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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 |

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| **Reflect** |

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| * Spend time praying with the image of a prayer spiral. What does God reveal to you? What are you circling around this Lent? What might new and different vantage points help you glimpse more clearly?
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| **Lenten Prayer Spiral Candleholder Instructions** |

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| https://files.constantcontact.com/42d676de301/1da8e5ca-352d-4468-8175-5db3ffa3b8d9.jpg |

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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 flour1 c water1 c salt1 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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| **Looking Ahead** |

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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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| [**Jesuits.org/Ignatian-Lent**](http://r20.rs6.net/tn.jsp?f=0015EaMstmLZSYd_Ih5Yo-5WfQt9G3IbmIaq0juTGOz23IQnG0-2IMqK6E9ZxvbnB1QiT2LmaxtxXlyiSzVnUozeW6uardVso47Zs4i6UCR1cu0u17qXeBVEF4WhG2_RE8FJFpvR5Tl8KD725gNG0m5UMc6y0PuiiSfa_Rgy5S_mvrvd0yhhNZFAcvmiCmjHoiTmw55aV6bxahnNf5RcqkZwNuMbxn112PwXX5dQ60e9zD-mDkntkWqDrHfQUyC4UlcsC6VwRBanGHCxfrmA2su-YrQ5t3QkjRQ&c=OlYX3bfMlrvzRK5JlDesmjG4kRvLcJ2ojp91Imr7kP1b4P5YsjP_ZA==&ch=Y5EAH3MNwLf3CtvYrAtPjql-WVxGxu8FdBsF9q_FHCjhFjihF8t2FQ==) |

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