CWL Lent Resources 2022

(Please Remember that we are using readings from Year C)

Online Lenten Retreats

Lenten Mission - Active Hope March 7 - April 8
Come and join us on a 5 week journey this Lent as we deepen our relationship with Jesus Christ. Learn about the Hope, Love, and Faith that drive Chalice's mission, and join in communal prayer with Chalice staff, supporters, and site workers.

About Chalice Events

Chalice Events is the place for Catholic events that will help you grow in faith, meet other people on the same journey, and feel inspired to make the world a better place. Supported by Chalice, a Catholic child sponsorship and international aid organization.
https://chaliceevents.ca/

Loyola Press invites you to join an online Lenten retreat called **An Ignatian Prayer Adventure**.
This is an adapted version of the Spiritual Exercises based on the longer retreat in *The Ignatian Adventure* by Kevin O'Brien, SJ.
The retreat begins the week of Ash Wednesday and continues through Holy Week and the first week of Easter. We hope that this retreat will provide you with an opportunity for spiritual renewal as you participate in the reflections and exercises.
Use as much or as little of the material as helps you in your personal Ignatian adventure.
https://www.loyolapress.com/catholic-resources/liturgical-year/lent/online-prayers-and-retreats/lent-retreat/

7 Lenten retreats you can do online

https://aleteia.org/2021/02/17/7-lenten-retreats-you-can-do-online/

12 Catholic devotionals to help you pray this Lent

https://aleteia.org/2021/02/11/12-catholic-devotionals-to-help-you-pray-this-lent/

PRAYING LENT an Online Ministry of Creighton University
March 2nd - April 13th, 2022

https://onlineministries.creighton.edu/CollaborativeMinistry/Lent/

Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.

We offer resources here to assist our entry into this wonderful season, from our preparing to begin Lent to our preparing to celebrate the holy three days following Lent.

We also offer a Daily Prayer with a link to the readings of the day, a brief meditation, a link to the Daily Reflection for that day and Intercessions from the Liturgy of the Hours.

May Our Lord grant us all the graces we need and desire.

Topics on their website are: Beginning our Lent, Daily Prayers, Lenten Audio Retreats, Deepening our Lent, Lenten Book Groups, Pope Francis Lenten Message for previous years are posted here so we can assume Pope Francis' message for 2022 will also be included. There is a Lenten Online Retreat for each of the 8 weeks from Ash Wednesday Week, when Lent begins, through the Second Week of Easter

CATHOLIC FAMILY LENT

http://www.catholicfamilyfaith.org/lenten-season-resources.html

Season of Lent

PRAYER, FASTING, & ALMSGIVING

Lent is the Church's primary penitential season in the liturgical year. Lent begins on Ash Wednesday and lasts until the Mass of the Lord's Supper on Holy Thursday. The season has six Sundays: the final one, known as Passion (or Palm) Sunday, begins Holy Week. The origin of Lenten observances dates back to the fourth century or earlier. The length of the season reflects the forty days Christ spent praying and fasting in the desert (see Matthew 4: 1-11) and is a time of preparation for the great feast of Easter.

- Pope Francis message for Lent 2021: Renewing faith, hope and love
- Vatican News

Christopher West video **What is Lent?** Good short video to begin discussion in your council: https://youtu.be/2IC_2IzqpU0

Can you share an example of a real feast that you attended?

What is the difference between you preparing the feast and attending a feast?

Lenten Videos

What are the Faith Practices of Lent? Bishop Barron Explains (Word on Fire)

Ash Wednesday & Lent in Two Minutes (Busted Halo) Looking for a quick way to explain Ash Wednesday to your friends? Look no further than Busted Halo's® two-minute video that describes the day which begins the season of Lent, and why Catholics and many Christians receive ashes on their foreheads. You can download this video from the website.

Lenten Resources for Adults

Forty Lenten Ideas (Janet Schaeffler, OP) Lent approaches each year, our minds turn to, "what will we do; what will we give up?" Instead of giving up, why not put something in ... something that will take hold and stay with us for the rest of our lives – since Lent is about change/conversion. Remember that real penance is to live life well: to be the mercy and peace of God toward others. Perhaps one or two of these ideas will be helpful. *I would use this for a discussion at a CWL Parish Council Meeting.*

Lenten Reflections from Fr. Robert Barron (Word on Fire) Fr. Barron sends daily Lenten reflections right to your inbox.

Catholic Social Teaching Stations of the Cross (CRS) Short video reflections that help us recognize Christ still walking to Calvary in the lives of so many of our brothers and sisters

REGNUM CHRISTI Spirituality Centre https://rcspirituality.org/retreat_guide/

Lenten Retreats:

Create a free online account for access to their materials:
Retreat materials are grouped by theme. Each retreat has a leader's and participant's booklets as well as short videos to introduce each of the three sections.
Topics:
THE FAITHFUL STEWARD: A LENTEN RETREAT GUIDE ON ST. JOSEPH
LIVING WATER: A LENTEN RETREAT GUIDE ON CHRIST'S ENCOUNTER WITH THE SAMARITAN WOMAN
TEACHER AND LORD: A LENTEN RETREAT GUIDE ON THE LAST SUPPER
FATHER OF MERCIES: A LENTEN RETREAT GUIDE ON THE PARABLE OF THE PRODIGAL SON
THE WIDOW'S MIGHT: A RETREAT GUIDE FOR LENT
TROUBLE WITH TRUST: A RETREAT GUIDE FOR LENT
THE COLORS OF THE CROSS: A RETREAT GUIDE FOR LENT
The format for the retreats is 3 parts, first a meditation that will explore what this encounter reveals about Jesus himself. The Second Meditation will explore what it reveals about us. And the Conference will get practical by application to our own lives.

Besides Lenten retreats, there are also retreat guides for many other themes and liturgical seasons.

FORMED: https://leaders.formed.org/lent-2022/

This Lent Formed has Parish-wide studies, recommendations for kids, a 30-minute spiritual pilgrimage, and more!
A Parish-Wide Study is meant to help Catholics **build holy habits** and **become proactive in their own faith formation** as individuals and families. By encouraging parishioners to take part in a parish-wide study, you empower the individuals and families to begin building these holy habits and learning their faith on a regular basis on FORMED.
Keys to an effective parish-wide study are:

1. Pastor's involvement and personal invitation
2. On-going reminders in the bulletin, announcements, and through personal invitations
3. Delving into the study in homilies to help the parish learn as one

***Into His Likeness* – <u>New Series with Dr. Edward Sri!</u>**

Into His Likeness is a six-part video series by Dr. Edward Sri, a renowned Catholic teacher, author, and speaker. This series is about how to grow as a disciple and truly grow into the likeness of Jesus Christ. In the ancient disciple-rabbi relationship, the disciple would follow the rabbi so closely that he would be covered in the dust kicked up from his rabbi's feet. Thousands of years later, though we walk on roads of pavement and not dust, we are still called to be disciples—to follow our Rabbi, Jesus Christ, so closely that we are covered with his life, changed, and made new.

Forgiven: The Transforming Power of Confession, explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, Forgiven communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation. This reflection can be used a 3-night mission in your parish.

***Tears of Christ*, audio meditations for Lent**

This Lent, your parishioners can enjoy St. John Henry Newman's Lenten sermons through audio recordings. "Jesus wept, not merely from the deep thoughts of his understanding but from spontaneous tenderness, from the goodness and mercy, the encompassing loving-kindness and exuberant affection of the Son of God for his own work, the race of man."
This precious insight takes us to the heart of the interior life of St. John Henry Newman (1801–1890), from the treasures of which these meditations are offered as a Lenten devotional aid. Drawn chiefly from his sermons and gently modernized, these meditations offer a share in the fruit of his contemplation, that we might better enjoy with him the "one thing which is all in all to us," which is "to live in Christ's presence, to hear his voice, to see his countenance."

Triduum: A Spiritual Pilgrimage is a beautiful, 30-minute contemplative documentary that cinematically walks through the locations of the Holy Week story, re-presenting the most important days of human history. Immersed in the real and sacred places of the Holy Land, the pilgrim faithful are brought tangibly nearer to the story, the landscape, and the reality of the Passion, Death, and Resurrection of Jesus Christ. Triduum draws Catholics and those with open hearts and minds to experience a deeper understanding of these events and places, and offers rich meditations for the pilgrimage of daily life. Now more than ever, as more people are confined to their homes, to journey along this spiritual pilgrimage is to be drawn more deeply into the life and love of God.