

# *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.

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

## **March 12 – Sunday, the Third Week of Lent**

**Exodus 17:3-7 \* Romans 5: 1-2, 5-8 \* John 4: 5-42**

### ***Keep Your Nicks to Yourself***

***“Many of the Samaritans from that town believed in him  
Because of the woman’s testimony.”***

**John 4:39**

**Work for the Soul** – Take this pledge: I pledge to be more aware of the words I use. I will become conscious of how gossip hurts people (including myself) and eliminate it from my life. Every week, I will say this pledge with my family and friends.

**Words from the Heart** – *Dear God, may my words always be gentle and tender so that they may help, heal, and give joy to others. Amen.*

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**March 13 – Monday, the Third Week of Lent**  
**2 Kings 5: 1-15AB \* Luke 4: 24-30**

## ***When You Get Angry, SING***

***“All of the people in the synagogue were furious  
when they heard this.”***

**Luke 4: 28**

**Work for the Soul** – Carry a small stone in your pocket. When you start to feel irritation, keep moving the pebble from one pocket to the other. This will help interrupt the anger cycle and give you a chance to regroup.

**Words from the Heart** – *Dear God, when I start to get angry, help me was away before I say or do something that I’ll regret. Amen.*

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**March 14 – Tuesday, the Third Week of Lent**  
**Daniel 3: 25, 34-43 \* Matthew 18: 21-35**

## ***We All Need Patience***

***“Be patient with me, and I will pay you back.”***

**Matthew 18: 29**

**Work for the Soul** – Share the “five and ten” exercise with someone you know who is having a difficult time with patience.

**Words from the Heart** – *Dear God, I want to become so good at practicing patience that it becomes my natural state of being. Amen.*

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**March 15 – Wednesday, the Third Week of Lent**  
**Deuteronomy 4: 1, 5-9 \* Matthew 5: 17-19**

## ***Nothing but the Truth***

***“I tell you the truth.”***  
**Matthew 5: 18**

**Work for the Soul** – “Our lives are shaped by the significant truths we say or don’t say.” Print this statement and pass it along to others. Leave it at work, in church pews, and at store counters. It will catch on.

**Words from the Heart** – *Dear God, you know the truth about me, so being honest really carries no risk. The truth may startle me, but it delights you. Amen.*

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**March 16 – Thursday, the Third Week of Lent**  
**Jeremiah 7:23-28 \* Luke 11:14-23**

## ***Say Nothing at All***

***“He who is not with me is against me.”***  
**Luke 11:23**

**Work for the Soul** – If you have a friend who is going through a difficult time, invite him or her over for dinner. Call, write a card, or send a short note. Be there as long as it takes. This helps the person look forward to your presence without asking for help again and again.

**Words from the Heart** – *Dear God, I know when pain is fresh, my words should be few. Just showing up lets a friend know that I care. Amen*

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**March 17 – Friday, the Third Week of Lent**

**Hosea 14:2-10 \* Mark 12:28-34**

***Embrace the Darkness***

***“Love the Lord your God with all your heart...”***

**Mark 12:30**

**Work for the Soul** – If you have friends who are going through a dark period in their lives, reach out to them. Offer support. Give them your friendship and this quote: “Don’t turn your head. Keep looking at the bandaged place. That’s where the light is.”

**Words from the Heart** – *Dear God, when it’s darkest, the stars come out. May the stars guide me to a safe place. Amen.*

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**March 18 – Saturday, the Third Week of Lent**

**Hosea 6:1-6 \* Luke 18:9-14**

***“Mistake” Anxiety***

***“The tax collector stood at a distance and said,***

***‘God, have mercy on me, a sinner.’”***

**Luke 18:13**

**Work for the Soul** – When you (or someone you know) keep agonizing over an error made, read Matthew 11:29-30, and then turn all of your burdens over to Jesus.

**Words from the Heart** – *Dear God, if people can’t accept my imperfections, it’s their problem, not mine. Amen.*

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