

WELCOME!

Prayer. Fasting. Almsgiving.

As Christians during Lent, we are encouraged to dig deeper into each of these three areas: prayer, fasting, and almsgiving. These practices are not ends to themselves, but are ways in which we can live more fully what Jesus has taught us, loving God and loving neighbor. Lent is a time where we can root ourselves in these three acts and keep them in our minds and in our hearts throughout the next forty days. The authors of the following reflections encourage us to consider how to incorporate prayer, fasting, and almsgiving into our own daily routines, and how to be especially intentional about that this Lenten season.

The authors have contemplated on the beautiful words of each week's Gospel readings and integrated their own experiences to bring you many opportunities for reflection this Lent. We encourage you to take time each day or each week to pray with the Gospels, the words of the authors, and consider the service suggestions and prayers they provide.

In addition, I invite you to keep the following questions in mind over the next forty days:

Where in my life do I need to bring more prayer? In my own spiritual life? In my family? With my friends? At work? On my commute? When I pray, do I spend time giving gratitude to God or do I simply relay my requests and concerns? When I pray, do I allow for silence? If not, why?

What do I need to fast from this Lent? Why? Am I using fasting during Lent as a diet program or am I taking away distractions in my life that are keeping me from God and from those important to me?

Where can I give more alms this Lent? Are there particular causes to me that are important where I would like to donate? Are there ways I can do more beyond giving money? Can I donate my time?

Please know that the prayers of the Catholic Apostolate Center and Catholic Volunteer Network are with you this Lent. We hope these forty days are not only challenging, but also fruitful. As people of faith, we should wait with great anticipation for the Resurrection of Jesus, always remembering the journey it took to get there.

Sincerely,

Monica Thom Konschnik, Assistant Director of Administration, **Catholic Apostolate Center**
and Board Chair, **Catholic Volunteer Network**

LOOKING FOR MORE?

Looking for more inspiration? Catholic Apostolate Center hosts an extensive library of Lenten resources on their website: www.catholicapostolatecenter.org/lenten-resources.html

