

Lenten Resources

- **U.S. Conference of Catholic Bishops**
 - The U.S. Conference of Catholic Bishops has 18 questions and informative answers on the Paschal Triduum.
<http://www.usccb.org/liturgy/triduumquestions.shtml>
 - The site also includes a Lenten calendar. Click on March 19 to find a “Litany for Life to Good St. Joseph.”
<http://www.usccb.org/lent/>
- **Loyola Press, A Jesuit Ministry**
 - Loyola Press, A Jesuit Ministry, has 40 activities and ideas for Lent. The author is a grade 8 religious education teacher. The crafts are beautiful.
<http://www.loyolapress.com/40-ideas-for-40-days.htm>
- **Diocese of Manchester**
 - The Diocese of Manchester has an extensive 15-page packet on the “Guidelines for Lent and Easter 2010.”
<http://www.catholicnh.org/media/files/parish-life/2010LentenGuidelines.pdf>
 - Also included is a “Liturgy Checklist.”
<http://www.catholicnh.org/parish-life/liturgy/liturgy-checklist/>
- ***Our Sunday Visitor***
 - The *Our Sunday Visitor* Web site includes 12 ways to make Holy Week more meaningful.
<http://www.osv.com/Portals/0/images/pdf/HolyWeek2008Poster.pdf>
 - Also included is “The Definitive Guide to Holy Week.”
<http://www.osv.com/tabid/7621/itemid/3564/In-Focus-The-Definitive-Guide-to-Holy-Week.aspx>
- **Archdiocese of Boston**
 - The Archdiocese of Boston has a comprehensive guide to Confession, including a FAQ booklet on the Sacrament of Penance/Reconciliation/Confession.
http://www.thelightisonforyou.org/resources/FrequentlyAskedQuestionsAbouttheSacramentofPenance_TheLightIsOnForYou_RCAB.pdf
 - The main page for “The Light is on for You” has additional resources.
<http://www.thelightisonforyou.org/>

- Stations of the Cross
 - <http://www.usccb.org/nab/stations.shtml>
 - <http://www.ewtn.com/devotionals/Stations/face.htm>
 - http://www.sjvparish.org/SG_StationsFrame.html
- The Pope has an inspiring message for Lent.
 - http://www.vatican.va/holy_father/benedict_xvi/messages/lent/documents/hf_ben-xvi_mes_20091030_lent-2010_en.html

More Resources for Lent

- <http://www.catholic.org/clife/lent/>
- <http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>
- <http://www.americancatholic.org/Features/Lent/faqs.asp>
- <http://www.ewtn.com/faith/lent/index.htm>

Recommendations

- *Death on a Friday Afternoon: Meditations on the Last Words of Jesus from the Cross* by Richard John Neuhaus. ISBN 9780465049332
- *Everyone's Way of the Cross* by Clarence Enzler. ISBN 9780877933380
- *Lent: Year C* by Mark Link, S.J. ISBN 0883473534
- Search the Web for *Stations of the Cross Box*.
- Buy a CD that includes the song "Were You There When They Crucified My Lord?"
- Search the Web for the words to *Stabat Mater*.

A Thought for Lent

Lent can be more than a time of fasting; it can be a season of feasting. We can use Lent to fast from certain things and to feast on others. It is a season in which we can:

Fast from judging others; feast on the Christ dwelling in them.
 Fast from emphasis on differences; feast on the unity of life.
 Fast from apparent darkness; feast on the reality of light.
 Fast from thoughts of illness; feast on the healing power of God.
 Fast from words that pollute; feast on phrases that purify.
 Fast from discontent; feast on gratitude.
 Fast from anger; feast on patience.
 Fast from pessimism; feast on optimism.
 Fast from worry; feast on divine order.
 Fast from complaining; feast on appreciation.
 Fast from negatives; feast on affirmatives.
 Fast from unrelenting pressures; feast on unceasing prayer.
 Fast from hostility; feast on non-resistance.
 Fast from bitterness; feast on forgiveness.
 Fast from self-concern; feast on compassion for others.
 Fast from personal anxiety; feast on eternal truth.
 Fast from discouragements; feast on hope.
 Fast from facts that depress; feast on verities that uplift.
 Fast from lethargy; feast on enthusiasm.
 Fast from thoughts that weaken; feast on promises that inspire.
 Fast from shadows of sorrow; feast on the sunlight of serenity.
 Fast from idle gossip; feast on purposeful silence.
 Fast from problems that overwhelm; feast on prayer that undergirds.

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