

St. Mary's of the Lake, Watkins Glen, NY  
St. Benedict's, Odessa, NY



## Starting Lent Right

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## Starting Lent Right

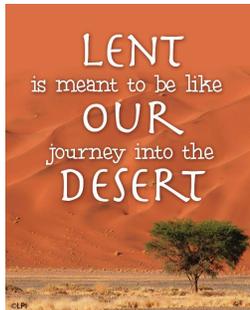
### Webinar Tips

- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for "fit to window" under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters "Q & A". Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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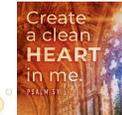


## Starting Lent Right



### Opening Prayer

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## Starting Lent Right



What comes to mind  
when you hear the  
word "Lent"?

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## Starting Lent Right

What comes to mind when you hear the word “Lent”?

- Ashes
- RCIA (Rite of Christian Initiation for Adults)
- Stations of the Cross
- Giving up something
- Abstaining from meat
- Three Pillars of Lent
  - Fasting
  - Almsgiving
  - Prayer
- What about joy, hope, or despair?

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## Starting Lent Right



Why do we even have Lent?

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## Starting Lent Right

Why do we even have Lent?

- Are any of you perfect?
  - We are all in need of repentance.
  - We are all in need of conversion.



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Why Forty Days?

- Origin of Lent tied to RCIA
- Stages of RCIA
  - Inquiry
  - Rite of Acceptance/Welcome
    - Period of the Catechumenate
  - Rite of Election/Call to continuing conversion
    - Period of Purification and Enlightenment
    - Penitential Rite/Scrutinies
- **Would we measure up?**
  - **we all need Lent to get in spiritual shape**

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## Starting Lent Right

Pope Francis' Message for Lent 2017  
"The Word is a Gift.  
Other Persons are a Gift"

- "Lent is a **new beginning**, a path leading to the certain **goal of Easter, Christ's victory over death**. This season urgently calls us to *conversion*."
- "Lent is a favorable season for *deepening* our spiritual life through the means of sanctification offered us by the Church: fasting, prayer, and almsgiving."

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### Why Forty Days?

- It wasn't always 40 days.
  - Holy week or 3 weeks or 6 weeks
- 40 is a significant number in the Bible
- The Great Flood (Genesis chapters 6-9)
  - It rained for 40 days and 40 nights – Genesis 7:4, 7:12, 7:17
  - Moses spent 40 days and 40 nights on the mountaintop to receive 10 commandments (Exodus 24:18, 34:28)
  - Jesus went out into the desert for 40 days to face temptation from Satan (Matthew 4:1-11, Mark 1:12-13, Luke 4:1-13)

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When does Lent end?

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How are the dates of Easter and Ash Wednesday determined?

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## Starting Lent Right

### How are the dates of Easter and Ash Wednesday determined?

“Easter follows a lunar, rather than a solar, calendar and is celebrated on the Sunday that follows the first full moon after March 21, the vernal (spring) equinox. Therefore Easter cannot fall earlier than March 22 or later than April 25.” – Rev. Edward McNamara, “Pick the Day Lent Begins,”

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Have You Tried Counting the Forty Days?

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### Have You Tried Counting the Forty Days?

- Sundays don't count
- Lent ends as the Mass of the Lord's Supper begins on Holy Thursday
- For those who want to include Good Friday and Holy Saturday, they are not part of Lent but they are days of fasting (abstinence on Good Friday) → 40 days

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Now, let us return to our earlier question.

What comes to mind when you hear the word “Lent”?

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### Why Do We Use Ashes?

- Genesis 18:27 - Abraham spoke up again negotiating for God not to destroy Sodom: "See how I am presuming to speak to my Lord, though I am only dust and ashes!"
- Numbers 19:1-10 – speaks of the heifer being **burned** and keeping the ashes for the **purification** water

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### Why Do We Use Ashes? Cont'd

- Judith 4:9-15; vii – “And all the Israelite men, women, and children who lived in Jerusalem fell prostrate in front of the temple and sprinkled ashes on their heads, spreading out their sackcloth before the Lord.”
- Matthew 11:21 - "Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes."

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### Stations of the Cross - History\*

- Apostolic Times – There is a tradition that Mary, Mother of Jesus would walk the streets of Jerusalem meditating upon Jesus' passion.
- 5<sup>th</sup> Century – From St. Jerome, we know that pilgrims in this time made the Stations of the Cross in Jerusalem. There is also evidence that they were found in a few churches in Europe. Pilgrimages to the Holy Land were a common penance.
- 13<sup>th</sup> Century – The Franciscans became the custodians of the Holy Land and promoted the Stations. The Franciscans would begin to erect Stations outside the Holy Land.

\*taken from my website -

<http://www.renewaloffaith.org/stations-of-the-cross.html>

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### Stations of the Cross – History cont'd

- 1686 – Pope Innocent XI grants the Franciscans permission to erect the Stations in all their churches and for all Franciscans who make these stations to receive indulgences.
- 1726 – Pope Benedict XIII extends this to all
- 1731 – Number of Stations Fixed at 14
- 1862 – All Bishops are given right to erect the Stations of the Cross in their churches.

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### Stations of the Cross

In the Stations of the Cross, we walk the journey that Jesus took from his trial to the Cross.

We share in his sufferings.

We meditate on the significance of what He went through for us.

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### Do you “give up” something for Lent?

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### What effect does Lent have on You?

	Miserable		Sad
	Hungry		Blessed

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### Why Fast and & Abstain? Why give something up?

- While at times, fasting can be a penance, in Lent we can think about it in terms of Jesus' **sacrifice** on the Cross.
- “Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is **lacking** in the affliction of Christ” (Colossians 1:24).

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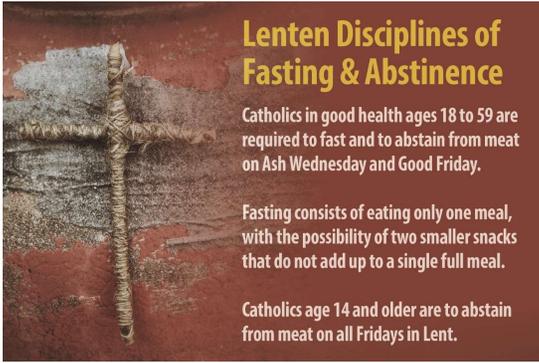
Why Fast and & Abstain?  
Why give something up?

- In being willing to give something up **or** do something more, we show we put God first.
  - 1 Timothy 6:10 - "For the love of money is the root of all evils."
  - Matthew 6:24 - "No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon."
- Develop Discipline

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### Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

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Why Fast and & Abstain?  
Why give something up?

To help us to  
become better Christians

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Why Fast and & Abstain?  
Why give something up?

- How about adding something?
  - More time in prayer
    - Stations of the Cross
    - Spending time in Adoration of the Blessed Sacrament
  - Almsgiving
    - Operation Rice Bowl
    - If you give up something that saves you money, what are you going to do with the money you saved?

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What don't we sing and why?



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## Starting Lent Right

What don't we sing (or say) and why?

- Gloria\*
- Alleluia

\*Special solemnities and feasts

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What is the liturgical color for Lent?

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What is the liturgical color for Lent?

- Violet symbolizing Penance (Think of it in terms of conversion)
- Lent is a good time to make an Examination of Conscience and confess our sins in the Sacrament of Reconciliation
- Easter duty

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A time to consider the giving up of what we are, for what we may become.



So, what are you doing for Lent?

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### Future Schedule

*Finding Peace and Healing in a Troubled World*

When we are physically ill, our bodies need healing. We also need healing of our souls. God offers healing through the Anointing of the Sick. When we sin, we need forgiveness. God forgives us in the Sacrament of Reconciliation. We have past hurts that need healing.

- March 10<sup>th</sup>
- March 24<sup>th</sup>
- April 7<sup>th</sup>

- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.
- The slides for this presentation will be available online at [www.renewaloffaith.org/startingletright](http://www.renewaloffaith.org/startingletright)

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## Starting Lent Right

### Resources

Pope Francis' Message for Lent 2017 – "The Word is a Gift. Other Persons are a Gift"

[https://www.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco\\_20161018\\_messaggio-quaresima2017.html](https://www.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco_20161018_messaggio-quaresima2017.html)

*Catechism of the Catholic Church. Second Edition.* Libreria Editrice Vaticana, 1997.

McNamara, Rev. Edward, "Pick the Day Lent Begins," Zenit email news column, 2/28/06. Accessed online 1/7/22 at <https://www.ewtn.com/catholicism/library/picking-the-day-lent-begins-4310>.

*St. Joseph Edition of The New American Bible Revised Edition.* New Jersey, Catholic Book Publishing Corp. 2010.

*USCCB, United States Catholic Catechism for Adults.* Washington, DC: USCCB, 2006.

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