

Lent

2022



CEIST

Catholic Education
An-Irish Schools Trust



**“Shake off all your sins – it is the Lord who speaks –
and make yourselves a new heart and a new spirit.”
(Ez: 18:31)**

The season of Lent is a time of preparation for Easter. It is an opportunity for us to grow in our awareness of God's presence in our lives. Lent begins on Ash Wednesday.

Ash Wednesday is not a holy day of obligation, and yet it is one of the days during the liturgical year on which very large numbers of people participate in the ceremony of the distribution of ashes.

Ashes were an ancient symbol of repentance; they remind us of our mortality. On this day we recognise our human frailty. When we are marked with ashes we acknowledge our need to change ourselves at a deeper level and our willingness to enter into Lent as a time during which we will strive towards an inner conversion of heart.

The word 'Lent' comes from the Anglo-Saxon word for spring -'lencten' (lengthening). It is a time during which the earth shows signs of change and growth. Lent is a time during which we undertake a spiritual journey lasting six weeks; a time of spiritual growth for ourselves.

The forty days of Lent reflect the traditions of the Scriptures: the forty days of the flood; the forty days during which the Israelites wandered in the desert; the forty days which Jesus spent in the desert after his baptism.

Lent is traditionally the time for those wishing to become members of the Church to prepare for Baptism. In the early Church penitents (those doing public penance for serious sin), together with the rest of the Christian community, accompanied these 'catechumens' in their spiritual journey and prepared themselves to renew their baptismal vows at Easter.

In our Church today those wishing to become Catholics follow the traditions of the early Church by participating in the Rite of Christian Initiation of Adults. We too can journey with them in their preparation for baptism by opening our own hearts and minds to self examination and self discipline during these weeks before Easter.

Liturgy for Ash Wednesday

This time of prayer is an opportunity for all to become aware of the call of Lent and to become aware of the individual commitment they need to make to become more Christ-like.

Leader:

Lord Jesus, gather us.
Gather our thoughts and hearts to you.
You are the source of hope and goodness.
As we come to you, Lord Jesus,
we realise that we have been distracted by many things.
Guide our thoughts, our hearts, our lives as we turn to you this Lent.
We make this prayer through Christ our Lord.



All: Amen.

Scripture Reading: Luke 19

Reader 1: *Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was, but because he was short he could not see over the crowd. So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. All the people saw this and began to mutter, "He has gone to be the guest of a sinner." But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost."*

Leader:

We take a moment to recall the story of Zacchaeus...we recognise his curiosity to see who Jesus was..... and his openness to respond to Jesus' invitation to him..... help us to have the courage to turn to you this Lent.

Our Response is 'We turn to you, O Lord.'

Reader 2: From anger and doubt, we turn to kindness and hope. (R)

Reader 2: From violence, we turn to peace. (R)

Reader 2: From name calling and bad treatment of others, we turn to love one another.(R)

Reader 2: From selfish acts, we turn to generosity of spirit. (R)

Reader 2: From unfairness and prejudice, we turn to justice and equality. (R)

Reader 2: From material wealth, we turn to the riches of your Kingdom. (R)

Reader 2: From popularity contests, we turn to being our real selves. (R)

Distribution of Ashes

Lord,
as we are marked with these ashes,
may we turn away from sin
and grow in faithfulness to your gospel.
Amen



Reflection

Reader 3:

For those who set out again with Christ
and travelled on the pilgrim road with him,
there came a new understanding
that all pilgrims are wounded and wounding creatures
and need constant healing and forgiveness.
And the source of this healing and forgiveness is the Lamb
who takes away the sins of the world
and gives us peace.
With this understanding
there came a new compassion.
And with the compassion
came a realisation
that we are not knights or gallant crusaders
riding up to the doors of heaven.
Ah! No! We are but humble pilgrims supporting one another
along the road trod by Him
who was hurt but who never wounded
except for healing.
And the spirit will lead us to the portals of heaven
on whose doors are written large:
'Welcome home, and forgiveness
to all who, in turn, have forgiven others.'

Frank Fahy

Our Father

Leader: Conscious that we are people who are forgiven by God and called to forgive one another, together we pray the words that Jesus gave us....

Our Father.....

Concluding Prayer

God our Father, You formed us from the dust of the earth
and brought us to new life in Christ through the waters of Baptism.
We ask you to change our hearts as we journey through these 40 days of Lent.
Help us to see Jesus in everything we meet and to serve him in all persons,
especially the poor the sick and the lonely.
By your grace may our prayers and sacrifices this Lent
help us to grow closer to each other and to you
as one family in Jesus
We make our prayer through Christ our Lord
Amen.



**First week of Lent:
(Matt. 6:7-15)**



Jesus said to his disciples:

“In your prayers do not babble as the pagans do for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you would pray like this:

***Our Father in heaven,
May your name be held holy,
your kingdom come,
your will be done’
on earth as in heaven.***

***Give us today our daily bread.
And forgive us our debts,
As we forgive those who are in debt to us.
And do not put us to the test,
But save us from the evil one.***

Yes, if you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either”.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Leader:

Take a few moments to ask: How have I encountered Christ today?
In someone I met? In something I read? In a book or in nature, or
in art?

Now consider how have I caused Christ to be encountered by others?
Give thanks!

Reflection



Lent is a time to learn to travel light,
to clear the clutter
from our crowded lives,
and find a space, a desert.

Deserts are bleak:
no creature comforts,
only a vast expanse of
stillness, sharpening awareness of
ourselves and God.

Uncomfortable places, deserts.
Most of the time we're tempted to
avoid them, find good reason to
live lives of ease, cushioned by
noise from self-discovery.
Clutching at world's success to
stave off fear,

but if we dare to trust the silence
to strip away our false security,
God can begin to grow his
wholeness in us
fill up our emptiness,
destroy our fears,
give us new vision,
courage for the journey
and make our desert blossom like a
rose.

By Ann Lewin



Second week of Lent

(Luke 6:36-38)

Jesus said to his disciples:

“Be compassionate as your Father is compassionate. Do not judge and you will not be judged yourselves; do not condemn and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back”.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer of the Faithful

The response to our petitions is ***Create in us a clean heart, O God.***

- For the courage to grow in faithfulness to your Gospel...(R)
- For the courage to be instruments of change.....(R)
- For all who experience exclusion.....(R)
- For those whose lives are marred by injustice.....(R)
- For the places of war and conflict in our world.....(R)

Leader: Mindful of the God, who calls us to live lives of justice and peace, together we say, ***Our Father.....***



Third Week of Lent **(Luke 18:9-14)**

Jesus spoke the following parable to some people who prided themselves on being virtuous and despised everyone else.

“Two men went up to the Temple to pray, one a Pharisee the other a tax collector. The Pharisee stood there and said this prayer to himself, ‘I thank you, God, that I am not grasping, unjust, adulterous like the rest of mankind, and particularly that I am not like this tax collector here, I fast twice a week; I pay tithes on all I get’. The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, ‘God be merciful to me, a sinner’. This man, I tell you, went home again at rights with God; the other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Leader:

***Living God, when we close our hearts
to the gift of your word,
we end up closing our hearts
to the gift of our sisters and brothers.
Open our hearts this Lent that we might hear your word
and live its invitation of love in our lives.
Amen***

Turn away from sin and be faithful to the gospel.

[Mark 1:15]



Fourth Week of Lent

(John 7:25. 28-30)

Some of the people of Jerusalem were saying, "Isn't this the man they want to kill? And here he is speaking freely and they have nothing to say to him!"

Then as Jesus taught in the Temple, he cried out:

"Yes you know me and you know where I have come from. Yet I have not come of myself: no, there is one who sent me and I really come from him; and you do not know him, but I know him because I have come from him, and it was he who sent me".

They would have arrested him then. But because his time had not yet come no one laid a hand on him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Leader:

***Loving God,
you send me to serve the needs of others.***

***May I recognise your Presence in the people I meet today ...
my family and co-workers, neighbours, and friends,
all who cross my path.***

***May I notice your Presence
in the different moments of my day,
the usual daily tasks and the unexpected phone call or the
chance encounter, and the frustrating tasks.***

***May I be encouraged and strengthened by your Presence
in each and every moment.***

Amen

Remember, man, that you are dust and to dust you will return
[Genesis 3:19]



Fifth Week of Lent

(John 3:16-17)

Jesus told Nicodemus: “God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die. God did not send his Son into the world to judge its people. He sent him to save them!”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Reflection

***A child, a woman and a man
are people dear and close to me:
a name, a smile, a voice I know,
a hand I touch, a face I see.
Yet more than I can see and know,
my saviour knows and fully loves
that very woman, child and man.***

***A child, a woman and a man
are people in a foreign land,
whose word I doubt, whose hopes I fear,
whose ways I cannot understand,
and yet I need to feel and know
how Christ our Saviour knows and loves
that very woman, child and man.***

***Enlarge our vision, as you can,
until we see, confess, condemn,
more than the evil others do,
the evils we might do to them.
Renew and cleanse our inmost heart
until we are looking through your eyes
at every woman, child and man.***

Brian Wren

Praying in Lent 2022

These prayers could be used as part of any liturgy held during Lent in your school.



Prayer of Thanksgiving

For the beauty of creation, planet, animals, vegetation, flora and fauna, humans.....
for your relationships,
for the gift of belonging to your faith community/parish,
for all those who served the country during the pandemic
for all those throughout the world who brought their expertise together to create the vaccine
for the gift of nature and creation as a teacher
for the yearning for life, the resilience against the odds,
for the compost which gives new life in its dying,
for surviving the Pandemic.

Prayer for Equality

Lord Jesus Christ,
in your ministry you were approached by people
of many different nations and cultures.
You listened to their cry for help,
treated them with love and compassion,
and brought them healing and wholeness.
In our own time may we provide to all those who are suffer
the help that they need and the care that they require.
May we respond to the invitation of the Holy Spirit
to dream of a world made new where the poor are not forgotten
but are given the opportunity to live and flourish with good health and equal prospects.
We ask this in the name of Jesus the Lord. Amen.

Prayers of Petition

- For those who have suffered most due to the Coronavirus pandemic,
- For those who are suffering today due to the climate crisis.
- For the parts of the world still suffering from high levels of the virus
- For those who are suffering today due to war and famine



Laudato si Prayer

All-powerful God, you are present in the whole universe
and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love,
that we may protect life and beauty.

Fill us with peace, that we may live
as brothers and sisters, harming no one.

O God of the poor,

help us to rescue the abandoned and forgotten of this earth, so precious in your
eyes.

Bring healing to our lives,

that we may protect the world and not prey on it,

that we may sow beauty, not pollution and destruction.

Touch the hearts

of those who look only for gain

at the expense of the poor and the earth.

Teach us to discover the worth of each thing,

to be filled with awe and contemplation,

to recognize that we are profoundly united

with every creature as we journey towards your infinite light.

We thank you for being with us each day.

Encourage us, we pray, in our struggle

for justice, love and peace.

Pope Francis

Daily Lenten Prayer

Today Lord, I choose life,

I choose your love and the challenge to live it and share it,

I choose hope, even in moments of darkness,

I choose faith, accepting you as Lord and God,

I choose to let go of some part of my burdens,

day by day handing them over to you,

I choose to take hold of your strength and power ever more deeply in my life.

May this truly be for me a time of new life, of change, challenge and growth.

May I come to Easter with a heart open to dying with you

and rising to your new life, day by day.

Amen