



LENTEN VIDEO MESSAGE 2025 HOLY YEAR

This year, 2025, as you know, Pope Francis has declared to be a Year of Jubilee, a Holy Year. Holy Years occur once every 25 years.

The theme of this Holy Year is 'Pilgrims of Hope'. Hope, Francis says, is badly needed in our times with all its suffering, injustice, wars and climate threats. He asks us to pray for a renewal of hope and to re-establish right relationships with God with one another and with creation

One of the spiritual exercises the Pope invites us to do this year is to go on pilgrimage. In the summer, our Diocese will do this, by going to Rome for the Jubilee of Youth. Or you can make on pilgrimage yourself to one of the six pilgrimage shrines we have established across the Diocese: the Cathedral in Portsmouth, or Bournemouth, Southampton, Reading, Jersey and Guernsey. There you can go to Confession, receive Holy Communion and gain the Jubilee Indulgence.

For more details, please take a look at the Holy Year page on the diocesan website. Make a list of the intentions you would like to ask God for during the Year. Why not pray every day an Act of Hope from your prayer book? And plan a pilgrimage yourself, as a family or as a group?

Holy Years are meant to be 'holy,' that is, a time of prayer, repentance and practical charity. In Lent last year, I asked everyone to adopt and to keep Six Holy Habits:

- To attend Mass on Sundays;
- To spend five minutes a day in prayer, using the Gospel of the day;
- To keep Friday as a day of penance and charity;
- To pay a visit once a fortnight to Jesus in the Blessed Sacrament;
- To celebrate the Sacrament of Reconciliation once a month or so; and
- To join a small group for formation, prayer and fellowship.

These Six Holy Habits are about taking our Catholic faith seriously by putting the Person of Jesus Christ at the centre of our lives. They will help us to keep this Holy Year holy. They will make this Lent special too.

So during this Lenten season I ask the Lord to bless you with His love. May He fill you with Hope. May He keep you in safety and may He bring you one day in joy to the rewards of everlasting life.

In Corde Iesu
+Philip
Bishop of Portsmouth