

# METANOIA @ LENT 50

Dear Rev. Fathers and Brothers

Lent is a time of intimate friendship – with the Lord and our brethren. Lent invites us to lend an ear and lend a hand. Listening to the voice of the Lord and cry of the people demands the silence of the desert. The word ‘*listen*’ contains the same letters as the word ‘*silent*’. Lent prepares one to win over the temptations and to design a new course of life of conversion to experience the inner joy and peace of the Easter.

1. **Let Go and Let God:** The world has become more sickening and tempting. “For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.” (1 John 2:16) Our founding fathers had the rare courage to leave the pleasures of the corrupt and corrupting world. Lent enables one to let go of the limited ego with its self-will in order that God will take control of one’s life. Fast your EGO to feed the GOD in you. Otherwise your EGO will Edge Out God in you. “Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes meaningless...and our fervor dies out” (EG 262).

*CMI member who has no time for God, but for everything is a scandal. Metanoia!*

2. **The Other is the Gift, not the Hell:** A dispute also arose among them as to which of them was considered to be greatest. (Luke 22:24) Lent is a favourable season for opening the doors to all those in need and recognizing in them the face of Christ. Each life that we encounter is a gift deserving acceptance, respect and love. (Pope Francis). There is no limit to the amount of good a person can do if they don’t care who gets the credit. Lent is a time to mend the broken relationships within our communities and outside.

*CMI member who polarizes the community for personal gain is a wrong number. Metanoia!*

3. **Power of Fasting and Penance:** “He feasted sumptuously every day” (Luke 16:19). CMI dining tables are rather sumptuous. But the mindset of the people at table is still of scarcity. The authentic religious celebrates the abundance of generosity and communion even if there is a little bit of *scarcity*. Abundance is an attitude to life when we fast for the feast of the other. A fasting on the present day temptations - use of the mobile and the internet and a feast on the word of God and good books will give a new direction and momentum.

*CMI member who belittles fasting and penance is a misfit in Tapasubhavanam. Metanoia!*

4. **Give in and Give out:** St. Mother Teresa spoke about how the Gospel can be summed up on five fingers. While pointing to each finger she would repeat these five words of Jesus:

“You...did...it...to...me.” ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did it to me.’ (Matthew 25:40). Yes. The blessed of the Lord, who were on His right, gave Food, Drink, Clothing, Rest and Care – not just the physical, but the emotional, social and spiritual. Lent is a time to give and CMI shall be known as a community that gives generously out of our necessities. Food to feed the hunger of the whole person, a welcome drink of acceptance, clothing of self respect to the humiliated, a little rest to the shattered, a healing touch to the sick will make our Easter day closer.

***CMI member who does not love the poor betrays St. Kuriakose Elias Chavara. Metanoia!***

5. **Hope to the Hopeless:** “But we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place” (Luke 24:21). In the company of cynics, he scripted the story of brighter Sunday. Am I a ray of hope in the encircling gloom of division, politics, love for money and power, corruption and self glorification? Lent is an invitation to become the-best-version-of-ourselves. Am I the reason someone smiles today? Yes. He will open our eyes and hearts to encounter hope if we are ready to walk and stay with him.

***CMI member who inspires the young through his life is the Easter joy. Halleluiah!***

**Fr. Paul Achandy CMI  
Prior General**