

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.

April 2 – Palm Sunday

Matthew 21:1-11 * Isaiah 50:4-7 * Philippians 2:6-11

Matthew 26:14-27:66

Go with the Flow!

“So you could not stay awake with me for even an hour?”

Matthew 26:40

Work for the Soul – Give yourself some slack time in your routine. If you plan everything down to the minute, things will be delayed when the unexpected happens. But if everything flows smoothly, you can use that slack time to be productive and creative.

Words from the Heart – *Dear God, help me not to cry because today is over. Instead, help me to smile because it happened. Amen.*

April 3 – Monday of Holy Week
Isaiah 42:1-7 * John 12:1-11

Unload Your Stuff

***“Mary took expensive perfume, she poured it on Jesus’ feet
and wiped his feet with her hair.”***

John 12:3

Work for the Soul – What would you salvage today if you only had a few moments to gather your things? You will learn a great deal about yourself doing this exercise.

Words from the Heart – *Dear God, sometimes my stuff holds me back from looking deeply into what is important in my life. I’m going to take stock, downsize, and simplify things. Amen.*

April 4 – Tuesday of Holy Week
Isaiah 49:1-6 * John 13:21-33, 36-38

The Deepest Hurt of All

“I tell you the truth, one of you is going to betray me.”

John 13:21

Works for the Soul – Resentment and bitterness are hard to let go of. Sometimes, a statement of intent is necessary: “In the name of God, I hereby forgive you for betraying me.” Say this out loud, sincerely, several times a day.

Words from the Heart – *Dear God, help me to never forget that trust takes years to build, but only a second to break. Amen.*

April 5 – Wednesday of Holy Week
Isaiah 50:4-9A * Matthew 26:14-25

Guess Who's Coming to Dinner?

***“The Teacher says;
“My appointed time is near. I am going to
celebrate Passover with my disciples.”
Matthew 26:18***

Work for the Soul – Create family placemats. For them, ask your children to draw a picture of the favorite part of their day. Older children may want to add puzzles or trivia they have learned. Adults may want to include birthdays or inspirational quotes or prayers. During dinner, allow everyone a chance to share his or her placement.

Words from the Heart – *Dear God, dinners are more than just sharing food. They're times to help us get to know each other. We will always cherish our family mealtimes together. Amen.*

April 6 – Holy Thursday

Exodus 12:1-8, 11-14 * 1 Corinthians 11:23-26 * John 13:1-15

Be an Encourager

***“I have set you an example that you
should do as I have done for you.”
John 13:15***

Work for the Soul – You have been blessed with at least one gift that you can share with others. If it's music, go to a nursing home and entertain those with lonely hearts. If it's physical strength, offer to help your elderly neighbor with her yard. If it's cooking, make a spaghetti dinner for someone who is going through a tough time.

Words from the Heart – *Dear God, I want to encourage other and provide them with a shoulder to lean on. I want those who are struggling to feel special and cared for. Amen.*

April 7 – Good Friday

Isaiah 52:13-53:12 * Hebrews 4:14-16; 5:7-9 * John 18:1-19:42

The Time to Live Is Now

*“Jesus said: ‘It is finished.’
Then he bowed his head and died.”*

John 19:30

Work for the Soul – Visit family and/or friends at their final resting place at a cemetery. Share their life stories with others and tell of their goodness and how they helped to make this world a better place.

Words from the Heart – *Dear God, my life is a gift from you. Thank you. Amen.*

April 8 – Easter Vigil

Genesis 1:1-2:2 * Genesis 22:1-18 * Exodus 14:15-15:1 *

Isaiah 54:5-14 * Isaiah 55:1-11 * Baruch 3:9-15, 32-4:4 *

Ezekiel 36:16-17A, 18-28 * Romans 6:3-11 * Matthew 28:1-10

Do Not Be Afraid

*“The angel said to the woman,
‘Do not be afraid, for I know that you are looking for Jesus,
who was crucified. He is not here; he has risen.’”*

Matthew 28:5-6

Work for the Soul – Take whatever steps you can to change the circumstances that cause your fear. If you're afraid of being alone, reach out to others and help meet some of their needs. When you sense your heart filling with fear, ask yourself, “What is causing this feeling?” Pinpoint the source and then try to deal with those issues.

Words from the Heart – *Dear God, may your words: “Do not be afraid” ring in my heart always. Amen.*

