world.*

*Wishing you a Productive Lent and a Holy Joyful Easter.*

*Yours Sincerely*

*Fr. Denis A.V. Carter SSC  
Director*