



Care Hope Pray

Journeying with Jesus through Lent

“Return to me, says the Lord. To me. The Lord is the goal of our journey in this world. The direction must lead to him.” (Pope Francis)

What is Lent?

The Season of Lent...

- ... is a period of 40 days, a time of preparation for the celebration of Christ's Death and Resurrection at Easter
- ...is a time of prayer, fasting and almsgiving as we prepare to celebrate Easter
- ... connects us to Jesus 40 days in the desert when he was tempted by the devil
- ... begins on Ash Wednesday
- ... calls us to remember and live our commitment at Baptism
- ... asks us to turn away from sin and to turn towards Jesus again



How Can you Celebrate Lent?

CARE
HOPE
PRAY

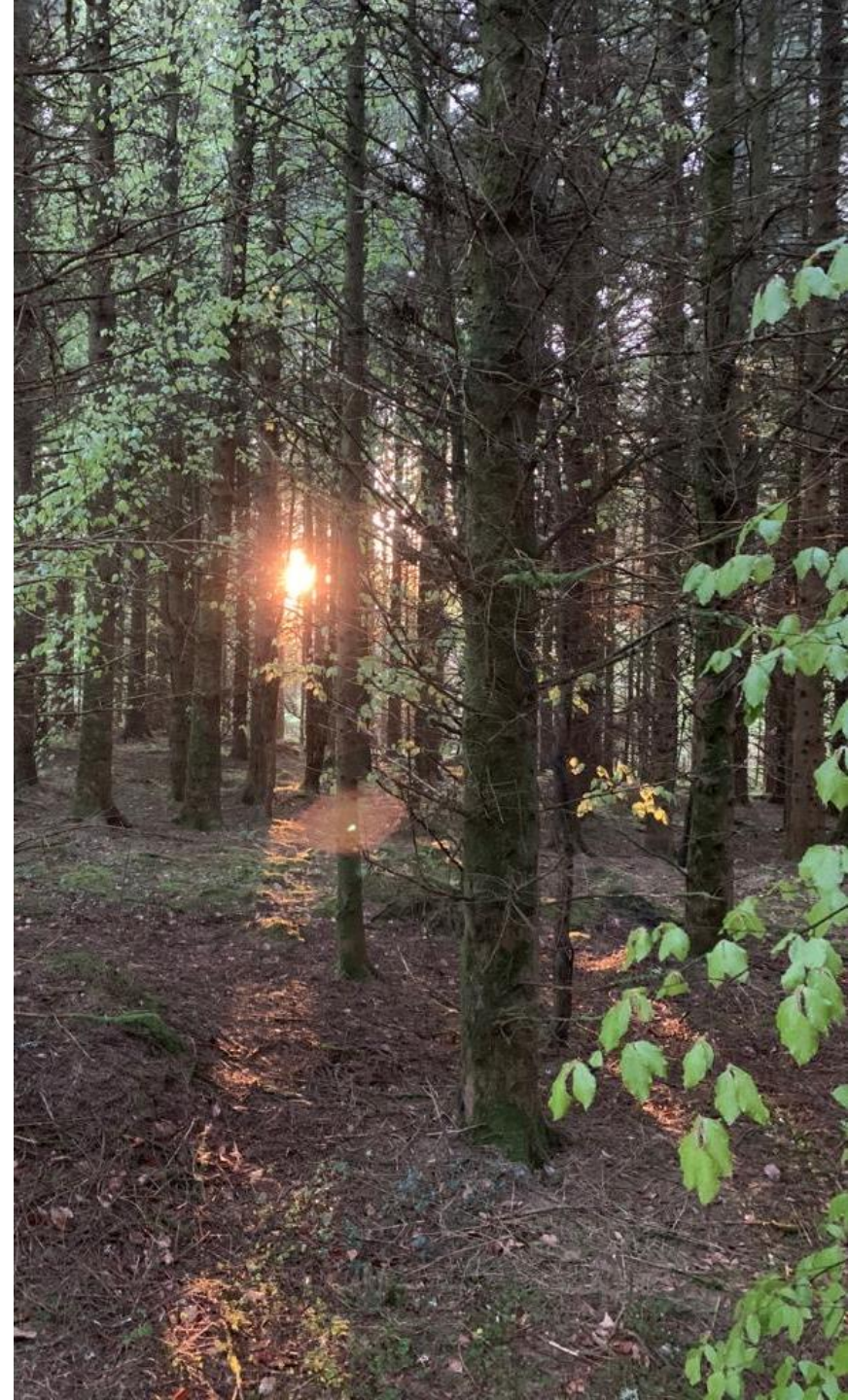
CARE-have care for yourself and all others.



HOPE-believe that Jesus is our HOPE. Share the HOPE of Jesus with others.



PRAY-take time each day to talk and listen more to God. Encourage others to do the same.



Create a Sacred Space in your Home

Talk to Jesus about how you can CARE for yourself and reach out in LOVE to others.

Get to know JESUS our HOPE and share the HOPE of JESUS with friends, families, neighbours.

PRAY- Talk to Jesus, Listen to JESUS, Be Silent with JESUS, Rest with JESUS.



Ash Wednesday-Praying at Home

As we cannot gather in Church as usual to celebrate Mass and to receive our Ashes, why not mark the start of Lent and pray together at home.

(There is a prayer liturgy available [ash-wednesday-liturgy-for-homes.pdf](http://catecheticalcentre.org/ash-wednesday-liturgy-for-homes.pdf) (catecheticalcentre.org))

As you begin your Lenten Journey with Jesus remember what he said,

*“When you **help** a needy person, do it in such a way that even your closest friend will not know about it.”*

*“When you **pray**, do not draw attention to yourself.”*

*“And when you **fast**, do not put on a sad face like the hypocrites.”*



Make Some Family Lenten Promises

How will you CARE?

Where will you find HOPE
to share?

When will you Pray?



Lenten Challenge 1

This Lent Care for yourself Physically Mentally and Spiritually

Each day...

...exercise... go for a walk, a run, a cycle, eat well.. drink water... avoid harmful substances... get enough sleep... switch off social media, television, mobile phones, Xboxes etc...keep in touch...talk to others and reach out to someone if you need help...

AND

PRAY- set aside time each day to talk to Jesus and listen to Jesus-perhaps attend Mass (online) pray the Rosary, the Stations of the Cross, visit your local Church, or try some Christian Meditation

(there are lots of prayer resources available

@[Lent | Catechetical Centre](#))

My dear friend, I hope everything is going happily with you and that you are as well physically as you are spiritually. (3 John 1:2)



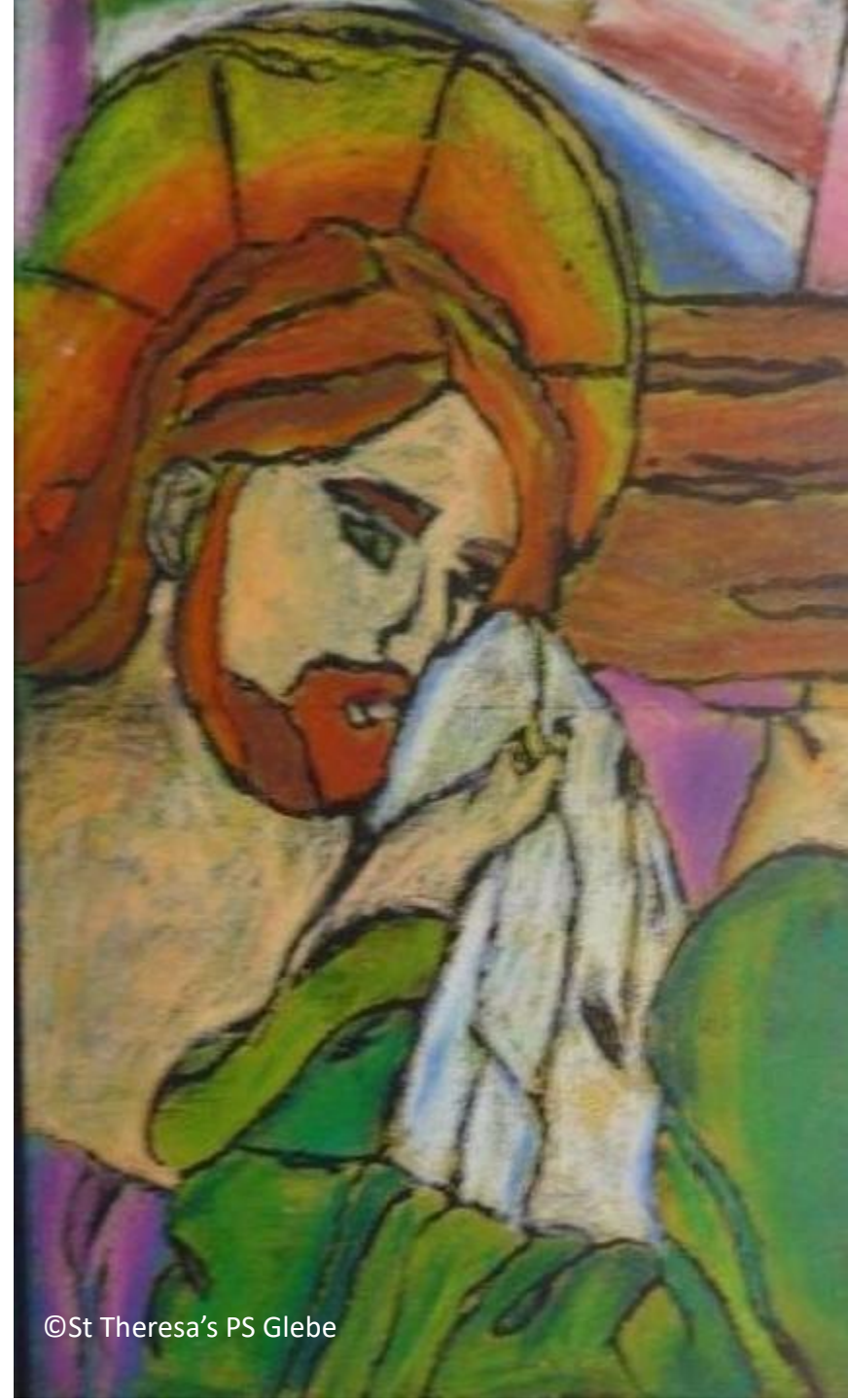
Lenten Challenge 2 This Lent Care for Others

*“We don’t know what 2021 will reserve for us, but what all of us can do together is make a bit more of an effort to take care of each other.”
(Pope Francis)*

Spirit Filled Acts of Kindness

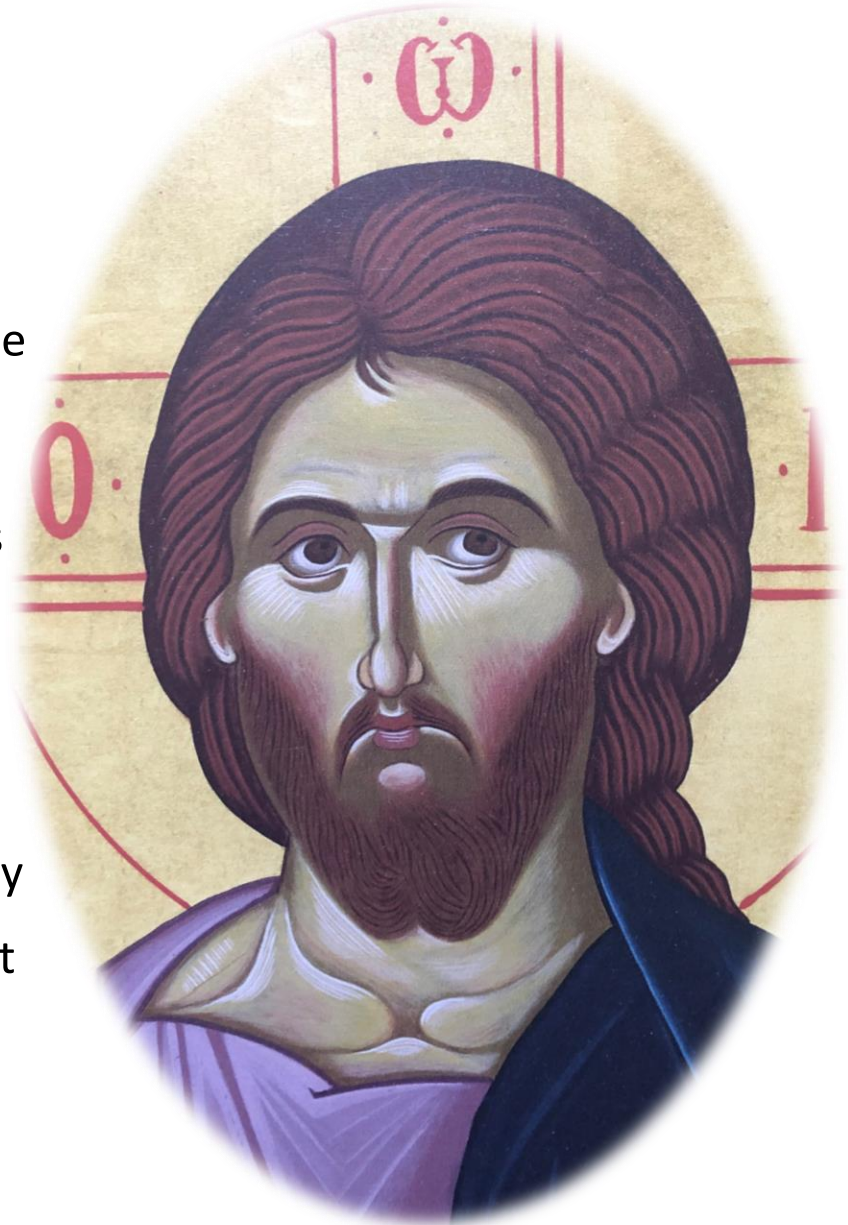
- When we CARE for ourselves properly, we are able then to reach out and see the Face of Jesus in each person.
- During LENT, allow the Holy Spirit to guide you to show your CARE to others each day

(You will find some suggestions on our Lenten Caring for Others Resource [Lent | Catechetical Centre](#))



Lenten Challenge 3 Have Hope in Jesus and Share that Hope

- Find an image of Jesus
- Light a Candle
- Breathe slowly and Relax
- Look at the image of Jesus carefully
- Say...Jesus guide me... Jesus heal me... Jesus I am yours... Jesus help me to trust you... Jesus protect me... Jesus I love you... Jesus you are my HOPE...
- Allow Jesus to look lovingly at you as you look lovingly at Jesus
- Leave your worries and cares with Jesus
- Sit quietly with Jesus
- Finish by saying: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, Amen.
- **Share this idea with others during LENT**



PRAY the Stations of the Cross. Place your
HOPE in the Crucified JESUS and CARE for
others filled with His LOVE.



©St Theresa's PS Glebe

Pray the Stations
of the Cross in
your parish
Church

There are Stations
of the Cross
online @
[Lent | Catechetical Centre](#)

*“The Cross of Christ
contains all the love of
God; there we find his
immeasurable mercy.
This is a love in which we
can place all our trust, in
which we can
believe.... let us entrust
ourselves to Jesus, let us
give ourselves over to
him, because he never
disappoints anyone!”
(Pope Francis)*

Join us Online in Prayer During Lent

Weekly Assemblies led by

- Bishop Donal McKeown
- Fr Paul Farren
- Fr Patrick Lagan

Weekly Lenten Reflections by

- Bishop Donal McKeown
- Sean Mullan
- Fr Aidan Troy
- Lizzie Rea
- Martina Purdy
- Karen Kiefer
- Fr Paul Farren



**DERRY DIOCESAN
CATECHETICAL
CENTRE**

Assemblies and Reflections will be posted on



<https://www.facebook.com/DerryDiocesanCC/>



The Door of Faith@[derrydiocese.org](mailto:Faith@derrydiocese.org)

Also available @[Lent | Catechetical Centre](#)

And @ [Derry Diocesan Catechetical Centre - YouTube](#)

Feast of Saint Patrick 17th March



Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me,

Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise,

Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me, Christ in every ear that hears me.



Saint Patrick recognised that JESUS is our HOPE and he spent his life sharing that HOPE with others.

Today...

- Attend Mass together as a family in person (if restrictions allow) or online
- Visit a Chapel and thank God for the gift of Saint Patrick
- Share the HOPE that comes from Knowing JESUS

Feast of Saint Joseph 19th March

“I have great love for Saint Joseph, because he is a man of silence and strength.” (Pope Francis)

- *Take time today for some quiet prayer. Ask Saint Joseph to take your worries and cares and place them before God for you.*

“But like Saint Joseph, once we have heard God’s voice, we must rise from our slumber; we must get up and act.” (Pope Francis)

- *As Saint Joseph cared for Mary and Jesus, show care today through an act of kindness.*



Feast of the Annunciation 25th March

Mary said, "I am the handmaid of the Lord, let what you have said be done to me." (Luke 1:38)

- Attend Mass together as a family, in person (if restrictions allow) or online
- Reflect on Mary's words. Pray for the wisdom to know and say yes to God's plan for your life?
- Make the day special at home-share a meal together
- Pray a decade of the Rosary together
- Say a Hail Mary for a family member, a friend, someone in need
- Thank God for the gift of new life
- Pray for the protection of all life, from the moment of conception until the moment of natural death



Image©The Benedictine Sisters of Turvey Abbey (UK)
and www.mccrimmons.com
Used with permission

Join with your Parish and Diocese to Celebrate the Season of Lent

You are an important member of
your parish and diocesan community

Throughout Lent parishes will have
different ways of celebrating-
Masses/Prayer Liturgies/Sacred
Spaces/Confession- It would be
lovely if you could join with your
parish and diocese for this time of
preparation for Easter

Check out your parish and diocesan
events through their website/social
media pages and through the
Diocese of Derry website/social
media pages www.derrydiocese.org

