

12_AUDIO RECORDINGS There are also audio reflection from our archive that you might find interesting and , hopefully, helpful.

- ⊕ Recordings Introduction
- ⊕ Preparing for Prayer_breathing
- ⊕ Examen
- ⊕ Woman taken in Adultery

You are welcome to make copies of the reflections to pass on to people who might find it particularly useful, for example those who are housebound. It will work with iPods and other mp3 players.

The texts are provided for you to use as a basis for preparing your own guided reflections if you wish.

We hope that you will find the resources useful and would warmly welcome any feedback to help us to prepare materials for you in the future.

For further information, please contact Karen Brown at the diocesan offices.

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DIOCESE OF **Hexham & Newcastle**
— DEPARTMENT FOR SPIRITUALITY —

LENT 2019

God's Gifts of Love and Mercy



What's on the CD?

GOD'S GIFTS OF LOVE AND MERCY

During this Lent, we will look back into our Old Testament heritage and reflect on how God has revealed his love and mercy over countless generations. We will see that people did not always respond as God would have liked—but that God never lost faith in the People even when the People seemed to have little faith in God.

We will meet people who lived in a very different society from our own but who share our common humanity. They had their hopes and dreams—and sorrows and disappointments. And they shared the deep human longing for meaning and purpose in life—something that remains unchanged centuries later.

Most of us are unfamiliar with the Old Testament which is full of richness. Hopefully, this Lent, you will learn more about the great characters who had to work out just who God was in a world where there were many gods. How is this one, eternal God different? One very simple reason is that their God—who is our God—is lavish in love for humanity and longs that people should turn away from the sin that keeps them from him and come back to the one who loved them into being—and who pours out love and mercy upon them so that they have the courage to believe this.

CD RESOURCES

On the CD, you will find a range of resources. They are not set in stone and you are free to adapt them to suit your own needs.

01_ - 05_ are folders for each week of Lent. In each of these folders, you will find resources for meetings to reflect on the First Readings for the Sundays of Lent.. You will find:

- Leaders' notes—very handy if you are leading a group for the first time—but a good resource to draw on if you have more experience.
- a participant's leaflet – with key parts of the notes so people can follow the meeting easily.
- the text of the Reading.

Note: in previous years we have included a PowerPoint but are not sure it has been used! We have not prepared them for this resource but if you need one, please get in touch!

06_HOLY WEEK contains a reflection for each day—again drawn from the First Readings. There is no meeting set for this week but, for those who would like to get together, the reflections could be used as the basis for one. There are also separate tri-folds for Holy Thursday, Good Friday and Holy Saturday.

07_EASTER—contains resources for a meeting that you can hold at any time between Easter and Pentecost.

08_DAILY REFLECTIONS This folder contains the reflections on the daily Gospels that will be e-mailed out each evening during Lent. (They are sent out at 4pm in readiness for the following day). These have been put into booklet form for each week. These can be used by individuals or printed off for use by groups and parishes.

09_PRAYER STATIONS This folder contains a prayer station (sometimes two) for each week in Lent and into Eastertime. They offer a short thought that can be used as a prompt for prayer. They can be used for personal prayer—or set in a plastic stand or picture frame somewhere in the church or school—or, together, form a series of “stations” for people to stop at and reflect on during a time of quiet reflection during an evening or morning meeting. One parish has used them as a “penance” during a Penitential Service—people being invited to spend time with one or more of them to pray in a deeper way.

10_ LENT 2016 ARCHIVE

11_EXAMEN This has an explanation of the Examen and a choice of two business-card size templates that can be printed commercially or at home/ parish. They should work with any Avery A4 business card—or compatible—sheets. Please print out a sample and check before purchase! You might like to give the cards to people during your session or as part of a Penitential Liturgy—or even print enough to hand out, with an explanation, at Mass.