

JOURNEY TOGETHER WITH JESUS

LENTEN PATHS TO PRAYER ONLINE PLAYLIST

PRAY

- Listen to **Fr. James Martin, SJ**, lead you in an "Examen" based on a technique that St. Ignatius Loyola outlined in the "Spiritual Exercises." From *America Media*.
<https://www.americamagazine.org/faith/2018/02/13/examen-podcast-228687>. (20 min.)
- **Praying Lent:** Reflections, retreats, recipes... Resources from Creighton University
<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/> (6 minutes to 6 weeks)

LENTEN READINGS

READ

- **Sunday Connection:** Background and activities for all ages to better understand the Sunday readings.
<https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/> (1x week)

VIA EMAIL:

- **Living Lent Daily:** Prepare for the daily journey through Lent with Fr. Joe Tetlow, SJ; receive a daily message from Ash Wednesday through Easter Sunday. Subscribe here:
<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/>
- **Bishop Robert Barron:** Get free Lenten Gospel reflections each morning from Bishop Barron. Join here:
[FREE Daily Gospel Reflections from Bishop Robert Barron \(dailycatholicgospel.com\)](https://www.dailycatholicgospel.com/) (5 min.)

PRAYERS ON THE GO!



When you're too busy to pray, all you need is the intention to pray, and a few good ideas. Check out [Vibrant Faith: Prayers on the Go](#) (2 pg)

LISTEN:

- **A favorite:** Sign up for the daily podcast "[Pray as You Go](#)", an excellent offering by the Jesuits of England, with music, prayer, and meditation based on the reading of the day. Offered in English, Spanish, or French. Available also as an app. (10 Min.)



MUSIC:

- **Lent Family Playlist:** Here is playlist to listen to with your family: [Spotify – Family Lent](#).
- **Art & Theology Lent Playlist:** More challenging, try this to accompany your adult Lenten Journey, with powerful prayers and praises in a mixture of styles: folk and gospel and Shaker and jazz and scripture. Pray with [Spotify – Lent](#)

WATCH:

- **What is Lent?** Kai & Libby from Catholic Central tell you all about it. <https://youtu.be/QJBMw2pQZiA> (7m)
- **Video and text** on the Sunday Lectionary by qualified and theologically-informed women. Catholic Women Preach. <https://www.catholicwomenpreach.org/>

PARTICIPATE: CALENDARS OF ACTIVITIES

- **CRS Rice Bowl:** Calendar of family activities: www.crsricebowl.org/families.
- **Fast, Pray, & Give:** Daily Jolt & MicroChallenge by Busted Halo [Busted Halo Lent Calendar](#).



GIFT: GROWING IN FAITH TOGETHER 2024

PRAYER WALKING:



Ambulatio Divina

Walking Humbly with God When we think of prayer, most often we think of being still – standing, kneeling or sitting – while connecting with God. However, being still is not the only way one can pray.

Some people do their best and are most comfortable praying while they are moving. Prayer Walking can be a wonderful gift for those who like to get up and move around while intentionally communicating with God. Prayer Walking can be done in any location at any time, sometimes alone or with a group.



- **Prayer Walking during Lent:** Several ideas on praying on behalf of others outdoors. <https://www.prayerandpossibilities.com/taking-prayer-to-the-streets-with-a-prayer-walk/>

• **Walking a labyrinth** is a meaningful meander, a meditative walk on a spiral path that, contrary to a maze, leads you to the center then out again. Our bodies can move us into prayer when our mind has no clue where to go. We pray on the threshold as we begin, converse with God as we follow the pathway, spend time in the center, and follow the single path out.



- **Labyrinths in SC**, plus an unlisted one in Columbia at the Lutheran Theological Seminary in Columbia, 4201 N. Main St. [7 SC Labyrinths](#).
- If you cannot find a physical labyrinth, you can pray a portable one, often called a finger labyrinth. [Vibrant Faith: Paper Prayer Labyrinth.pdf](#)
- **Praying the Labyrinth:** Walk to the center and back with Dominican Sister Peggy Ryan. <https://www.globalsistersreport.org/column/spirituality/walking-labyrinth-through-lent-52796>

PRAYING WITH ART: VISIO DIVINA

Enter into a visual prayer experience this Lent. Each week *Arts & Faith: Lent* provides a video commentary about a work of art inspired by the Sunday Scriptures. Use these videos to take a new



look at this season of spiritual renewal through the lens of sacred art. Commentary and reflection. (3-5 min.) <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/arts-and-faith-for-lent/>

WALKING THE WAY OF THE CROSS: LOOK & LISTEN

- **The Stations of the Cross with the Smithsonian American Art Museum:** An audio tour by Art & Theology, with images and commentary: <https://artandtheology.org/2018/02/11/saamstations/>. (25+ min.)
- **Stations of the Cross with Children** – Read and pray these slowly with your children as you look at the pictures. Download them or watch online with music. <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/stations-of-the-cross/multimedia-stations-of-the-cross-for-children/> Also in Spanish.
- Join us for our **Friday Night Devotions: Reconciliation** at 5:30, **Way of the Cross** at 5:45, **Mass** at 6:30 and **Lenten Suppers**, at 7 pm.