



Vox Populi

25 February 2026

As the faithful enter the second week of Lent, we are beginning to enter more deeply into this special Season.

We may have started to become more accustomed to our penances or we may have struggled deeply through this first week. Through our struggles or our ease, it can be easy to let our minds slip away from what is truly important about this Season.

In his Homily during the Rite of Election, Bishop Anthony emphasised the focus of Lent should be on conversion.

"It is a time of ongoing conversion for every member of the Church." he said.

"We too are called to examine our hearts. We too must ask whether God truly stands at the centre of our lives. We too are invited to rediscover that we do not live on bread alone, but on every word that comes from the mouth of God.

"Walk these Lenten days with courage. Pray with openness. Fast with purpose. Listen deeply to the Word. Allow the Lord to reorder your hearts, your minds, and your souls. The One who called you is trustworthy. The One who breathed life into the first human person now breathes new life into you."

In his Lenten message, Pope Leo XIV emphasised our penances, fasting, prayer and almsgiving should all be ways that lead to this conversion.

"If Lent is a time for listening, *fasting* is a concrete way to prepare ourselves to receive the word of God." he said.

"Abstaining from food is an ancient ascetic practice that is essential on the path of conversion.

Precisely because it involves the body, fasting makes it easier to recognize what we “hunger” for and what we deem necessary for our sustenance."

To accompany the People of God in Broken Bay this Lent, the Diocese has prepared a Lenten resource, ***Walking in the Wilderness: A Lenten Pilgrimage Towards Easter***.

Hard copies of this resource are available in parishes. A soft copy of the resource can be viewed and downloaded

[Lent - Catholic Diocese of Broken Bay](#)