

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.



March 26 – Sunday, the Fifth Week of Lent

Ezekiel 37:12-14 * Romans 8:8-11 * John 11:1-45

Open Your Heart

Jesus wept.

John 11:35

Work for the Soul – Listen to the lyrics of the song “It’s Okay to Cry” by Amanda Wilkinson. They are powerful.

Words from the Heart – *Dear God, I often cry with gratitude over the amazing gifts you’ve allowed to come my way. My tears have also helped my express my grief at the loss of those precious to me. Amen.*

March 27 – Monday, the Fifth Week of Lent
Daniel 13:1-9, 15-17, 19-30, 33-62 * John 8:1-11

Condemn No One

***“Woman, where are they?
Has no one condemned you?”
John 8:10***

Work for the Soul – Every time you find yourself prematurely judging someone, stop and ask yourself, What would Jesus say?

Words from the Heart – *Dear God, I’m not going to judge others or expect them to be perfect, until I’m perfect myself. Keep me humble Lord. Amen.*

March 28 – Tuesday, the Fifth Week of Lent
Numbers 21:4-9 * John 8:21-30

You’ve Got a Friend!

***“But he who sent me is reliable.”
John 8:26***

Work for the Soul – Choose a day before Easter and make it “Friend Appreciation Day.” Prepare a package that includes: a candle, to thank a friend for shining brightly when life was the darkest; a paper clip, in appreciation for helping you hold it together; and a Hershey’s chocolate kiss, for all the love a friend has shared with us.

Words from the Heart – *Dear God, my friends are kind, honest, sensitive, loyal, understanding, caring, helpful, and always there for me.*

I want to be the same for them. Amen.

March 29 – Wednesday, the Fifth Week of Lent
Daniel 3:14-20, 91-92, 95 * John 8:31-42

One Small Kindness at a Time!

“If you hold to my teaching, you are really my disciples.”
John 8:31

Works for the Soul – You don’t have to take on the whole world by yourself. Just do one small kindness at a time. Your action can have far-reaching consequences that you may never know about.

Words from the Heart – *Dear God, when I’m kind to someone, I hope they’ll remember and be kind to someone else. And perhaps the ripple effect will spread. Amen.*

March 30 – Thursday, the Fifth Week of Lent
Genesis 17:3-9 * John 8:51-59

Just the Facts, Please

***“I tell you the truth, if anyone keeps my word,
they’ll never see death.”***
John 8:51

Work for the Soul – For the next twenty-four hours, be totally and completely honest, no matter what. Tell the whole truth. Be gentle, yet direct and honest. Say what you mean, and mean what you say.

Words from the Heart – *Dear God, help me always to tell the truth about myself and recognize it in other. Amen.*

March 31 – Friday, the Fifth Week of Lent

Jeremiah 20: 10-13 * John 10:31-42

Be Who You Are

***“What about the one the Father set apart
as his very own and sent into the world?”***

John 10:36

Work for the Soul – Sit down, close your eyes, and imagine yourself sitting next to you. What are you feeling? Notice how you felt when you looked at yourself. To counter any negative feelings say; “I love myself. I accept myself unconditionally. I believe I’m God’s child.” Then be still, and wait for God to whisper, “I love you.”

Words from the Heart – *Dear God, you proclaimed me at my birth as excellent. You know my name! I can now declare, “I am wonderfully made.” Amen.*

April 1 0 Saturday, the Fifth Week of Lent

Ezekiel 37:21-28 * John 11:45-56

Strolling Down Memory Lane

“They had seen what he had done and began to believe in him.”

John 11:45

Work for the Soul – Create special memories by spending time together as a family. Start your family rituals today that will always be remembered tomorrow.

Words from the Heart – *Dear God, my memories help me hold onto the things I love and the things I never want to lose. Amen.*
