

Contemplation and Action for Lent

From Evagrius to Dot Cotton

History

Music

- 1. You Are The Centre**
- 2. Calm Me Lord**
- 3. Nada Te Turbe**
- 4. The Lord Bless You and Keep You**
- 5. All Will Be Well**
- 6. Lord Listen To My Prayer**
- 7. The Peace of the Lord, m**

LENT 2018
INVITATION TO PRAY, FAST, GIVE

The colour code of Green, Blue, and Red fonts indicates the invitation to **GIVE**, **PRAY**, **FAST** inspired by the Gospel of Ash Wednesday (Matt 6:1-616-18)

*All quotations are from the readings of each day from Ash Wednesday to
Easter Monday - Scratch off the date to reveal your daily challenge*

GIVE

These quotations challenge us to take some positive action in keeping with Gospel values. Giving of ourselves is an essential element of the season of Lent no matter how small the idea. Saint Paula, born in 4th century Rome, later settled in Bethlehem where she built a hospice, a monastery and a convent.

PRAY

These days offer quotations for reflection or contemplation. They can also be used as a mantra to calm our minds and to suspend the inner dialogue with our thoughts. This recalls the tradition of Evagrius, a 4th century Egyptian Desert Father, who collected a large number of scripture passages to counter different kinds of distracting thoughts.

FAST

These suggestions point to ways of fasting from habits that are not wholesome or Christian. They recall the tradition of fasting during Lent as a time of Baptismal preparation. Saint Catherine of Alexandria, who lived in 4th century Egypt, undertook vigils of fasting as she waited for her initiation into the Christian community.

February

14 Don't parade your good deeds
15 Choose life
16 Shelter the homeless poor
17 Jesus said, 'Follow me'
18 Repent, and believe the Good News
19 I was hungry and you never gave me food
20 In your prayers do not babble
21 Have mercy on me, God, in your kindness
22 Knock and the door will be opened
23 Go and be reconciled
24 Love your enemies
25 This is my Son, the beloved, listen to him
26 Do not judge