



Lent is a time when we are invited to enter into a time of reflection in deeply personal way. In prayer, we reflect on Jesus' journey during the 40 days of Lent, our growth as his disciples, and our service to others. St. Joan of Arc and St. Catherine's have small groups that meet in the homes of parishioners at various times and on various days. If you would like to join a group or create a group, please call Ellen Heitman Pastoral Associate at St. Joan of Arc 262-646-8078 ext. 1012 for more information. You can also use this process as an individual. The booklet, *Not by Bread Alone*, will be provided for all those participating.

This year we are introducing a process for reflecting on the Lenten readings called Lectio Divina, a Latin term, which means "divine reading". It is a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.

The following is a sample of process of Lectio Divina:

**1. Lectio(reading)**

Read the word of God up to 3 times. Enter into silence after each reading. Allow a word or a phrase to speak to you.

**2. Meditatio (reflection)**

Take the word or phrase to your heart and allow it to interact with your own thoughts, hopes, desires and memories.

**3. Oratio (response)**

Leave your own thinking and simply let your heart speak to God.

**4. Contemplatio (contemplation)**

Enter into your heart space and listen at the deepest level of our being to God who speaks within us. (Group sharing follows)

If you are interested in learning this ancient spiritual discipline, considering attending the session on

Saturday, March 2, 10:15 – 11:15 am, Whelan's Coffee Shop, Oconomowoc

Materials will be supplied. RSVP: Janis Parker -jlparker@wi.rr.com--262-237-4010