

Lent is a time for renewal of faith, even if we can't attend mass in person

Frequent participation in the mass is a very important practice during Lent, a time of renewal in faith, hope and love, even during pandemic times.

It is best to attend mass in person. If that's not possible, the Archdiocese of Edmonton is providing guidelines to encourage our active participation in the sacred liturgy.

These include watching a live-streamed celebration; creating a sense of sacred space by displaying the Bible, a crucifix, candles, or an image of Our Lord and Our Lady; taking time for prayer and reading the Scriptural readings assigned for the mass in order to be fully attentive to the Word of God when it is proclaimed.

Read the Letter on Participation in Live-Streamed Liturgies – Lent 2021 (PDF, 2 pages)

In his Message for Lent 2021, Pope Francis writes: “During this season of conversion, let us renew our faith, draw from the ‘living water’ of hope, and receive with open hearts the love of God, who makes us brothers and sisters in Christ.”