

As we find ourselves entering Lent, it is good to reflect on how God is speaking to us in these difficult times. Even as we are limited in our ability to gather as a community, there is much that we can do to prepare our hearts for Easter. We have the opportunity to “retreat” with Jesus individually. Perhaps at this time, Jesus is beckoning us to “Come away by yourselves to a lonely place and rest a while.” *Mark 6:31* Below is a list of some resources that might aid in this pursuit.

## **LENTEN RESOURCES**

**Dynamic Catholic** is offering short daily reflections via email based on the book, *I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit*. Lenten journals, as well as additional copies of the book are available at the church. You can sign up for Best Lent Ever daily emails [here](#).

**Ascension Press** offers a daily guidance for prayer and preparation for the upcoming Sunday gospel in an e-book: [The Ascension Lenten Companion: Year B](#) by Fr. Mark Toups. This program includes weekly videos which can be found [here](#).

In addition, Lent is the perfect time to begin a journey through salvation history with Fr Mike Schmitz in his popular podcast, [Bible in a Year with Fr. Mike Schmitz. \(Most episodes are 20-30 minutes long.\)](#)

The **Ignatian Spirituality Center of Kansas City** is offering a [Contemplative Prayer Retreat Group](#) based on Fr. Mark Thibodaux's book, *The Armchair Mystic*. In addition, **The Society of Jesus** (Jesuits) has compiled several opportunities to deepen your relationship with God during Lent. You can find many resources for online prayer, Stations of the Cross, Ignatian Spirituality and even a look at spiritual renewal through art [here](#).

The **Benedictines of Conception Abbey** are offering an Online Spiritual Journey with daily reflections for Lent that can be sent to your email. Signups can be found [here](#).

The **USCCB** also offers daily readings, reflections and podcast [here](#).

**Bishop Robert Barron** offers Daily Lenten Reflections through the Word on Fire Ministry. You may sign up [here](#).

**The Word Among Us booklet** contains the daily Mass readings for every day during Lent, along with a brief meditation. These booklets are available in the Church, narthex, and parish office.

**Adoration** at St. Peter's takes place in the Church every Tuesday from 9am to 6pm, at which time Mass is celebrated. It is a gift to both the parish and yourself to spend time weekly in quiet time before the Blessed Sacrament. To gain entry into the Church you must use one of the keypads at a narthex door. The code is 7729. It is never a requirement to sign up for Adoration, however, we are in need of volunteers who are willing to commit to an hour. If you can make this commitment, contact Maria Gillcrist at [maria.gillcrist@me.com](mailto:maria.gillcrist@me.com). Lent is an excellent time to begin this practice!