

LENT REFLECTION BOOKS

(Submitted by a parishioner)

Did you pick up one of the little black books with reflections for Lent? If so, great! If not, no worries; it's not too late to start. Reading only six (6!) minutes per day can be part of the prayer-fasting-almsgiving that you can do during this Lenten season.

As a refresher, two pages pertain to each day. Let's take a look at Wednesday, March 10. The left-hand page talks about the shape of churches; take a look at St. Brendan's to see if it is in the form of a cross. In addition, churches are often "oriented" east, i.e. the sanctuary/altar is on the eastern side of the building so that parishioners face east when facing the altar. Where is St. Brendan's altar?

On the right-hand page is a verse from the past weekend's Gospel. For March 10, it is about Jesus' disciples thinking about Jesus' actions as he overturned the tables of the money changers in the temple. Here is a suggestion as to how to "reflect" on how this reading pertains uniquely to you:

1. Read the verse, then read the reflection on the page.
2. Then, read the verse a second time - slowly. Did any words or phrases jump out at you - resonate with you?
3. Read it one more time - slowly. Did that word/phrase still stick out? Perhaps it was the word "recall" or "sign". Maybe it was the sentence "zeal for your house will consume me" (that is a prophecy in the Old Testament)
4. Think about that word/phrase as if Jesus were talking to you. What is He asking you? What do you have zeal for? Jesus loved everybody and asked us to love God and to love our neighbor.
5. Lastly, what concrete action can you do to show a "zeal" for Jesus? In other words, what can you do to love your neighbor? What you do does not have to be big or out in the open. So many people are alone and isolated; perhaps you can send a card to a friend, relative, homebound parishioner, or someone to whom you haven't spoken in a long time. That would be wonderful.

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The reflection technique mentioned above is the way many of the saints prayed. This way of praying with Scripture is called *lectio divina*. Jesus will "talk" to us - will give you a message - in many ways, such as through other people and events but also as you read Scripture. If reflecting on the Gospel verse seems odd, that is OK. Try it for the days of Lent and see how it goes.

Pray and love.

Note: *The following Cross and Prayer is a devotional we are using this Lent instead of receiving ashes on Ash Wednesday. Cut it out and keep it with you, or display in your home, or use as a bookmark, etc.*
Feel free to make copies.

REPENT



AND BELIEVE IN THE GOSPEL