

Speak, Lord

your servant is listening...



Pastoral Reflections for the Family



Andrew Zettel
Chaplain

The First Sunday of Lent

Our journey through the Lenten season begins! Throughout these 40 days, we prepare our hearts & homes for the celebration of Jesus' resurrection at Easter. Traditionally, we decorate churches & schools in **purple**; similar to Advent, this historically *royal* colour signals the coming of the King. Christians are also invited to a renewed practice of **prayer, fasting & charity** ('alms giving').



What are some ways we can celebrate Lent in our homes?



"At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights"

Matthew 4:1

↑ Gospel excerpt for this week

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Prayer

Prayer Corner

Set up a simple prayer space with a purple cloth, Bible & candle.

Prayer Jar

A place for family members to put prayer requests.

Daily Reflection

Sunday scripture, rosary, or a simple prayer before meals.

Family Movie Night

Prince of Egypt, Sound of Music, Veggie Tales...

Fasting

The Classic

'Giving up' favourite snacks (eg. chocolate)

Digital Fast

Cut down on social media, video games, TV.

Meatless

Fridays

Good old fashioned fish 'n' chips for Friday

Charity

Acts of Kindness Jar

Full of ideas for ways to be helpful at school and at home.

Home Food Drive

Set aside some pantry items for the food bank.

Loose Change Jar

Make an end of Lent donation to a good cause like Tiny Home Takeout.



'Listen to Understand' Pastoral Prayer

Lord, our God,

We praise you for the wisdom of your will that unfolds all around us.
We desire to enter more profoundly into this mystery, to root ourselves firmly in your will, to listen ever more deeply to you.

R. Speak, Lord, your servant is listening.

Teach us to listen closely to your Word—to the words on the page and the meaning they invoke, to the human author and to the divine, to the spaces between the letters where your Spirit dwells.

R. Speak, Lord, your servant is listening.

Teach us to listen attentively to Creation—to the voice of the earth, to the whispering of wind and waves, to the silence of the rocks and soil and swarms of voiceless creatures.

R. Speak, Lord, your servant is listening.

Teach us to listen respectfully to the culture that surrounds us—to its wisdom and its folly, to the loud voices and the quiet, to that which can teach us and form us and expand our thinking.

R. Speak, Lord, your servant is listening.

And teach us, Lord, to listen deeply to one another—to what we speak aloud and to what we leave unsaid, to our needs and to our concerns, to the love and the longing and desires of our hearts.

**R. We come before you.
We make ourselves still.
We listen to understand.
Amen.**

