

# *Lent Resources*

What are you doing to prepare for and to participate in Lent?

The Season of Lent is the forty-day period before Easter, excluding Sundays, which begins this year on Ash Wednesday, February 17, 2021 and ends at sunset on Holy Thursday, April 1, when the Easter Triduum begins.

## **Lent 2021 (USCCB)**

<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent>

## **Lent Calendar 2021 (USCCB)**

[https://www.usccb.org/resources/Lent-2021-calendar\\_English.pdf](https://www.usccb.org/resources/Lent-2021-calendar_English.pdf)

## **Message from Pope Francis for Lent 2021**

[http://www.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco\\_20201111\\_messaggio-quaresima2021.html](http://www.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco_20201111_messaggio-quaresima2021.html)

## **Lenten Prayer**

<https://www.usccb.org/prayer-and-worship/liturgical-year/lent/prayer-resources-for-lent>

## **Lectio Divina**

<https://catholic.bible/lectio-divina-in-english/>

## **Litany of Fasting and Feasting**

[https://www.hrsrchurch.org/UserFiles/Servers/Server\\_493560/File/Journey%20of%20Faith/Prayers/03-03-2019%20Fasting%20and%20Feasting.pdf](https://www.hrsrchurch.org/UserFiles/Servers/Server_493560/File/Journey%20of%20Faith/Prayers/03-03-2019%20Fasting%20and%20Feasting.pdf)

## **Praying Lent (Creighton University)**

<https://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

## **Frequently Asked Questions about Lent and Easter (Franciscan Media)**

<https://www.franciscanmedia.org/franciscan-spirit-blog/frequently-asked-questions-about-lent-and-easter>

## **Rediscovering the Sacrament of Penance (USCCB)**

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/sacrament-of-penance-resources-for-individuals>

## **Examinations of Conscience (USCCB)**

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience>

## **Stations of the Cross (Dominican Sisters of Peace – YouTube)**

[https://www.youtube.com/watch?v=WID\\_1MWhd70](https://www.youtube.com/watch?v=WID_1MWhd70)

## **What are the Practices in Lent (Bishop Robert Barron)**

<https://www.youtube.com/watch?v=LvsOFWxbyRM>