

Lent 2023

We often describe the Season of Lent as ‘a Journey’ and we may travel along with companions to help navigate the joys and challenges we encounter along the way. This Lent, we journey together as a parish community and family of faith.

This Lent, we offer you several resources you may wish to use as you reflect upon in your private prayer and devotion. We will pray with you each week in our bulletin and on the parish website by offering you daily reflections and scriptures to follow, prepared from the booklet entitled, ***Lent 2023, MAKE ROOM FOR LENT*** by Joe Sica. This booklet is so very well written and gently invites the reader to daily reflect during this season of reflection and spiritual renewal. *(Copies of this booklet are available for you in the narthex...free will donations are greatly appreciated.)*

Travel well, May the Holy Spirit watch over us all during this holy season. Let us continue to pray for one another.



February 22 – Ash Wednesday

Joel 2: 12-18 * 2 Corinthians 5:20-6:2 * Matthew 6: 1-6, 16-18

Be Grateful

“When you fast, do not look gloomy.” Mt.6:16

Works for the Soul – The challenge is to go forty days without complaining. To aid in your effort, wear a rubber band around your wrist. If you find yourself engaging in complaints, gossip, or criticism, snap it. As the days of Lent pass by, you will find yourself doing less complaining and more appreciating.

Words from the Heart – *Dear God, if the only prayer I say is “thank you,” that will be enough. Amen.*



February 23 – Thursday after Ash Wednesday
Deuteronomy 30:15-20 * Luke 9:22-25

Born to Bounce Back

“Take up your cross daily and follow me,”
Luke 9:23

Work for the Soul – Start the day with this bold affirmation: “Go ahead. Life, send me a setback. I eat setbacks for breakfast: they are my fuel for the day!”

Words from the Heart – *Dear God, every now and then life will throw a punch at me. The more I roll with these punches, the easier it is to bounce back! Help me to roll with them. Amen.*

February 24 – Friday after Ash Wednesday
Isaiah 58:1-9A * Matthew 9: 14-15

Take Every Opportunity

“The days will come when the bridegroom is taken away from them.”
Matthew 9:15

Work for the Soul – Don’t put off your dreams for the future. Your “to-do” list might never get done. Right now, no matter what your age, decide who you want to be when you grow up. You have the rest of your life to get it right.

Words from the Heart – *Dear God, help me take advantage of opportunities that come my way so that I may have no room for regrets in my life. Amen.*

February 25 – Saturday after Ash Wednesday
Isaiah 58: 9B-14 * Luke 5: 27-32

Labels Jars, Not People

“Why do you eat...with the tax collectors and sinners?” Luke 5:30

Work for the Soul – Put a large label on a jar with the words: “Label Jars, Not People.” During Lent, every time you label someone, drop a quarter into your jar. At the end of Lent, give the money to your parish or a soup kitchen.

Words from the Heart – *Dear God, help me to see others as you see them: unique and special. Amen.*
