



This Month in the Diocese

An E-Publication of the Diocese of Antigonish

Issue 7A

Lent 2016



Source: cc.blessedsacramentnc.org

“Create in me a clean heart, O God, and put a new and right spirit within me.” (Psalm 51.10)

This Lenten season offers many options for observance, study, and prayer. See some ideas on Page 2.

Find us on Facebook	There's an App for that	It's Coming ...
Keep in touch for Lent and all year: go to www.Facebook.com and search for antigonishdiocese NEW! From our Office of Youth Ministry: DioceseOfAntigonishYouth	There are several apps (those neat little programs for your mobile device) to inform and inspire your Lenten journey. Search your App store, or see Page 2 for a few suggestions.	Our new website is being installed on our server and we're putting it through its paces before welcoming visitors. Watch for a special Website edition of our E-News to announce the launch.



Lenten Momentum: Keep it going

Ideas from the Diocesan Faith Formation and Ministry Development Office:

Study the Sunday Gospels with reflection questions:

- What qualities of Jesus do I notice in this Gospel?
- How does this Gospel speak to my life?
- How do I respond?



For the Extraordinary Year of Mercy:

- Offer workshops on dealing with stress from a faith perspective for families with a member(s) facing chronic illnesses.
- Invite parishioners to volunteer time for respite for caregivers who need a break.

Discuss end-of-life issues from a faith perspective.

Visit <http://www.colf.ca/index.php/en/publications> for free fact sheets and workshop tools.

Welcome the Stranger: Invite parishioners to provide outreach to Syrian families who have arrived in the parish/deanery/diocese.



**Bishop
Brian Dunn**

“As a result of experiencing and witnessing God’s merciful love, we are given the grace of Christ to be hopeful people even in the midst of lives that may be marked by anxiety, fear or discouragement. We can be renewed by His Mercy and live lives of honesty, compassion, forgiveness, hospitality, and service. We can become a person ready to nourish hope wherever we find ourselves, in our families, our parishes and our communities.”

Lent by the Links

Apps

Keep Lent. Details and instructions here:

<http://aleteia.org/2016/02/10/pope-francis-launches-lenten-app-for-young-people/>

Top 10 apps for Lent:

www.osv.com/Article/TabId/493/ArtMID/13569/ArticleID/14217/Top-10-Catholic-apps-for-Lent.aspx

Laudato Si

Encyclical:

http://w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

Discussion guide:

www.usccb.org/issues-and-action/human-life-and-dignity/environment/upload/laudato-si-discussion-guide.pdf

Laudato Si: A Canadian Response

<https://www.youtube.com/watch?v=Bti860Tw5A>

Youth

25 Simple Lenten

Offerings: <http://catholic-link.org/2015/02/20/25-simple-offerings-to-make-this-lent/>

Lenten Challenge 2016:

Daily readings, playlists, and more.

<http://ucatholic.com/lenten-challenge-2016>