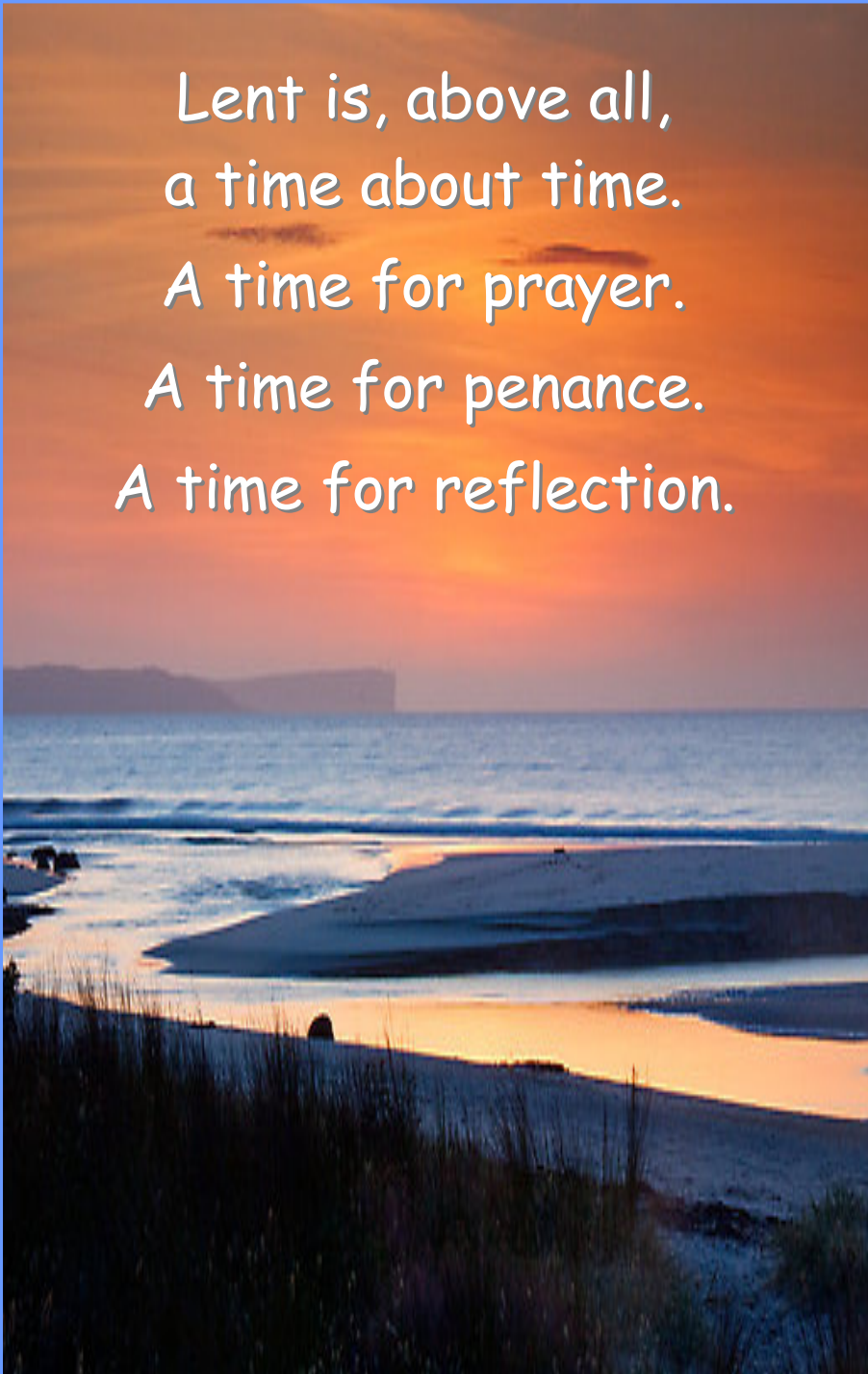
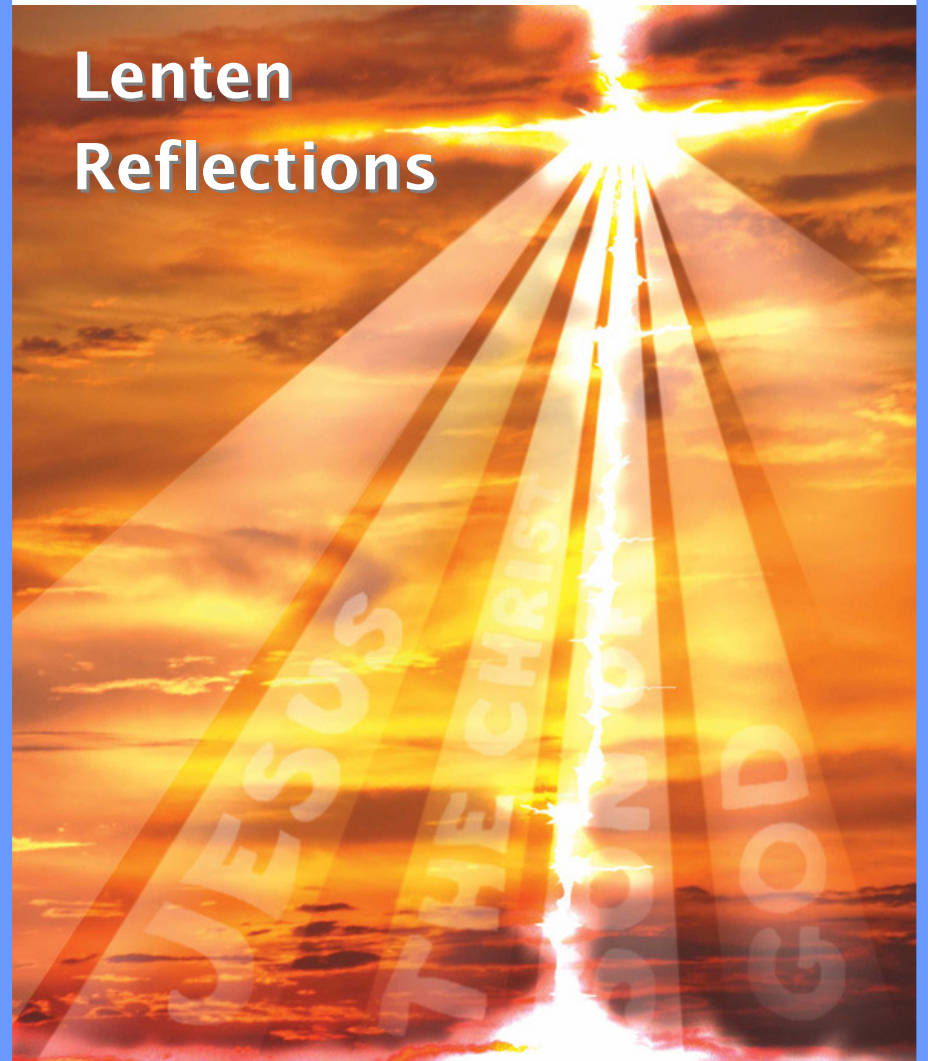


Lent is, above all,
a time about time.
A time for prayer.
A time for penance.
A time for reflection.



ST JOHN BOSCO

Lenten
Reflections



LENT 2010

INTRODUCTION:

We often think of Lent as a time for giving up things, giving things or perhaps doing things. Fasting, almsgiving and good works are all important aspects of Lent but this is not a time about things. Lent is, above all, a time about time. A time for prayer. A time for penance. A time for reflection. God asks us again and again to "Come back to me, with all your heart" but we are often so busy with doing things that we can't hear that call.

This Lent take some time for silence, for prayer and reflection. It can be sitting down, walking or whatever helps to step back from the world a little. Time is our most precious gift and we can use Lent well by remembering that and giving a little of it back to the one who has given it to us. Penance is about turning back to face God, with all our heart. The first step in doing this is prayer and reflection on the gifts we have been given by God, and when we have failed to be grateful for those gifts and use them wisely.

This Lent we have some short reflections in this calendar to help us spend some time thinking about God's gifts to us. Spend a little time with them and perhaps even discuss them with those close to you.

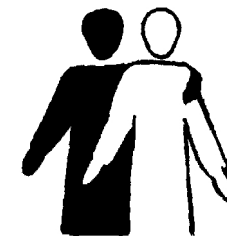


The Fourth Week of Lent (Luke 15:32)

God considers us his children, his family; a good parent will always forgive and love. We don't always recognise the treasure and gifts God has given us.

Reflect on:

How does this parable compare to our own lives and our own generosity of forgiveness and reconciliation? What have you found the hardest challenge: forgiving or seeking forgiveness?



The Fifth Week of Lent (John 8:5)

In this passage from the Gospel, Jesus brings the clarity and understanding which are central to his whole ministry. He shows that laws are there for guidance but should be rooted in justice and, above all, mercy.

Reflect on:

Think of a time when you have judged someone harshly, and when you have felt harshly judged by others. For the men in the Gospel passage, their own failings became a gift to them, allowing them to understand mercy. How easy, or even possible, is it to see our failings and weaknesses as a gift? Perhaps even more challenging, how easy is it to see the failings of others as a gift?

Holy Week (Isaiah 50:5)

These verses are filled with a sense of trust, and defiance in the face of opposition and insult

Reflect on:

What do we learn about discipleship in the reading from Isaiah? Have you ever reached a low point when you have felt rejected or unappreciated and in turning to God have been raised up? Most people at some time in their lives have a personal journey to Calvary. What can we learn from these readings to help us persevere in faithful discipleship?



2010 Lenten Focus

The First Week of Lent (Luke 4:8)

Everything that we are and everything that we have are gifts from God. They are entrusted to us by God, not as possessions, but for use in the service of the Kingdom.

Reflect on:

What are the greatest gifts in your life?
What has stirred a genuine sense of gratitude towards God in you? You might like to think in terms of people, events, special moments...
To what extent are you inclined to take God's gifts for granted?



The Second Week of Lent (Luke 9:33)

Jesus takes Peter, James and John with him, presumably to pray with him on the mountaintop. Occasionally in our own lives something happens and we know that we are on holy ground and in the presence of something – or Someone – way beyond the everyday. Such moments are pure gift. How we respond is our gift to God who has blessed us with these moments.

Reflect on:

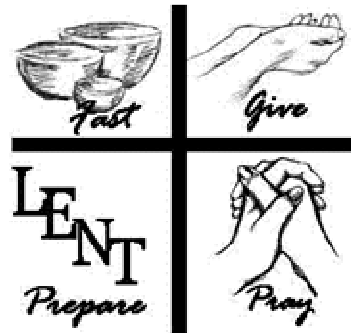
Try to think of an occasion when your participation in the Mass was a personal 'mountaintop experience'. Why was this?
How awake are you when it comes to times of prayer? To the Mass?
How open are you to the gifts that might await you in the encounter with God in prayer?

The Third Week of Lent (Luke 13:7)

Think of an occasion when you have given something or someone a second chance. Often we can be our own most severe critic. When are you harsh with yourself and want to give up? Why?

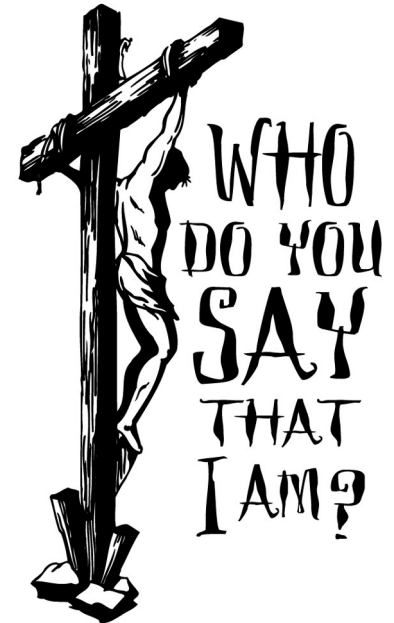
Reflect on:

How and where do you experience God's compassion and love in your own life?
How are you being compassionate and loving this Lent in your use of time, to allow you to pray, fast and to give alms?



Lent 2010 at St John Bosco:

- Follow our Lenten Calendar
- Focus on the Lenten reflections each week
- Support our Lenten Almsgiving
- Join us for Stations of the Cross each Friday at 7pm through Lent
- Attend our Parish Lenten Penitential Service
- Attend the Easter Triduum























LENTEN CALENDAR 2010

We hope that the whole family can get involved with our Lenten Calendar.
With the focus on the "Reflection" theme for this year's Lenten preparation.

LENT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REFLECTIONS REFLECTIONS	REFLECTIONS	<u>Shrove Tuesday</u> 	<u>Ash Wednesday</u>  Our Lenten journey begins	Make your Lenten promise today 	Eat fish today. Attend "Stations of the Cross" 	Don't go out tonight and give the money you have saved to our Lenten charity
21st	<u>1st Sunday in Lent</u> Pray for our RCIA candidates and sponsors	Pray on what this Lent will mean to you and your family	Focus on this week's Lenten Reflection	Give your help today to someone who needs it	Say the "Our Father" today 	CAFOD FAMILY FAST DAY 	Don't use the car today and donate the money you have saved to our Lenten Charity.
28th	<u>2nd Sunday in Lent</u> Read the passage from today's Gospel again	<u>Feast of St David</u> Pray for all those in Haiti	Focus on this week's Lenten Reflection	Do a "Chore" you've been putting off today	Pray for all those who are alone and lonely this Lent 	Eat fish today. Attend "Stations of the Cross" 	Drink only water today and give the money you have saved to our Lenten charity
7th	<u>3rd Sunday in Lent</u> Focus on the words of The Creed today	Try to live simply today 	Focus on this week's Lenten Reflection	How are you doing with your promise you made at the beginning of Lent ?	Say the "Hail Mary" today 	Eat fish today. Attend "Stations of the Cross" 	Donate any loose change you get today to our Lenten Charity
14th	<u>4th Sunday in Lent</u> <u>Mother's Day</u> Ask the Lord to bless all Mothers 	Try to reduce your carbon footprint today! 	Focus on this week's Lenten Reflection	<u>Feast of St Patrick</u> Pray for all missionaries	Pray today for all relatives and friends who have passed away.	<u>Feast of St Joseph</u> Eat fish today. Attend "Stations of the Cross"	Don't have luxuries today and donate the money you have saved to our Lenten Charity 
21st	<u>5th Sunday in Lent</u> Light a candle for Pope Benedict	Pray for all the churches and parishioners in our Pastoral Area	Focus on this week's Lenten Reflection	Examine your conscience in preparation for tomorrow night.	<u>Attend the St John Bosco Penitential Service tonight</u> 	Eat fish today. Attend "Stations of the Cross" 	Donate any loose change you find around the house to our Lenten charity
28th	<u>6th Sunday in Lent</u> <u>Palm Sunday</u> Get a palm at Mass today	Do recycling today 	Focus on this week's Lenten Reflection	Try to clear your mind and focus on the Triduum which starts tomorrow	<u>Holy Thursday</u> Attend Mass of the Last Supper tonight 	<u>Good Friday</u> Attend the Service of the Lord's Passion today	<u>Holy Saturday</u> Attend the Easter Vigil tonight.

