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| |  | | --- | | **Prayer Spiral Video** [**https://youtu.be/m9AVPlsi2R4**](https://youtu.be/m9AVPlsi2R4) | |

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| |  | | --- | | [Ignatian Lent: Imaginative Exercises through a Prayer Spiral](http://r20.rs6.net/tn.jsp?f=0015EaMstmLZSYd_Ih5Yo-5WfQt9G3IbmIaq0juTGOz23IQnG0-2IMqK_2UDB-PSvjOGT5VDXWbJVkigQpxi8d0Goy1RWzGSsUwVv00h2XzRZW7kVrEU5IYDntcGqnQ8FrSJ7kyNSgZFibteu7g_3TmfA==&c=OlYX3bfMlrvzRK5JlDesmjG4kRvLcJ2ojp91Imr7kP1b4P5YsjP_ZA==&ch=Y5EAH3MNwLf3CtvYrAtPjql-WVxGxu8FdBsF9q_FHCjhFjihF8t2FQ==) | |

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| |  | | --- | | **Reflect** | |

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| |  | | --- | | **Lenten Prayer Spiral Candleholder Instructions** | |

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| |  | | --- | | *Cameron Bellm kindly shared her family's recipe for a Lenten Prayer Spiral. Check it out below!*  The candleholder is made from a simple salt dough, baked in the oven to harden and set it. It keeps well and can be used year after year.    **Ingredients:**    2 c flour  1 c water  1 c salt  1 tsp olive oil      **Instructions:**    -Preheat oven to 350°.  -Mix ingredients until they form a soft, workable dough that does not stick to your hands. Add flour or water as necessary.  -Roll the dough out into a long rope and then curl into a spiral shape on a piece of parchment paper or a silicone baking mat.  -Starting in the center of the spiral, use a candle to imprint 40 indentations. When you reach 40, simply trim off any remaining dough.  -Bake at 350° for 35-45 minutes, until dough has completely hardened. Let cool for 10 minutes. Once cooled, it is ready to use. | |

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| |  | | --- | | You will receive a reflection from the **Ignatian Guide to Lent** every Monday, Wednesday and Friday morning of Lent, with daily reflections throughout Holy Week. If you're looking for even *more* Lenten resources inspired by Ignatian spirituality and Jesuit life, you'll find additional content [here](http://r20.rs6.net/tn.jsp?f=0015EaMstmLZSYd_Ih5Yo-5WfQt9G3IbmIaq0juTGOz23IQnG0-2IMqK52qH-xst1HVWKd4TkfwqadEin1duY9qeOZPHVmf298mdfIrwanANsp7MaH_T3xd7UBzN3xg2ScNR34IRh907pnk7-M2M7k9YQ==&c=OlYX3bfMlrvzRK5JlDesmjG4kRvLcJ2ojp91Imr7kP1b4P5YsjP_ZA==&ch=Y5EAH3MNwLf3CtvYrAtPjql-WVxGxu8FdBsF9q_FHCjhFjihF8t2FQ==). | |

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