



## CELEBRATING LENT IN LOCKDOWN

Lent @ Home

Resources to support Prayer at Home

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In addition to these resources, we encourage you to stay in touch with your parish who may be offering private prayer and streamed Masses. There are several resources for 'Church at Home' on the diocesan website [here](https://www.dioceseofsalford.org.uk/covid-19-online-resources/). <https://www.dioceseofsalford.org.uk/covid-19-online-resources/>

If you are reading a printed version, all the resources for Celebrating Lent in Lockdown, can be found using the following link:

<https://www.dioceseofsalford.org.uk/lent-in-lockdown-resources/>

# PASTORAL LETTER FROM BISHOP JOHN

My dear brothers and sisters,

I certainly had hoped that this letter would not need to be written and that by Lent 2021 we would have returned to free access to our churches which could fill to capacity and have no need for special sanitising and social distancing. I had thought we might be free of face masks and at liberty to talk together as we left church. That is not to be so. It is possible that some restrictions may be lifted during Lent, but some will undoubtedly remain. We must accept the circumstances in which we find ourselves and establish guidelines and encouragement for the Season of Lent, while keeping one another safe.

There is no doubt that the sense of celebrating “Church at Home” has appealed to many people during this past year and borne fruit for a more personal spirituality, without losing the sense of the parish community. If our personal prayer is strengthened during this difficult time, the sense of community can be the stronger as we emerge from lockdown and other restrictions. I remain very grateful for all the initiatives taken to maintain good contact and communication, especially with the housebound and isolated members of our communities.

There are the three signposts for our attention during Lent: Prayer, Fasting and Almsgiving. These are themes for self-examination. Can they be the means for challenging ourselves, particularly in the experience of the Covid-pandemic, for re-setting our priorities, and stimulating action and change?

I am preparing videos to be available during Lent on each of these themes by which I would hope to invite you to review your own personal understanding and response to each one.

## **Prayer:**

I would like to encourage a sense of freedom in prayer. We have, of course, our important formula prayers such as the Our Father and Hail Mary, and all the prayers of our liturgies, but I wonder how free people feel about prayer as a conversation, a chat, with God or with the saints? I wonder, too, how we feel about where we pray? Do we realise that we can effectively pray at home, in the street, at our workplace? Prayer does not have to be in church. We can talk to God in prayer at anytime, anywhere. There are lots of resources online these days, for example Pray as You Go, which can help us to pray on the way to work or when out walking or in a quiet place at home. You can find the website easily enough; PRAY AS YOU GO ([www.pray-as-you-go.org](http://www.pray-as-you-go.org))

## **Fasting:**

Fasting has its role in all the major world religions. It promotes a sense of self-discipline and can be a means by which we prepare for prayer or some form of spiritual exercise. In our own context, living as we do in one of the most prosperous countries in the world, we might employ fasting to recognise just how much we have in comparison to so many of our brothers and sisters. Please remember the CAFOD Family Fast Day this year on Friday 26<sup>th</sup> February. Even if you cannot pick up one of the CAFOD envelopes from church, do please fast in some way and give the money you save to help CAFOD help others. Once again, the CAFOD website is easy to find; ([www.cafod.org.uk](http://www.cafod.org.uk)) - and you might even want to sign up for this year's CAFOD Walk for Water initiative.

## **Almsgiving:**

Our understanding of fasting might well help us to be aware of the increasing disparity between the rich and the poor in our world. Even in our advanced technological age we are failing to care for one another, and we see the rich getting richer and the poor poorer. 1% of the world's population has 50% of the world's wealth. There can be no justification for that, especially when so many people in that 99% live in abject poverty, dying of starvation. Almsgiving helps us to begin to right this wrong. It is not a matter of us being generous to those in need but beginning to tip the balance in the right direction. We need to recognise also that we do not have to look to the distance to acknowledge poverty, it is very evident in the streets of our

own cities and towns. In this year dedicated to St. Joseph, I commend to you the work of Caritas Diocese of Salford, known to many of you from your school days as St. Joseph's Penny. If you can, simply look online for Caritas Salford ([www.caritassalford.org.uk](http://www.caritassalford.org.uk))

If you do not have access to the internet, I hope the information about these suggestions will be printed in your parish newsletters or available in church. They are only suggestions - there are many ways of making this Lent holy.

Some of our churches are closed at this time and may remain so for some weeks to come. Ash Wednesday will be celebrated in some of our churches and the ashes will be sprinkled on our heads rather than marked on our foreheads. Careful consideration will be given to the way that we may be able to celebrate Holy Week so please watch for news about your local church. There remains no obligation to attend Mass at this time, but you are welcome to live-stream one of the many Masses being celebrated in the Diocese and beyond. I hope that you will be able to sense the importance of the Season of Lent for yourselves and see how God is at work in your lives, even - and particularly - in these strangest of times.

Lent, of course, means springtime. The new life is beginning to break through the soil all around us. May we, after all these months, prepare to celebrate the new life of Easter.

Lent must be different this year because of the pandemic and the restrictions imposed on our ability to meet together. Let us take the opportunity to consider Prayer, Fasting and Almsgiving in a new way and give time to the challenges that these present to each one of us.

And throughout Lent we pray "Stay with us, Lord, on our Journey".

God bless you all,

+John

Bishop of Salford



Below is a link for the sound recording.

<https://soundcloud.com/salford-diocese/pastoral-letter-for-beginning-of-lent-2021>





# PRAYERS

## *A Prayer for Lenten Grace*

Loving God,

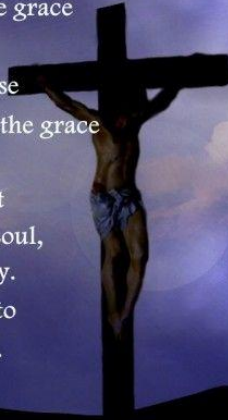
During the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity.

May this season be grace-filled time to rekindle my love for and faith in you.

*Amen.*



www.ShareCatholic.com

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self restraint. Amen

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Amen

O God, who has commanded us to listen to your beloved Son, be please, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory Amen.

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy, Amen.

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith that Christian people may hasten toward the solemn celebrations to come. Amen.

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. Amen

## *A Prayer for Lenten Simplicity*

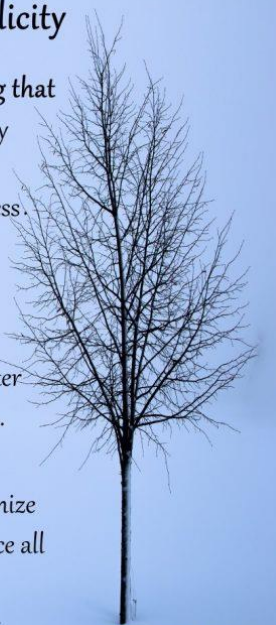
Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness.

Cleanse me of thoughts filled with anger envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and stronger compassion.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

In your sacred name, I pray. Amen.



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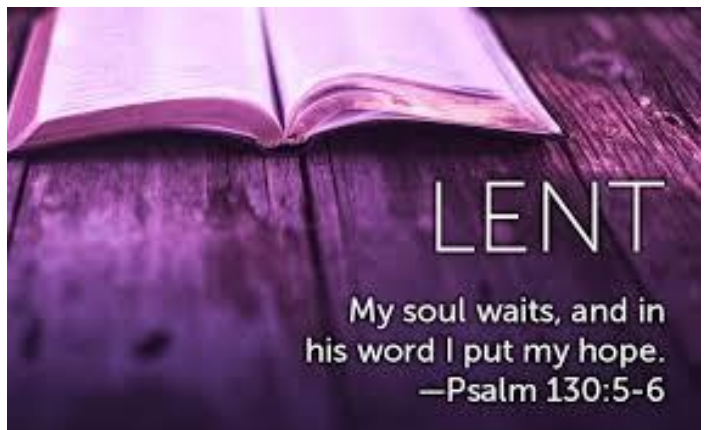
God, I pray for my prayer life to become vibrant and strong in this season of Lent. I pray that Your voice, even though a whisper, would ring loud and true in my life.

I pray for the courage and boldness to follow wherever You lead me, to love and serve whomever and however You invite me.

*Amen.*



Share Catholic  
www.ShareCatholic.com



## SCRIPTURE

*The Youth Team will provide a 'One Minute Word' each Sunday  
[here](#) (Youth Facebook) and [here](#) (Youth Instagram)*

Sunday 21<sup>st</sup> February

Mark 1:12-15

*Jesus was tempted by Satan, and the angels looked after him*

Sunday 28<sup>th</sup> February

Mark 9: 2-10

*This is my Son, the Beloved*

Sunday 7<sup>th</sup> March

John 2:13-25

*Destroy this sanctuary and in three days I will raise it up*

Sunday 14<sup>th</sup> March

John 3: 14-21

*God sent his Son so that through him the world might be saved*

Sunday 21<sup>st</sup> March

John 12: 20-33

*If a grain of wheat falls on the ground and dies, it yields a rich harvest*

Lord  
JESUS  
have  
mercy  
on me  
a sinner

### The Lord's Day at Home

For those still at home and not attending Mass, the Liturgy Office has prepared a sheet called 'The Lord's Day at Home', based on the Sunday Scriptures, so that you can pray on your own or with your family. It is particularly aimed at those not able to follow a Mass on the internet. The sheets are available [here](https://www.dioceseofsalford.org.uk/news/covid19/lordsdayathome/) (<https://www.dioceseofsalford.org.uk/news/covid19/lordsdayathome/> )



# RESOURCES FOR INDIVIDUALS

Lent in Isolation - [You can access last year's videos using this link](#), which may prove useful in finding a few moments of peace and reflection.

You can find some Lent resources [from Loyola Press here](#)

You can join the Bible Society's *Lent Encounter course* [for 40 days by clicking here.](#)

Dynamic Catholic have produced a resource called *The Best Lent Ever* [which you can access here.](#)

Sr Brenda (Salford Cathedral) has written a series of reflections which can be found using the link below

[Reflection One - A Spiritual Springtime](#)

[Reflection Two - The Joy of Lent](#)

[Reflection Three - Passion for Jesus](#)

[Reflection Four - Holy Thursday](#)

[Reflection Five - He is Risen](#)



## Knowing Jesus: Lent Online Retreat 2021

Walk with us through Lent and Easter and really come to understand and love Jesus. We will ponder Gospel stories, reflect on their meaning and see how startlingly relevant Jesus is to living a truly human life in the 21st Century.

Follow the retreat online, and sign up to an online group (places limited):

<https://www.onlineprayer.net/>

Registration to lead Lent Groups is also still open - link on the above page.

Tim Muldoon writes that, "Life in Christ demands the same kind of vigilance, preparation, and training that a person undertakes as an athlete."

This Lent, become a spiritual athlete and join Tim for *The Ignatian Workout for Lent*. Each Monday he'll share audio reflections accompanied by suggestions for prayer and action. Based on the [book of the same name](#), the online retreat begins the week of Ash Wednesday and continues through Easter Week

<https://www.ignatianspirituality.com/lent/the-ignatian-workout-for-lent-an-online-retreat/>

Sign up to receive daily emails during Lent and additional resources:

<http://eepurl.com/hnlXAn>

## [Universalis Office of Readings](#)

(<https://universalis.com/readings.htm>)




# ENVIROLENT

DIocese of Salford


## ENVIROLENT: REDUCE

When thinking about this theme, Reduce, consider whether as an individual or parish community you can weave this thinking into a year-round approach which will help us all to care for our common home.



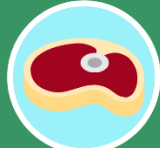
**REDUCE ELECTRICITY**

Curb your emissions by switching off lights and not leaving electricals on standby. Could your parish install solar panels to help fuel your church?




**REDUCE TRAVEL**

This year our travel has naturally reduced because of the pandemic. Consider, as we move out of this time, how you can continue to reduce the amount of carbon you produce through travelling.



**REDUCE MEAT**

Reduce the amount of meat in your diet. It's okay if you don't want to give up completely but it's always good to try new things and see what you can replace with a tasty vegetarian alternative.



**REDUCE CONSUMPTION**

Do you ever find yourself thoughtlessly buying new things or eager for the newest technology? Take a moment to step back and consider the journey your purchase has been on before reaching the shop floor. Consider alternatives like buying secondhand.

### PARISH FOCUS

#### OUR LADY OF GRACE, PRESTWICH

At Our Lady of Grace, Prestwich, the parish community are each month focusing on one aspect of sustainability and care for Creation.

Parishioners have thought about their use of water, how to have a more sustainable Christmas and how to live with less plastic, particularly single use plastic. In the months to come, they will focus on re-using items and improving their recycling habits.

**ACT**

Why not create a virtual Laudato Si' group in your parish? Start by gathering a few passionate parishioners and encouraging small change within your community. Change begins when we work together, and our individual actions quickly add up.

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## ENVIROLENT: REUSE

In Laudato Si', Pope Francis talks about what he calls a 'throwaway culture' which is leaving our earth looking as if it is "an immense pile of filth". Let us take Pope Francis's words to heart and try to reduce, as with last week, and begin to reuse the things we do have.



**REUSE: REPAIR**

Could you host a repair cafe in your parish? Or could your parish craft group help by donating an afternoon to repairing clothes for a charity donation?



**REUSE: SHARE**

Instead of throwing something away, think could I share my belongings, tools, books or clothes with others in my community?



**REUSE: SWAP**

Grab your clothes and host an online swap shop in your parish. That way, you're getting the joy of something new without overwhelming yourself with new belongings and increasing your carbon footprint.

### WHAT CAN YOU DO?

#### MAKE SOME ECOBRICKS

An eobrick is a building block made entirely from unrecyclable plastic. It's created by filling a plastic bottle with clean, dry plastic until it's packed tightly and can be used as a building block.

The plastic in an eobrick is very durable and will never break down, making it an ideal building material.

Parishioners from St Mary's, Brownedge, have created more than 500 eobricks which they have donated to the Laudato Si' Centre at Wardley Hall. There, they have been transformed into raised beds.

**HOW?**

At St Mary's and St Gerard's they distribute empty 2L milk bottles at the end of Mass and when they are full of compressed single-use plastic the parishioners return them. The bricks are filled with crisp bags, cling film, food wrappers - anything that would have otherwise gone into a landfill. The aim should be for each brick to weigh roughly 150g.

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## ENVIROLENT: RECYCLE

Over the last two weeks, we have focused on reducing and reusing in our lives. This week, we move our focus to recycling. Recycling is a symptom of a problem, so while it's important to do, we must make every effort to reduce our need to recycle.



**RECYCLE: LEARN**

Each local authority differs in the things it can recycle meaning that some things that look as if they can be recycled can't always be. Get to know what you can and can't recycle and make a special effort to ensure you minimise the things you can't, and recycle the things you can.



**RECYCLE: PREPARE**

Think about how much waste your lunch produces and try to be more eco-friendly. Tin foil and cling film all go to waste. Could you carry your food in a sustainable lunch box? Equally, save money by making your own lunch, ditching the plastic packing we so often see in shops.



**RECYCLE: DONATE**

It's easy to become attached to the things we own. When we go to replace things, how about considering donating our old belongings to charity shop and helping others in need? Alternatively, see if your local homeless shelter requires any donations.

**COULD YOU BECOME A FAIRTRADE PARISH?**

- The Fairtrade system currently works with over 1.65 million farmers and workers.
- There are over 4,500 Fairtrade products available to buy in shops in the UK.
- One in three bananas bought are Fairtrade.

Fairtrade protects farmers, workers and the environment. Next time you do your food shop, take a minute to decide whether you can buy Fairtrade.

**FAIRTRADE FOCUS**

**HAPPINESS MEANS KNOWING HOW TO LIMIT SOME NEEDS WHICH ONLY DIMINISH US, AND BEING OPEN TO THE MANY DIFFERENT POSSIBILITIES WHICH LIFE CAN OFFER**

POPE FRANCIS

DIocese of Salford

## ENVIROLENT: REWILD

We're lucky in our diocese to not be too far from green and nature at any one time. Rewilding is about being able to reconnect with nature, about wildlife returning and habitats expanding. Rewilding our local area and restoring nature can help to decarbonise the UK.



**COMPOST YOUR WASTE**

It's good for your garden and for the environment, helping to feed microorganisms and save water. You can compost all sorts of things to stop them going to landfill.



**GROW IN YOUR PARISH**

How about trying to grow your own fruit and vegetables? If you don't have much space, you could use a window box. Help your parish become more green-fingered and create a gardening group to help local biodiversity.



**SPOT LOCAL WILDLIFE**

Simply count the amount of birds, butterflies or hogs you see from the comfort of your back garden and help researchers to gain an amazing insight into Britain's natural world by taking part in an online nature survey.

**A WILDFLOWER HAVEN**

**ST JOHN FISHER, DENTON**

At St Mary and St John Fisher, Denton, the Green Working Group were inspired to act after hearing the message of Laudato Si'. After using their monthly Friday Holy Hour to reflect and pray on the message and the issue of climate change, their journey to a sustainably protected area was enabled by the parish's message.

As part of their parish activities they have converted a lawn into a wildflower garden, and taken part in Denton Carnival, where banners about protecting our weather have helped to spread the message. Hope for the future seems to have been getting involved. As they progress on their journey, parishioners are looking at how eco-indicators become a priority for the local community.


**ACT**

Try to reconnect with nature, whether it's by going for a walk, doing some gardening or simply opening the windows for some fresh air.

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## ENVIROLENT: RECLAIM

Over the last few weeks we have focused on four different Rs: reduce, reuse, recycle and rewild. The final R is to reclaim. To reclaim our future, to stand up for our planet and to protect our children and grandchildren by making a change and rooting all of our efforts in prayer.




**RECLAIM YOUR VOICE**

Campaigning can be done from your own home! You could write to your MP or sign a petition. As well as this, start a conversation with a friend or neighbour about how together, we can tackle climate change.



**RECLAIM TIME FOR PRAYER**

As Catholics, we have a moral obligation to tackle climate change. Our actions should all be rooted in prayer, to offer us a hopeful and empowering outlook which can inspire others to follow our lead.



**RECLAIM YOUR GREEN SPACES**

Find somewhere nice to sit and appreciate the things that are around us. Maybe you could walk to work, walk to Church or spend your lunchtime getting back in touch with nature and the beauty we have all around us.

**BECAUSE ALL CREATURES ARE CONNECTED, EACH MUST BE CHERISHED WITH LOVE AND RESPECT, FOR ALL OF US AS LIVING CREATURES ARE DEPENDENT ON ONE ANOTHER**

POPE FRANCIS

**REDUCE • REUSE • RECYCLE • REWILD • RECLAIM**

Please note: the above suggestions should be carried out in accordance with the government's guidelines on social distancing.



# LENT AT HOME 2021

This year's Lent will be very different from any we have experienced. For most of us, it will be something we do at home, rather than in church or school. We will each need to find ways of marking this Season that suit our own situation. Hopefully this little "journal" will help you focus on YOUR Lent, and count the days of this special Season of growth and renewal.

## Lent is all about Baptism

If you were asked "What is Lent all about?" the answers might vary: it's about giving something up, it's about Jesus' death on the cross, it's about preparing for Easter. Would you be surprised to be told it's all about baptism?

In the history of the Church Lent began as a special time for catechumens – those who were in the final weeks of their journey to baptism at the Easter Vigil: it was called "The Period of Purification and Enlightenment" (a title restored in the Rite of Christian Initiation of Adults), and in these few weeks the catechumens would receive instruction and celebrate certain ceremonies – such as the presentation of the creed, anointings and special blessings called "scrutinies". This was all to get ready for the moment when, at the Easter Vigil on Holy Saturday night, they would be baptized and begin their new life in the Church.

Why baptize at Easter though? Because baptism is about death and resurrection! Seriously! It is the way in which we become part of Jesus in his dying (Good Friday) and rising (Easter Sunday). We think of water as being a symbol of life, or of cleansing, but it is also a symbol of death (just think about floods and torrents and shipwrecks!) Being submerged in water (as baptism was done originally) is "going into the tomb with Jesus"; bursting up from the water is "rising from the tomb." So, when could be better than Holy Week to celebrate our death and rebirth in Jesus? For those who have already been baptized (which is most of us!) we can still walk the same pathway through Lent – though for us it is not towards new birth, but to a RENEWAL of our new birth. We start Lent in dust and ashes, in the hot, waterless wilderness with Jesus, but we end it bathing in the clear, sparkling new waters of the Easter Vigil. Easter is, very literally, our new beginning every year, and Lent is the time when we get ready to celebrate that new life.



Renewal and rebirth mean CHANGE: Christian living is about closeness to God, generosity to others, integrity with self. But these things cannot be achieved without action – we have to decide to do something about them every day! This is a challenge, especially when our lives are so full and busy, and when we can find ourselves "running along the tram tracks" of the daily routine—especially during a pandemic. So we have this Season of Lent, which is about stepping out of the routine to learn something about ourselves, and to focus on living more Christian lives. How do we use this season?

## Making the Most of Lent

People sometimes wonder just how many days are in Lent? We always hear about "forty days" of Lent, but if you look at a calendar, you will find that there are actually 46 days between Ash Wednesday and Easter Sunday! The reasons for this are complicated and historical (long ago fasting was forbidden on Sundays, so a few days were added to get back up to 40!) The point of "40 days" are to remind us of Jesus fasting in the desert for that length of time. Rather than counting the days, it's much better to try and stick to the SPIRIT OF THE SEASON. So we don't take "Sundays off", but see the whole Season as a journey through the desert with Jesus.

## Realistic promises

Before Lent starts on Wednesday, make some decisions – promises, if you like. Traditionally we observe Lent in three ways: prayer, fasting and almsgiving. Find a promise in each of these three areas, and WRITE IT DOWN! This helps us stay focused! Then if you can, come and receive the Ashes on Wednesday to ask for God's blessing on your Lenten promises. And then it starts: day by day, keep your promises. If you don't manage it one day, DON'T

GIVE UP! Just think why you didn't keep your promise, say sorry and start again. And when you get to Easter, perhaps your promises will have become good habits that you will decide to keep going!

So, what sort of Lenten promises should you make? The traditional "set" is prayer (giving God time), fasting (giving things up) and almsgiving (giving things away).

## PRAYER: Wasting time with God.

Decide to spend some time each day with God in prayer – even just four or five minutes is enough. Find a quiet place, sit, read a short passage of Scripture (such as on this sheet) and just waste five minutes with God. You don't need to "say prayers" or use special words. It doesn't matter if your mind wanders, as long as you share your thoughts with God! Stick to the time each day, and do it every day! It will get easier the more you do it, and you will feel it doing something to you! Be imaginative too: since you cannot follow the Stations of the Cross in church, why not set up your own Stations at home—perhaps up fourteen stairs, or round the garden, or even just going from room to room, ending at your prayer space.




## FASTING: What to give up?






When you are young, giving up sweets is an easy choice for Lent! But what about some more suitable things as we get older? Lent is not just about giving up chocolate and treats! Could you spend 40 days without: Facebook; Instagram; Twitter; Netflix; Makeup; Chips; Fast food; Cheese; Xbox/PS; A particular TV show; The Internet; using the car one day a week? Perhaps these seem like bigger, more real challenges! Why not try one and use it to LEARN ABOUT YOURSELF and what makes you tick? *Perhaps the best thing to "give up" in Lent is a bad habit: you can always ask loved ones for suggestions!*

## ALMSGIVING: openness to others





Plan your giving! Get an old jam jar, clean it out and label it "Lent Giving", then decide on putting aside a certain amount of money each day/week (whether it's 50p or £50) and then give it away – bring it to Church for the SVP or CAFOD box, donate online to a charity, find a collection tin in a local shop or petrol station. And remember charity isn't just about money – can you give a helping hand to someone you live near or work with? *Can you find one Simple Act of Kindness to do each day? Now there's a challenge that could change the world!*



<p><b>Wednesday 17th February</b> <b>Ash Wednesday</b></p> <p>Saint Paul says: "Do not neglect the grace of God that you have received ... now is the favourable time; this is the day of salvation."</p> <p>We make our promises to God for the Season and receive ashes as a sign that we want to change our lives.</p> <p><i>Put a tick in the boxes below each day as you keep your Lenten promises:</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Thursday 18th February</b> <b>Lent Weekday</b></p> <p>Jesus said "The Son of Man is destined to suffer grievously, to be rejected and to be put to death, and to be raised up on the third day."</p> <p>Jesus knows what he will have to do to save us: as we enter Lent let us make sure we have a sense of direction—where do we want Lent to take us this year?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Friday 19th February</b> <b>Lent Weekday</b></p> <p>Jesus said: "the time will come for the bridegroom to be taken away—and then they will fast."</p> <p>"Giving up" is about realising what we need and what we do not need. Let's pray today that we will be happy to go without.</p> <p><i>Try to pray the Stations of the Cross today</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Saturday 20th February</b> <b>Lent Weekday</b></p> <p>Jesus said "It is not those who are well who need the doctor, but the sick. I have come to call sinners to repentance."</p> <p>As we think about our lives, how honest are we about our sins, our faults, our failings? Find time to examine your conscience today.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Sunday 21st February</b> <b>FIRST SUNDAY OF LENT</b></p> <p>Jesus said "Repent and believe the Good News!"</p> <p>Jesus faces temptations in the wilderness and says "No". What are our temptations? How do we say "No"? How do we help each other face up to temptations?</p>  <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Monday 22nd February</b> <b>THE CHAIR OF SAINT PETER, APOSTLE</b></p> <p>Jesus said: "You are Peter, and on this rock I will build my Church. An the gates of the underworld can never hold out against it."</p> <p>Today we celebrate the authority of Saint Peter and his successors: pray for Pope Francis today.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Tuesday 23rd February</b> <b>Saint Polycarp, Bishop &amp; Martyr</b></p> <p>Jesus said: "Pray like this: Our Father in heaven, may your name be held holy."</p> <p>Today let us think about our prayer and how much time and effort we put into it—try to say the Our Father at least once.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Wednesday 24th February</b> <b>Lent Weekday</b></p> <p>"Have mercy on me, God, in your kindness. A humbled, contrite heart you will not spurn."</p> <p>Today let us look closely at our lives, and see if there are things that demand contrition—if we have said or done things for which we should be sorry.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Thursday 25th February</b> <b>Lent Weekday</b></p>  <p>Jesus said: "Ask, and it will be given to you; search and you will find; knock and the door will be opened to you."</p> <p>How persistent, trusting and loving is our prayer to our Father?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Friday 26th February</b> <b>Lent Weekday</b></p> <p>Jesus said: "If your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven."</p> <p><i>Today is CAFOD Lent Fast Day: we let our "going without" help others who have no choice. Save some money today, and donate it to CAFOD at Church or online.</i></p> <p><i>Try to pray the Stations of the Cross today</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Saturday 27th February</b> <b>Lent Weekday</b></p> <p>Jesus said: "Love your enemies and pray for those who persecute you. You must be perfect just as your heavenly Father is perfect."</p> <p>Is there someone we dislike—at work or school or in our street? Today is a day to pray for them, and even to reach out in kindness in obedience to the command of Jesus.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Sunday 28th February</b> <b>SECOND SUNDAY OF LENT</b></p>  <p>"In their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them."</p> <p>We hear how Jesus was transfigured—a promise that after darkness and suffering will come glory and light!</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Monday 1st March</b> <b>Saint David, Bishop, Patron of Wales</b></p> <p>Jesus says: "You are the light of the world. A city built on a hill top cannot be hidden."</p> <p>Saint David was a light to the people of Wales, bringing them to Good News. Can we be a light to someone today?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Tuesday 2nd March</b> <b>Lent Weekday</b></p> <p>Isaiah said "Learn to do good, search for justice, help the oppressed, be just to the orphan, plead for the widow."</p> <p>What can we do today for the vulnerable or needy in our society?</p> <p><i>The Holy Father's Intention for March: that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Wednesday 3rd March</b> <b>Lent Weekday</b></p> <p>Jesus said: "The Son of Man came not to be served, but to serve."</p> <p>How can we put ourselves at the service of someone else today? Do we always put ourselves first?</p> <p><i>Today is World Wildlife Day</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>

<p><b>Thursday 4th March</b> <b>Saint Casimir</b></p> <p>Jesus said: "The rich man said 'If someone comes to them from the dead, they will repent.' Then Abraham said to him, 'If they will not listen either to Moses or to the prophets, they will not be convinced even if someone should rise from the dead.'" Jesus tells the story of the rich man and Lazarus: do we take for granted the good things we enjoy? Do we help the poor when we can?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Friday 5th March</b> <b>Lent Weekday</b></p> <p>Jesus said: "It was the stone rejected by the builders that became the keystone."</p> <p>As we prepare for Good Friday, we think of the persecution of the prophets, which foreshadows the sufferings of Jesus, and all who are persecuted today.</p> <p>Today is Women's World Day of Prayer</p> <p>Try to pray the Stations of the Cross today</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Saturday 6th March</b> <b>Lent Weekday</b></p> <p>The Psalmist says: "The Lord is compassion and love, it is he who forgives all your guilt."</p> <p>How often do we examine our lives in the light of the Gospel?</p>  <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Sunday 7th March</b> <b>THIRD SUNDAY OF LENT</b></p>  <p>Jesus said: "Take all this out of here and stop turning my Father's house into a market!"</p> <p>In clearing the traders out of the Temple Jesus shows that pure religion must not be contaminated by worldly things. We are the Temple of the Spirit: do we need to clear ourselves out this Lent?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Monday 8th March</b> <b>Saint John of God, Religious</b></p> <p>The Psalmist says: "My soul is thirsting for God, the God of my life."</p> <p>How hungry are we for God? Do we fill our lives with other things, and become so stuffed that there is no room for God?</p> <p>Today is International Women's Day</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Tuesday 9th March</b> <b>Saint Frances of Rome, Religious</b></p> <p>Jesus says: "Forgive your brother from your heart."</p> <p>Do we hold onto grudges or the memory of past faults and sins? Is there someone that we need to make peace with? Someone we need to forgive?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Wednesday 10th March</b> <b>Lent Weekday</b></p>  <p>Jesus says: "The one who keeps my commandments is great in the Kingdom of Heaven."</p> <p>What is God asking us to do today? How much do we accept the commandments of God?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Thursday 11th March</b> <b>Lent Weekday</b></p> <p>Jesus said: "Whoever is not with me is against me, and whoever does not gather with me scatters."</p> <p>We must be "with Jesus" in all things: today, ask him to guide the different moments of your day.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Friday 12th March</b> <b>Lent Weekday</b></p> <p>Jesus said: "This is the first commandment—you must love the Lord your God with all your heart. The second is this: You must love your neighbour as yourself."</p> <p>How do we put these commandments into practice every day?</p> <p>Try to pray the Stations of the Cross today</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Saturday 13th March</b> <b>Lent Weekday</b></p> <p>Jesus said: The tax collector stood some distance away, beat his breast and said 'God, be merciful to me, a sinner.' This man went home again at rights with God."</p> <p>How humble are we in our prayers? Do we make demands of God, or trust God's mercy and kindness?</p> <p>Today is the Anniversary of the Election of Pope Francis</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Sunday 14th March</b> <b>FOURTH SUNDAY OF LENT</b> "Laetare Sunday" Mothering Sunday</p>  <p>Jesus said: "God loved the world so much that he gave his only Son."</p> <p>Today we celebrate the immense love of God revealed in Jesus. Let us love in return.</p> <p>Mothering Sunday: a day when we remember mothers, giving gifts to those living and prayers for those who've died.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Monday 15th March</b> <b>Lent Weekday</b></p> <p>Jesus says: "You will not believe unless you see signs and portents!"</p> <p>Do we put God to the test, do we look for signs, or are we willing to trust God completely?</p>  <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Tuesday 16th March</b> <b>Lent Weekday</b></p> <p>The Psalmist says: "The waters of a river give joy to God's city, the holy place where the Most High dwells."</p> <p>At Easter we celebrate baptism. Give thanks for your baptism today, and think about the difference it makes.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Wednesday 17th March</b> <b>Saint Patrick, Bishop, Patron of Ireland</b></p> <p>Jesus said: "Ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember I am sending you out like lambs among wolves."</p> <p>Despite being taken to Ireland as a slave, Patrick returned to preach the Good News of Jesus. Where might we be asked to take that Good News today?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Thursday 18th March</b> <b>Saint Cyril of Jerusalem, Bishop and Doctor of the Church</b></p> <p>Jesus said: "The works my Father has given me to carry out, these same works of mine testify that the Father has sent me."</p> <p>It was by his miracles and acts of kindness that Jesus showed he came from the Father. What acts can we perform today to show our faith?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>



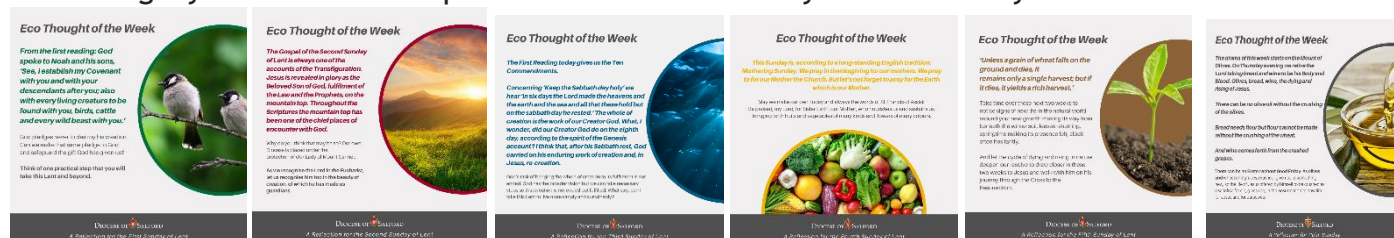
<p><b>Friday 19th March</b> <b>SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY</b></p> <p>The Gospel says: "When Joseph woke up he did what the angel of the Lord had told him to do."</p> <p>Saint Joseph was a good and just man, who put his own life and dreams and wishes in second place in order to help Mary and Jesus. Do we always put ourselves first? <i>Try to pray the Stations of the Cross today</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Saturday 20th March</b> <b>Lent Weekday</b></p> <p>"God is the shield that protects me, who saves the upright of heart."</p> <p>Where do I pin my hopes? On the things of this world or on God?</p> <p><i>Today is the International Day of Happiness</i></p> <p><i>Statues and images in Church are veiled this weekend to show that we are getting close to Holy Week.</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Sunday 21st March</b> <b>FIFTH SUNDAY OF LENT</b></p>  <p>Jesus said: "Now sentence is being passed on this world; and when I am lifted up from the earth I shall draw all people to myself."</p> <p>Jesus is willing to do anything to save us: this Sunday think of what he has done for you.</p> <p><i>Today is World Poetry Day</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Monday 22nd March</b> <b>Lent Weekday</b></p> <p>Jesus says: "I am the light of the world."</p> <p>Are there things in our lives we try to keep in the dark? Are we willing to let Christ shine on every part of our life?</p> <p><i>Today is World Water Day</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Tuesday 23rd March</b> <b>Saint Turibius of Mogrovejo, Bishop</b></p> <p>Jesus said: "When you have lifted up the Son of Man, then you will know that I am He, and that I do nothing of myself; what the Father has taught me is what I preach."</p> <p>Jesus surrendered himself to the will of the Father. How much am I willing to surrender for God?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Wednesday 24th March</b> <b>Lent Weekday</b></p> <p>Jesus says: "I tell you solemnly, everyone who commits sin is a slave."</p> <p>Jesus wants to set us free: have we got bad habits or routines that hold us back from him and his freedom?</p>  <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Thursday 25th March</b> <b>THE ANNUNCIATION OF THE LORD</b></p> <p>Jesus said: "God, here I am! I am coming to obey your will."</p> <p>The cross was not the first sacrifice of Jesus: on this day we celebrate the eternal Word of God sacrificing that eternity to become truly human in the womb of Mary. How can we be like Jesus and Mary, saying "Yes" to God's will for us?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Friday 26th March</b> <b>Lent Weekday</b></p> <p>Jesus said: "I have done many good works for you to see: for which of these are you stoning me?"</p> <p>Pride prevents people from seeing the goodness of Jesus—all they can see is a threat. Are we ever threatened by others? Does pride stop us seeing their goodness?</p> <p><i>Today is the day of prayer for survivors of sexual abuse</i> <i>Try to pray the Stations of the Cross today</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Saturday 27th March</b> <b>Lent Weekday</b></p>  <p>The Psalmist says: "The Lord will guard us as a shepherd guards his flock."</p> <p>Jesus came to gather us together as one family. Are we ever like lost sheep, running away from God?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Sunday 28th March</b> <b>PALM SUNDAY OF THE PASSION OF THE LORD</b></p>  <p>"Hosanna in the highest heavens!"</p> <p>Today we begin Holy Week remembering Jesus' entrance into Jerusalem. We carry palm branches to show that we acclaim Jesus as our King. We then hear the Passion and Death of Jesus as recorded by Saint Mark.</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Monday 29th March</b> <b>Monday in Holy Week</b></p> <p>Even if we are at work or on holiday this week, we should do something each day to make it holy! Think about these words today:</p> <p>"I, the Lord, have called you to serve the cause of right."</p> <p>What can I do today to serve justice, fairness the cause of right?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>Tuesday 30th March</b> <b>Tuesday in Holy Week</b></p> <p>Make this a holy day by a prayer, an act of kindness or generosity, and a gesture of selflessness or giving up. Reflect on these words:</p> <p>"I will make you the light to the nations."</p> <p>How can I be a light to others—friends or strangers—today?</p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>
<p><b>Wednesday 31st March</b> <b>Spy Wednesday</b></p> <p>The old name of this day is a reminder of the betrayal of Judas, who arranged to hand Jesus over.</p> <p>"The Lord is coming to my help, who dares condemn me?"</p> <p><i>Lent itself ends today, but tomorrow we enter the Paschal Fast as we walk through the moments of Our Lord's Passion and Death</i></p> <p>PRAY <input type="checkbox"/> FAST <input type="checkbox"/> GIVE <input type="checkbox"/></p>	<p><b>1st April: MAUNDY THURSDAY</b> The Church remember the institution of the Eucharist and the Priesthood, following Jesus' example of service in the washing of his disciples' feet in the EVENING MASS OF THE LORD'S SUPPER</p> <p><b>2nd April: GOOD FRIDAY</b> At 3.00 p.m. in the afternoon, the hour of his death, the Church assembles to hear the story of the Passion and to venerate the cross in the SOLEMN COMMEMORATION OF THE PASSION OF THE LORD</p>	<p><b>3rd April: HOLY SATURDAY</b> After the emptiness of Holy Saturday, when night falls the Church kindles fire, reflects on the Scriptures, blesses water and proclaims the Resurrection of the Lord in the great EASTER VIGIL: baptisms take place and baptismal promises are renewed.</p> <p><b>4th April EASTER SUNDAY</b> The Church joyfully celebrates the MASS OF THE RESURRECTION with the Renewal of Baptism Promises.</p>

The Lent at Home resource can be downloaded here <https://www.dioceseofsalford.org.uk/wp-content/uploads/Lent-Journal-2021.pdf>



# WEEKLY LENTEN ECO THOUGHT

The Department for Formation have produced a weekly Eco-Thought, which we encourage you to reflect upon and share with anyone who may find it useful.



**Blessed are you, Lord, God of ALL CREATION**

**A short Eco-Thought based (usually) on the Sunday Liturgy**

## The First Sunday of Lent 21<sup>st</sup> February 2021

From the first reading: God spoke to Noah and his sons, ‘See, I establish my Covenant with you and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you.’

God pledges never to destroy his creation. Can we make that same pledge to God and safeguard the gift God has given us? Think of one practical step that you will take this Lent and beyond.

## The Second Sunday of Lent 28<sup>th</sup> February 20

The Gospel of the Second Sunday of Lent is always one of the accounts of the Transfiguration. Jesus is revealed in glory as the Beloved Son of God, fulfilment of the Law and the Prophets, on the mountain top. Throughout the Scriptures the mountain top has been one of the chief places of encounter with God. Why do you think that may be so? Our own Diocese is placed under the protection of Our Lady of Mount Carmel.

As we recognise the Lord in the Eucharist, let us recognise him too in the beauty of creation, of which he has made us guardians.

## The Third Sunday of Lent 7<sup>th</sup> March 2021

The First Reading today gives us the Ten Commandments. Concerning ‘Keep the Sabbath day holy’ we hear ‘in six days the Lord made the heavens and the earth and the sea and all that these hold but on the sabbath day he rested.’ The whole of creation is the work of our Creator God. What, I wonder, did our Creator God do on the eighth day, according to the spirit of the Genesis account? I think that, after his Sabbath rest, God carried on his enduring work of creation and, in Jesus, re-creation.

God’s task of bringing the whole of creation to its fulfilment is not ended. God has the broader vision but we can take necessary steps so that creation is not ended but fulfilled. What step can I take this Lent to live more simply and sustainably?

## **The Fourth Sunday of Lent 14<sup>th</sup> March 2021**

Today is, according to a long-standing English tradition, Mothering Sunday. We pray in thanksgiving for our mothers. We pray to for our Mother the Church. But let's not forget to pray for the Earth which is our Mother.

May we make our own today and always the words of St. Francis of Assisi: Be praised, my Lord, for Sister Earth, our Mother, who nourishes us and sustains us, bringing forth fruits and vegetables of many kinds and flowers of many colours.

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## **The Fifth Sunday of Lent 21<sup>st</sup> March 2021**

'Unless a grain of wheat falls on the ground and dies, it remains only a single harvest; but if it dies, it yields a rich harvest.'

Take time over these next two weeks to notice signs of new life in the natural world around you; new growth making its way from beneath the winter soil, leaves returning, springtime making its presence felt, albeit often hesitantly.

And let the cycle of dying and rising in nature deepen our resolve to draw closer in these two weeks to Jesus and walk with him on his journey through the Cross to the Resurrection.

## **Palm Sunday 28<sup>th</sup> March 2021**

The drama of this week starts on the Mount of Olives. On Thursday evening we relive the Lord taking bread and wine to be his Body and Blood. Olives, bread, wine, the dying and rising of Jesus.

There can be no olive oil without the crushing of the olives.

Bread needs flour but flour cannot be made without the crushing of the wheat.


And wine comes forth from the crushed grapes.

There can be no Easter without Good Friday. As olives and wheat and grapes, crushed, give rise to something new, so the life of Jesus offered by himself to be crushed as a sacrifice for sin, gives rise, in the Resurrection to new life for Jesus and for ourselves.



# WHAT IS LENT?

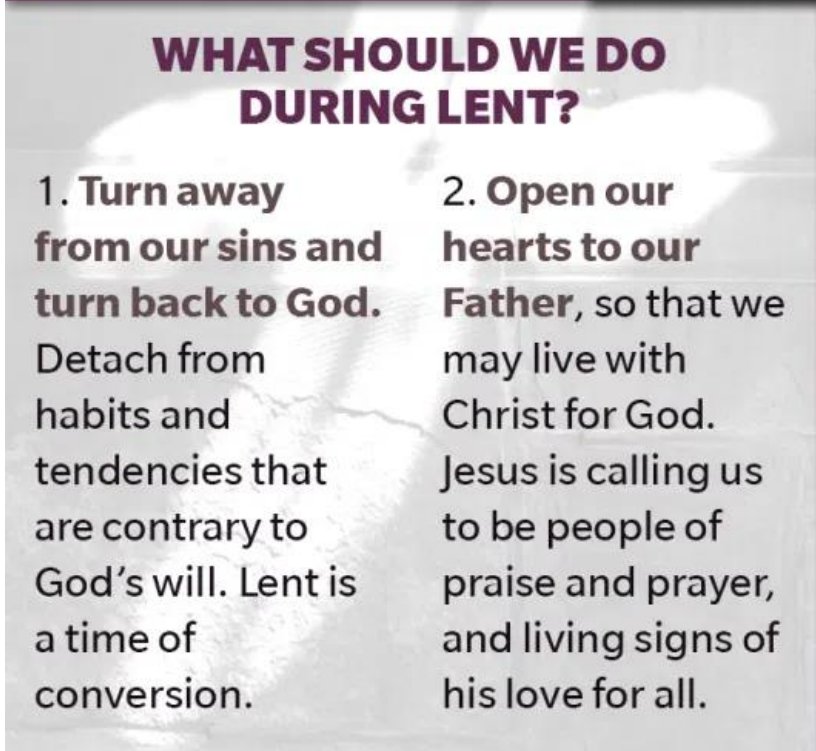
Lent is a time of **prayer** and **penance**, when Christ wants to lead us back to our baptismal promises of **dying to sin** and of **living for God**.



## WHEN IS LENT?

Lent begins on Ash Wednesday and continues until the afternoon of Holy Thursday. It runs for about 40 days.

**WHY 40 DAYS?** The “40 days” (not including Sundays) of fasting, prayer, and penitence before Easter reflect Jesus’ 40 days in the wilderness.



## WHAT SHOULD WE DO DURING LENT?

<p><b>1. Turn away from our sins and turn back to God.</b></p> <p>Detach from habits and tendencies that are contrary to God’s will. Lent is a time of conversion.</p>	<p><b>2. Open our hearts to our Father,</b> so that we may live with Christ for God. Jesus is calling us to be people of praise and prayer, and living signs of his love for all.</p>
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**“This time of fasting opens the gates of heaven to us. Let us welcome it and pray that when Easter comes we may share the joy of the risen Lord.”**

**LENTEN RESPONSORY**

 Archdiocese of Toronto | [www.archtoronto.org](http://www.archtoronto.org)  
🐦 📺 archtoronto

Text from Canadian Conference of Catholic Bishops’ “Living Lent”

Gather some inspiration from The God Who Speaks team [with this list of family activities for Lent](#)

Learn more about Holy Week and the Easter story in this [resource from the God Who Speaks team here](#)

You can find a visual poster for Holy Week which you [can display in your homes by clicking here](#)

You can find school resources, such as Stations of the Cross and Reconciliation Services, [by clicking here](#)



## EVENTS

Find out more about virtual events ongoing in our diocese with the below links.

<https://www.dioceseofsalford.org.uk/news/whats-on/>

### Global Healing

The Laudato Si Animators are hosting a series on Zoom. Bishop John will introduce the series on Thursday 18th February and our own Head of Environment, Dr Emma Gardner, will speak at the event on Thursday 4th March. More information on how to book can be found here

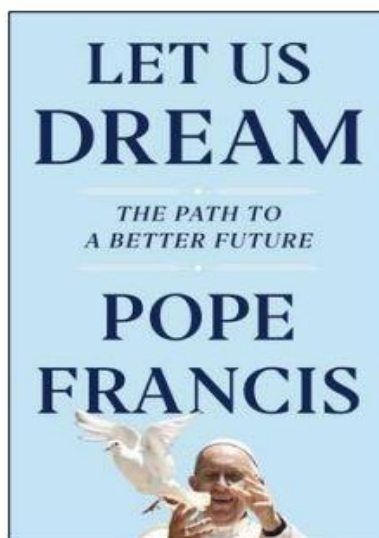
<https://www.dioceseofsalford.org.uk/bishop-john-introduces-global-healing/>

### Diocesan Lent Course



## ‘LET US DREAM’ ONLINE LENT COURSE

Our Lenten Journey with Pope Francis, guided by Austen Ivereigh



Over the Wednesdays of Lent we will explore Pope Francis' book, *Let us Dream*, with the assistance of Austen Ivereigh, who worked closely with Pope Francis on the book.

*Let Us Dream* is the first book by a pope in response to a specific crisis, and offers us Pope Francis's spiritual guidance for humanity in the throes of the Covid crisis, helping us to seize the opportunity for conversion and change — as individuals and as a society.

The course will begin with an Introductory presentation by Austen on Wednesday 24th February at 7pm. Every Wednesday from 3rd March until 31st March we will meet 7pm-8.30pm, again with an opening reflection from Austen, to explore the book in five sections, share our thoughts, ask questions and deepen our understanding of the Lord's call to us, to our Church and world through the teaching of Pope Francis.

This is a wonderful opportunity and the Bishop and Diocese are very grateful to Austen Ivereigh for making this possible.

*Please note, you may benefit from buying Austen's book prior to the event so that you can contribute fully to the discussion, though this isn't compulsory.*

Email [formation@dioceseofsalford.org.uk](mailto:formation@dioceseofsalford.org.uk) to register.

DR AUSTEN IVEREIGH is a British writer, journalist, and Fellow in Contemporary Church History at Campion Hall, University of Oxford. He is author of two biographies of Pope Francis: *The Great Reformer. Francis and the making of a radical pope* (2014) and *Wounded Shepherd. Pope Francis and his struggle to convert the Catholic Church* (2019). During the coronavirus lockdown at Easter 2020 he interviewed Francis for the English-speaking Catholic media on the meaning of the crisis which led to a book with the Pope on his vision for a post-Covid world. *Let Us Dream: The Path to a Better Future. In Conversation with Austen Ivereigh* was published by Simon & Schuster in December 2020 in English and Spanish, and later by publishers across the world in various languages.

Austen lives near Hereford with his wife Linda on a small farm which features in his regular column on ecological regeneration, 'Wild Faith', in *The Tablet*.



<https://www.dioceseofsalford.org.uk/lentcourse/>



## MUSIC

*External links to YouTube*

You were on the cross - <https://www.youtube.com/watch?v=ZCPsZ-Vi6Ck>

Jesus the Lord - <https://www.youtube.com/watch?v=stsbdPY3UDk>

Behold the wood - [https://www.youtube.com/watch?v=mNJKC1v\\_0PU](https://www.youtube.com/watch?v=mNJKC1v_0PU)

Come back to me - [https://www.youtube.com/watch?v=FB0TWvag\\_lc](https://www.youtube.com/watch?v=FB0TWvag_lc)

Be not afraid - <https://www.youtube.com/watch?v=dWpG7qHtB8g>

Eagles wings - <https://www.youtube.com/watch?v=MvpjxfWrjzY>

Lord I need you - <https://www.youtube.com/watch?v=LuvfMDhTyMA>

Servant King - [https://www.youtube.com/watch?v=A0FSZ\\_iSYO8](https://www.youtube.com/watch?v=A0FSZ_iSYO8)

In Christ Alone - [https://www.youtube.com/watch?v=ENtL\\_li4GbE](https://www.youtube.com/watch?v=ENtL_li4GbE)

Stay with me - <https://www.youtube.com/watch?v=zktivkORaeJA>

Lead me to the cross - <https://www.youtube.com/watch?v=StW6ZKHRCFo>

Once Again - [https://www.youtube.com/watch?v=ylqmh\\_Dlu5k](https://www.youtube.com/watch?v=ylqmh_Dlu5k)

My Jesus My Saviour - <https://www.youtube.com/watch?v=mqSQvoinDE4>

## VIDEOS

*External links to YouTube*

Ash Wednesday in 2 minutes - <https://www.youtube.com/watch?v=m3L3c23MfC0>

Holy week in 2 minutes - [https://www.youtube.com/watch?v=HugMM\\_3FfnI](https://www.youtube.com/watch?v=HugMM_3FfnI)

Stations of the cross reflections -

<https://www.youtube.com/watch?v=apAb4HAW3c8&list=PL64578BA118169A75&index=1>



# THE YEAR OF ST JOSEPH

Pope Francis has announced a special year dedicated to St. Joseph starting from 8 December 2020 until 8 December 2021, on the occasion of the 150th anniversary of the proclamation of St. Joseph as the Patron of the Universal Church, as well as the Solemnity of the Immaculate Conception of Our Lady. The Apostolic Penitentiary also issued a decree granting special indulgences for the duration of the special year to celebrate the anniversary and “to perpetuate the entrustment of the whole Church to the powerful patronage of the Custodian of Jesus.” During this period, the faithful will have the opportunity to commit themselves “with prayer and good works, to obtain, with the help of St. Joseph, head of the heavenly Family of Nazareth, comfort and relief from the serious human and social tribulations that besiege the contemporary world today.” You can read more about the ‘Year of St Joseph’ [here](#). Pope Francis encourages each of us to pray this prayer to St Joseph each day.

*Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.*

*Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy, and courage,  
and defend us from every evil. Amen.*



## Litany of St Joseph

Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord, have mercy on us. Christ, hear us.  
*Christ, graciously hear us.*

God the Father of Heaven, *have mercy on us.*  
God the Son, Redeemer of the world, *have mercy on us.*  
God the Holy Ghost, *have mercy on us.*  
Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*  
St. Joseph, *pray for us.*  
Illustrious son of David, *pray for us.*  
Light of patriarchs, *pray for us.*  
Spouse of the Mother of God, *pray for us.*  
Chaste guardian of the Virgin, *pray for us.*  
Foster father of the Son of God, *pray for us.*  
Watchful defender of Christ, *pray for us.*  
Head of the Holy Family, *pray for us.*

Joseph most just, *pray for us.*  
Joseph most chaste, *pray for us.*  
Joseph most prudent, *pray for us.*  
Joseph most valiant, *pray for us.*  
Joseph most obedient, *pray for us.*  
Joseph most faithful, *pray for us.*  
Mirror of patience, *pray for us.*  
Lover of poverty, *pray for us.*  
Model of workmen, *pray for us.*  
Glory of home life, *pray for us.*  
Guardian of virgins, *pray for us.*  
Pillar of families, *pray for us.*  
Solace of the afflicted, *pray for us.*  
Hope of the sick, *pray for us.*  
Patron of the dying, *pray for us.*  
Terror of demons, *pray for us.*  
Protector of Holy Church, *pray for us.*

Lamb of God, Who takes away the sins of the world,  
*Spare us, O Lord!*  
Lamb of God, Who takes away the sins of the world,  
*Graciously hear us, O Lord!*  
Lamb of God, Who takes away the sins of the world,  
*Have mercy on us!*

V. He made him the lord of His household,  
R. *And prince over all His possessions.*

#### *Let Us Pray*

O God, Who in Thine ineffable Providence didst vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

You can view more resources here [yearofstjoseph.org/resources/](http://yearofstjoseph.org/resources/)

**Feast Days - 19<sup>th</sup> March (Saint Joseph, husband of the Blessed Virgin Mary - Solemnity) and 1<sup>st</sup> May (St Joseph the Worker)**

*“I do not remember even now that I have ever asked anything of St. Joseph which he has failed to grant” St. Teresa of Avila*

#### **Recommended reading**

**Consecration to St. Joseph: The Wonders of Our Spiritual Father - Fr Don Calloway -**  
[www.cathedralcentrebooks.com/Consecration-to-St-Joseph-The-Wonders-of-Our-Spiritual-Father\\_9781596144316](http://www.cathedralcentrebooks.com/Consecration-to-St-Joseph-The-Wonders-of-Our-Spiritual-Father_9781596144316)

**With a father heart - Patris Corde - Pope Francis**  
[www.vatican.va/content/francesco/en/apost\\_letters/documents/papa-francesco-lettera-ap\\_20201208\\_patris-corde.html](http://www.vatican.va/content/francesco/en/apost_letters/documents/papa-francesco-lettera-ap_20201208_patris-corde.html)

## Dreaming St Joseph

A few years ago, while visiting the Philippines, Pope Francis wove his love for St. Joseph into an address on prayer and family. Specifically, he spoke about a statue he has on his desk of the Sleeping St. Joseph. From the Gospels, we know that St. Joseph listened to God in his dreams and then rose to act on His will. Pope Francis shared with his audience that he asks St. Joseph to pray for his intentions by writing them down and slipping the paper under the statue of St. Joseph.



You could make your own by following this guide

[www.looktohimandberadiant.com/2017/03/sleeping-st-joseph.html](http://www.looktohimandberadiant.com/2017/03/sleeping-st-joseph.html)

or buy on below.

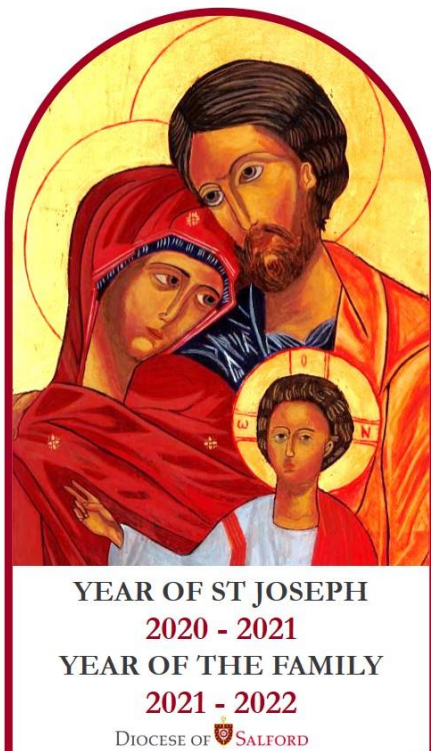
## Sleeping Joseph Card



Triangular Prism with a prayer card from Pope Francis and pieces of paper to write your prayer intentions on to put underneath sleeping Joseph.

Only £1.00 each (plus postage & packaging) from Christian Resources.

Collection by appointment - 38 Kentstone Ave, Heaton Mersey, Stockport, SK4 3RE.  
Call 07982 280 024 or email [annietipper@gmail.com](mailto:annietipper@gmail.com)



To celebrate the fifth anniversary of Pope Francis' apostolic exhortation, *Amoris Laetitia*, on the pastoral care of families, Pope Francis is calling for a Year of the Family from 19<sup>th</sup> March 2021 - 26<sup>th</sup> June 2022. The Church has always taught the importance of the Domestic Church and throughout the year we will be providing resources for families to pray together at home.

Further resources can be found here:

[www.dioceseofsalford.org.uk/faith/hope/home-school-parish/](http://www.dioceseofsalford.org.uk/faith/hope/home-school-parish/)

[www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia.html](http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia.html)





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