



# lent

*A Time for Traditions*

## *Traditions for Growth*

Spring is the season when seeds start to sprout, beginning their pilgrimage through the cold dark earth into the light. The word "lent" comes from the Anglo-Saxon word for springtime, *lencten*. In springtime, sunlight, water, and rich soil help plants grow. Our Lenten growth is nurtured by the three disciplines of Lent: fasting, almsgiving, and prayer. Discipline is often associated with punishment, but it comes from the same word as disciple, a word that means learner or pupil. Be a learner this Lent and let God's grace help you to grow.

## *Traditions of Almsgiving*

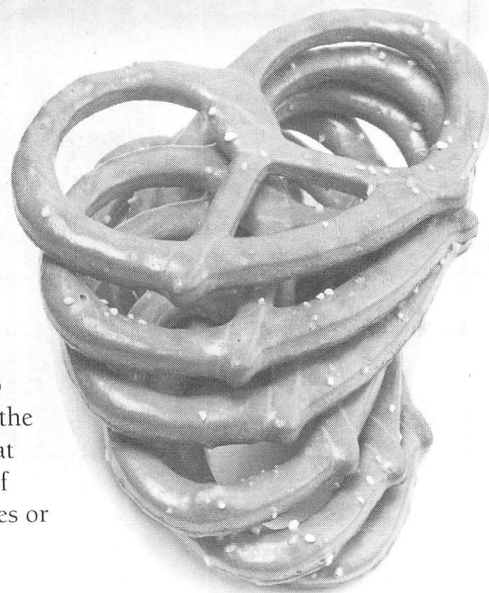
Operation Rice Bowl: Substitute a simple meal one day a week (usually Friday) and put the money saved into the "rice bowl" used by Catholic Relief Services for the hungry of the world. (For rice bowl, reflections and prayers go [orb.crs.org/about/](http://orb.crs.org/about/) or call 1-800-736-3467.)

Make a house (by attaching a construction paper roof to a small box) and collect money for Habitat for Humanity to improve housing for the poor ([www.habitat.org](http://www.habitat.org)).

## *Traditional Food for Fasting*

Did you know that pretzels are a Lenten food? Their name comes from *bracellae*, "little arms," for their shape of two arms crossed in prayer. These are easy and fun to make.

Mix 1 pkg. active dry yeast with 1 Tbs. sugar in 1½ cups lukewarm (100-110 degree) water. Mixture should bubble. Stir in 1 tsp. salt and 4 cups flour. Place on floured board and knead in ½ cup more flour. Knead about 8 minutes. Divide into pieces, roll into ropes, and shape into pretzels. (As you fold the "little arms" pray the Lord's Prayer or another Lenten prayer.) Let rise until about double in size. Preheat oven to 425 degrees. Place pretzels on greased cookie sheet. Brush with mixture of 1 egg yolk mixed with 2 Tbs. water, and sprinkle with kosher salt. Bake 12 minutes or until golden brown.



## Prayer Traditions

Here are several prayers to help your household keep a prayerful observance of Lent. Parish community prayer, like the sacrament of reconciliation and more frequent Mass attendance, are good ways to keep a prayerful Lent.

### Lenten Daily Devotion

*Kyrie, Eleison.*

In your mercy, Lord,  
watch over me this day.

*Christe, Eleison*

Guide me in your ways,  
lead me in your truth.

*Kyrie, Eleison.*

Bring me to the joy of heaven  
in your mercy, Lord.

### Table Prayer for the Season of Lent

*Blessed are you, Lord God of all creation!*

You lead us to these Lenten days,  
so we may return to you.

*Blessed are you, Lord God of all creation!*

Help us to fast in body and spirit  
from what leads us astray.

*Blessed are you, Lord God of all creation!*

Let us share our bread with the hungry,  
as we hunger and thirst for your holiness.

*Blessed are you, Lord God of all creation!*

May these days lead us, with Christ,  
to his passion, death, and resurrection.

*Blessed are you, Lord God of all creation!*

Bless this meal, bless our lives  
during this time of grace.

*Blessed are you, Lord God of all creation!*

### Lenten Examination of Conscience:

#### The Act of Contrition

My God, I am sorry for my sins with all my heart.

- *Do I bring God a truly contrite spirit? Do I hold anything back?*

In choosing to do wrong and failing to do good,

- *What choices have made me fail? Did I make them consciously?*

I have sinned against you whom I should love above all things.

- *How does my sin violate God's covenant with me? With God who is present in my neighbor?*

I firmly intend, with your help, to do penance, to sin no more,

- *Do I try to live a good life all on my own? How does God's grace help me?*

and to avoid whatever leads me to sin.

- *Are there times in my daily life that lead to sin? What can I do to avoid them?*

Lord Jesus, Son of God, have mercy on me, a sinner.

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