

Lent Yr C 2019

Resource Ideas

Notice For Newsletter
– First Week Of Lent



Image from LiturgyRitualPrayer.com

We hear in the Gospel for Ash Wednesday that the three spiritual practices of Lent are:

- Prayer
- Fasting
- Almsgiving

Let's consider the first one on this list. Who doesn't need some extra quiet time in their busy lives today? In Lent the Church encourages us to make space (an extra space) in our lives. We might need to say 'No' to something or someone in order to create this space for ourselves. What would we do with this free time when we find it?

John O'Donohue offers us a plan. Take one of the following points day by day and let it loose to teach you in whatever time you can give yourself (5 or 10 minutes) away from noise and activity. There is an idea for each day of the week, starting on Monday! You could note down what happens ...

1. What are the voices of longing that rise up within me? What is their message?
2. What do I hunger for most in my life at this time?
3. Today, I give my attention to the unexpected thoughts that arise.
4. Today, I listen to my memory and the voices of those I have lost.
5. Today, I focus on my future and any fears of anxieties I may have – as well as my hopes and dreams.
6. From these 5 days of listening to my soul, I make a prayer that encompasses all my vulnerabilities, my desires, my hopes, my grieving – a prayer that has enough healing to gain the ointment of divine forgiveness for my wounds; enough truth and vigour to challenge my blindness and complacency; enough graciousness and vision to mirror my immortal beauty. I write this prayer in my journal.
7. I rest in God's love and caring mercy.

Adapted from Eternal Echoes by John O'Donohue.