



Vox Populi

18 February 2026

We are now in the Season of Lent, a time of prayer, fasting and almsgiving, where we enter more deeply into intimacy with God in order to prepare for Easter.

The practice of fasting for 40 days has deep biblical roots. Moses fasted for 40 days and 40 nights on Mount Sinai while receiving the 10 Commandments (Exodus 34:28) and Elijah fasted for 40 days and 40 nights before encountering God (1 Kings 19:8).

Most particularly, Jesus Christ spent 40 days and 40 nights in the wilderness as he prepared for His ministry.

During this season, we are invited to journey with Jesus Christ and enter into the wilderness, denying ourselves some of our ordinary pleasures in order to more deeply encounter Him.

In his [Lenten Penance letter](#), Bishop Anthony Randazzo encourages all the faithful of Broken Bay to "reconnect with our brothers and sisters in the Body of Christ; to reflect upon our spiritual pilgrimage both as individuals and as one community of disciples."

In this spirit, he has reminded the faithful of the Paschal Precept, that each of the faithful is obliged to receive Holy Communion at least once a year. This is done between Ash Wednesday and Trinity Sunday.

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**.

The resource is based around the Sunday Gospel Readings in Lent, with prayers, reflections and discussion questions, helping to draw the faithful closer into the Season and truly walk in the wilderness with Jesus Christ.

Hard copies of this resource are available in parishes. A soft copy of the resource can be viewed and downloaded [here](#).