

# *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 19 – Sunday, the Fourth Week of Lent**

**1 Samuel 16:1B, 6-7, 10-13A \* Ephesians 5:8-14 \* John 9:1-41**

### ***Live for Today***

***“Rabbi, who sinned, this man or his parents, that he was born blind?”***

**John 9:2**

**Work for the Soul** – If you ever wondered whether you should intrude on someone’s sorrow, the answer is: “Yes – you must.” Your friends need your help and will feel even more rejected if you don’t call, write, or sit with them during the difficult times.

**Words from the Heart** – *Dear God, when I’m in pain, help me feel better, see things differently, and be open to new possibilities. Amen.*

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**March 20 – Joseph, Husband of Mary**

**2 Samuel 7:4-5A, 12-14A, 16 \* Romans 4: 13, 16-18, 22 \***

**Matthew 1: 16, 18-21, 24A or Luke 2: 41-51A**

***The Price You Pay***

***“When Joseph awoke from sleep,  
he did as the angel of the Lord commanded him.”***

**Matthew 1:24**

**Work for the Soul** – Begin a project that you can work on quietly, slowly, and lovingly: a scrapbook of photos, a letter or poem to your loved one, or a piece of prose that describes your feelings. Write down everything this person meant to you and recap those special moments often.

**Words from the Heart** – *Dear God, when a loved one dies, it's so tough! I need to feel your love through the care of others who have been there. Amen.*

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**March 21 – Tuesday, the Fourth Week of Lent**

**Ezekiel 47:1-9, 12 \* John 5:1-16**

***Choose Your Words Wisely***

***“Get up! Pick up your mat and walk.”***

**John 5:8**

**Work for the Soul** – Create your own list of positive affirmations. Tape them to your mirror. Keep them in your desk drawer, wallet, or purse or use them as the background on your computer screen. Then, when negative thoughts start to creep in, take out your affirmations, read them, and start to feel good again.

**Words from the Heart** – *Dear God, I can always count on your words and your love to build me up and make me feel better. Amen.*

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**March 22 – Wednesday, the Fourth Week of Lent**

**Isaiah 49:8-15 \* John 5:17-30**

***Nothing Lasts Forever***

***“The Father raises the dead and gives them life.”***

**John 5:21**

**Work for the Soul** – If someone close to you has died, you may be sad, worried, or scared. You might feel angry, guilty, or just plain empty. Even if you don't feel like talking, find ways to express your emotions. Start writing in a journal about the memories you have of the person who died and how you've been feeling since the loss.

**Words from the Heart** – *Dear God, the day I was born, you promised that my life would have meaning. Help me learn to cherish every moment. Amen.*

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**March 23 – Thursday, the Fourth Week of Lent**

**Exodus 32:7-14 \* John 5:31-47**

***Star in Your Own Life!***

***“I don't accept praise from people.”***

**John 5:41**

**Work for the Soul** – Plan a day to pamper yourself. When someone tries to get you to do something else, politely say: “No, I have other plans.” Do whatever feels wonderful for you!

**Words from the Heart** – *Dear God, before the “disease to please” becomes fatal in my life, give me the courage to speak out for what I need and want. Amen.*

**March 24 – Friday, the Fourth Week of Lent**

**Wisdom 2: 1A, 12-22 \* John 7: 1-2, 10, 25-30**

***This Too Shall Pass!***

*“No one laid a hand on him, because his time has not yet come.”*

**John 7:30**

**Work for the Soul** – Create wristbands with the phrase, “This too shall pass.” Make the bands yellow, the color of hope. Distribute them to people in your parish, neighborhood, or place of employment.

**Words from the Heart** – *Dear God, sometimes I don't handle struggles and disappointment very well. Replace my panic with the peace of knowing that everything will be okay. Amen.*

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**March 25 – Annunciation of the Lord**

**Isaiah 7:10-14; 8-10 \* Hebrews 10:4-10 \* Luke 1: 2-38**

***Lend Me Your Ears***

*“Nothing is impossible with God.”*

**Luke 1:37**

**Work for the Soul** – Listening is half of communication. When you talk, you want others to understand your perspective. Just make sure they know that you understand theirs. You do that by listening. Use an egg timer to improve your skills. Turn it to the maximum amount of time and don't speak a word until it goes off.

**Words from the Heart** – *Dear God, prayer works so well because you don't tell me how to feel or give me advice, you listen and then whisper the words I need to hear. Amen.*

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