

Some personal resources for Lent 2010.

Day of the week	A possible theme	A local resource or idea	Internet resources
Sunday	Eucharist Sunday Gospel Let us listen for God's Word in our life.	As well as your usual Sunday Mass, take time to be with people of prayer on Sundays in Lent. Visit Glenstal Abbey or a similar place of prayer locally. (Glenstal: For Lent - Sunday talk at 4.30pm, Vespers 6pm with monks)	Glenstal Abbey: http://www.glenstal.org/ Ardfert retreat centre: www.ardfertretreatcentre.ie/ A list of Irish retreat centres: http://www.catholicireland.net/church-in-ireland/retreat-houses
Monday	A new week – Be open to fresh ideas!	Learn something new about your faith today. Ask a question, read a book, listen to a talk... Consider subscribing to one Catholic publication - Africa, The Messenger, Irish Catholic, The Furrow, etc.	Interested in a free 15 minute talk every Monday on a thought-provoking theme. See: www.nostra.ie/news/lol-lent-on-line/ Learn about our faith this Lent at: http://www.usccb.org/lent/ Some articles to read at Catholicireland.net www.catholicireland.net/books-a-media
Tuesday	A new day – Make time for God!	Put 20 minutes aside for God today, and each day during Lent. Walk, talk, pray, be still, be vocal, sing, listen – God is speaking to you!	Prayer, Scripture, Practical ideas etc - on an Irish website - for each day of Lent: www.cilent.ie/2011 For daily prayer based on the Gospel of the Mass today: http://sacredspace.ie/en/lent/ Want a retreat but couldn't possibly 'go away' Consider : http://lent.sacredspace.ie/ Scripture based video www.24-7prayer.com/podcasts/category/spaces

Wednesday	<p>Busy week?</p> <p>Make time for whats important to you!</p>	<p>Make time to eat with family, to visit someone, or to tell someone you love them – even if you are very very busy!!</p>	<p>Lenten activities for children: www.catholicmom.com/kids_lent_activities.htm</p> <p>Lenten butterfly calendar: http://these forty days.blogspot.com/2008/02/project-lenten-calendar.html</p>
Thursday	<p>Mid week – make a conscious choice for the poor</p>	<p>Do one thing today that makes the life of someone who is suffering better.</p> <p>Do one more thing tomorrow.</p>	<p>Trocaire: www.trocaire.org/lent Fairtrade: www.fairtrade.ie/ St Vincent dePaul: www.svp.ie/ Social Justice Ireland: www.socialjustice.ie</p>
Friday	<p>Week's end - a time to let go</p>	<p>Identify what is blocking you from God and give it up.</p> <p>Fasting is not about doing without for its own sake. It is about realising that we are too full, or too preoccupied to live well.</p>	<p>Family fasts – a different perspective: http://wau.org/resources/article/re_a_different_kind_of_fasting/</p> <p>Prayer while fasting: www.usccb.org/nab/fasting.htm</p>
Saturday	<p>Listen for the Holy Spirit out of doors</p>	<p>Find the nearest holy well or outdoor prayer space. Climb to a height and spend time in praise of God for all you see.</p>	<p>This site has details of holy places in limerick diocese, by parish: www.limerickdioceseheritage.org/index.htm</p>

