

ASCENDING LIFE-CANADA

A lay Movement in the Church for seniors and retired persons over 55, based on the belief that retirement years should be years of activity and challenge. It is a Christian movement that believes that as long as we live, we should move forward and onward towards new horizons, new experiences, new growth in heart, mind and soul.

Ascending Life carries within itself a message of hope for those who feel isolated, lonely, forgotten and whose talents and experiences in our Church and Society remain untapped.

February 2016

All are Invited to join us on a Lenten Journey on this Jubilee of Mercy.

PRAYER

With open ears and open hearts we listen to the Good News of God's everlasting mercy. Pope Francis (The Face of Mercy #5)

Praying Lent this Year

Lent offers us all a very special opportunity to grow in our relationship with God and deepen our commitment to a way of life rooted in our Baptism.

In our busy world Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we have done and failed to do and to be generous to those in need.

May Our Lord grant us all the grace we need and desire.

LIVE LENT INTENSLY

Pope Francis encourages us to live the season of Lent "intensely" as a privileged time in which to celebrate and experience God's mercy. He calls on us to be "missionaries of mercy" in the world in an especially focused way during the coming six weeks. (MV17)

Everyone, each according to his or her ability, will have to make a pilgrimage. This will be a sign that mercy is also a goal to reach and requires dedication and sacrifice.
Pope Francis MV14

As we journey to Bethlehem with Jesus through those days and weeks of Lent, may we open ourselves to the mercy of our God, so that we might become mercy to our sisters and brothers, everywhere.