

Useful apps for people on the go...



Be Opened



Lent 2020



# Live Lent



Pray as you go



Lectio divina

# 40 DAYS

Living  
Lent



## Springtime!

This time of the year, we enjoy the extra daylight as the days grow longer. Our word "Lent" comes from "to lengthen" and used to be an old English word for springtime.

### Mind the (God) gap!

Lives are just busy and it can be hard to find space. The last thing we want is another item on the endless "to do" list. With a bit of good will, small changes can achieve surprising results (see overleaf).

Lent is meant to be a positive journey of faith and not just giving things up. Still, discipline can be good. For example, we watch our weight and we take exercise.

Could I imagine a combination of discipline and positive action.

◉ If I named the shadows in my life that I need to deal with...what would I come up with?

◉ If I chose to put some positive change into my life...what comes to mind?

Lent is meant to be our springtime...not just brighter days on the outside but a brighter light of faith on the inside too.

### Perhaps...

Read next Sunday's Gospel ahead of time.

- ✓ How do I feel as I read it?
- ✓ Does one image "stay" with me?
- ✓ I am challenged to do...what?

### New growth

- ✓ What's a 'good' Lent?
- ✓ What are my own hopes for Lent 2020?
- ✓ What would I like to do or take part in?
- ✓ For this to happen, I choose to...?



### Why 40?

Some numbers in the Bible have a special meaning. Can you remember any forties?

- ✓ The Israelites wandered for **40** years in the desert.
- ✓ Jesus prepared for his ministry with **40** days in the wilderness.
- ✓ After his resurrection, Jesus appeared to Mary Magdalen and others for ... guess how long... **40** days.

So...**40** means preparation, a journey, an encounter, time set aside...for what?

## Resources from the Dublin Office for Evangelisation & Ecumenism

### TWO NEW BOOKS FOR LENT!!

#### RETURN TO ME, WITH ALL YOUR HEART

by Gerard Gallagher

*Bible Reflections for each day of Lent in an accessible style. Fits in the pocket or the bag.*

#### HEARERS OF THE WORD

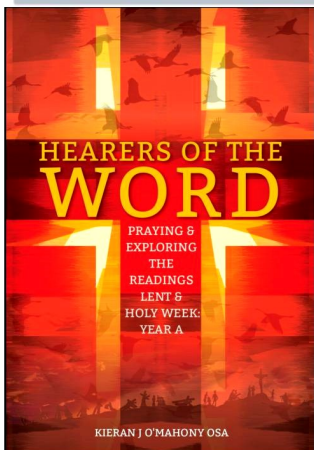
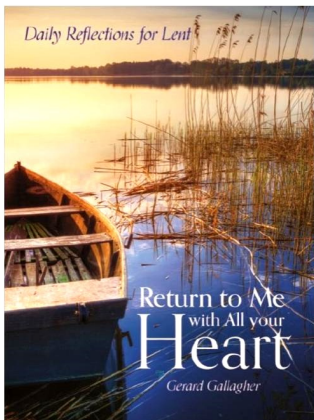
by Kieran J. O'Mahony OSA

*Praying and exploring the readings for Lent & Holy Week, Year A.*

### ON LINE RESOURCES

1. Something Different for Lent 2020 a DIY retreat for busy people
2. Living Word Resources for Lent
3. Lent 2020: A springtime of faith

[www.dublindiocese.ie](http://www.dublindiocese.ie) under Evangelisation  
[www.tarsus.ie](http://www.tarsus.ie) under Lent 2020



We have a number of free, fun Lenten resources for all ages on the Village parish website - [www.clondalkinparish.com/?p=3907](http://www.clondalkinparish.com/?p=3907) or FB Page @the CCPCDublin

# Did you know?

## EACH LENT

The readings take us on a great journey

## GOSPELS

1. Temptation
2. Transfiguration
3. Samaritan Woman
4. Man born blind
5. Raising of Lazarus

## GREAT STORIES

The readings from the Old Testament tell key stories as well

1. Adam and Eve
2. Abraham
3. Moses
4. David
5. Exile in Babylon

## AND SO...?

Am I moved by these readings? Is there food for thought? Can I take away just one word or image from this mighty tales?

## The Samaritan Woman

On the third Sunday of Lent, the wonderful story of the Woman at the Well is proclaimed. You will find it in the Gospel of John, chapter 4, verses 5-42. Read it slowly on your own or with pals.



- ✓ How do you think the woman is feeling?
- ✓ Have I ever experienced an awakening like hers?
- ✓ Am I sleepwalking through my life?
- ✓ Notice the different descriptions of Jesus...a Jew, greater than Jacob...
- ✓ How do you think Jesus is feeling as the story goes on?
- ✓ What is my experience of being with people on a significant journey?

The Gospel according to John was finalised around the year AD 100. It was written for a community which needed guidance in how to grow in faith and how to live together in love. Often, the stories in this Gospel have many layers...

## Prayer

In the midst of the ordinary things, loving God, you call us to the deeper realities: your thirst for us and our thirst for you. Never let us be satisfied, until we come to the springs of living water, welling up for eternal life. Through Christ our Lord. Amen.



**Baptismal font**  
from Galilee

## Lent Prayer

**O God of the poor**, help us to rescue the abandoned and forgotten of this earth, who are so precious in your eyes ...

**God of love**, show us our place in this world as channels of your love for all the creatures of this earth.

**God of mercy**, may we receive your forgiveness and convey your mercy throughout our common home. Praise be to you! Amen.

Now because we are fellow workers, we also urge you not to receive the grace of God in vain. For he says, "**I heard you at the acceptable time, and in the day of salvation I helped you.**" Look, now is **the acceptable time**; look, now is **the day of salvation!**

(2 Cor 6:1-2)

For the parent...	For the student...	For the commuter..	For busy people...
<p><b>A parent is always on duty</b>...taking care of the children is your prayer in this period of your life. Loving them, you love the God who created them.</p> <ul style="list-style-type: none"> <li>✓ A prayer to start the day?</li> <li>✓ A sentence from Sunday's readings?</li> <li>✓ A moment of mindfulness for all the family at the close of the day?</li> </ul>	<p><b>A student's life is a busy one</b>...and it can be a treadmill. Even so, windows can be opened to let in air and light.</p> <ul style="list-style-type: none"> <li>✓ Reduce screen time</li> <li>✓ No phones at the table</li> <li>✓ Do chores more efficiently</li> <li>✓ AM: stillness looking forward to the day?</li> <li>✓ PM: stillness to review the day</li> <li>✓ Thanksgiving and praise</li> </ul>	<p><b>We all spend more time</b> than is good simply getting from home to work and back. How to use that time? Some the apps on page 4 might help... listening to the Word of God read aloud or following a book for Lent. Just pop in the earphones!</p> <ul style="list-style-type: none"> <li>✓ Lent app</li> <li>✓ Lent book</li> <li>✓ Spirit Radio</li> </ul> <p>No need to kill time...it dies of its own accord!!!</p>	<p><b>Creating free time</b> is achievable with a small adjustments. Knock three to five minutes off each of the below and you could have 15 or 20 minutes "extra" in the morning.</p> <ul style="list-style-type: none"> <li>✓ Shower</li> <li>✓ Dressing</li> <li>✓ Breakfast</li> </ul> <p>Now what? Perhaps some stillness? Prayer of God's presence? Open next Sunday's Gospel and let it "speak" to you?</p>