

NEWS FROM The Inland See

March 11–17, 2017

FOR THE DIOCESE OF BURLINGTON

Ways to Pray during LENT



These words are from Scripture, in 1 Samuel, Chapter 3. The young boy Samuel, the future prophet, awakens the aged Eli because he thinks he has been called by him. But Eli recognizes that it is God calling Samuel. When it happens again, Eli says, tell the Lord you are listening.

In a very real sense, these are words we are all called to speak during Lent. During this season when we come close to the suffering Jesus, we desire to let the Lord know we are listening. This listening is called prayer.

During Lent, Catholics are challenged to embrace the season's three "pillars" — prayer, fasting and almsgiving. A pillar supports something, and in this case, the three pillars, taken together, support a strong Lent, worthy of our call to renewal, repentance and growth.

Keep in mind that just as a three-legged stool collapses if one leg is taken away, so our Lent is not sturdy without an integration of these three principles of growth. Prayer is integral to a good Lent.

Sometimes, we mistakenly think of prayer as recitation, as somehow scripted for us. In reality, prayer is a relationship. Like Samuel, we are being called into dialogue with God. It is, in the words of the poet Mary Oliver, "a silence in which another voice may speak."

Most of us yearn for a deepening prayer life, and Lent, with its focused 40 days, provides a great opportunity.

There are many forms of prayer and no one "best" way to pray. People often pray in different ways at different times in their lives.

But a good first step is a commitment to a time and place. Prayer may seem ethereal and other-worldly, but the reality is we need a practical, down-to-earth commitment, a real space, an actual time. We all have moments when we are moved to prayer. It's how we bring that movement into our busy lives that counts.

Choose a time and stick to it. For busy parents, it may have to be early morning before others arise or the half-hour after kids are in bed. Maybe it's a few minutes at lunchtime or a few minutes of quiet meditation after early morning Mass.

Place is also important. Find a peaceful, quiet place with no distractions. Perhaps consecrate your special place with a medal, rosary or holy card, or light a special candle.

Don't set yourself up for failure by overcommitting to time. Choose a realistic time period that's doable for you.

But how to pray? How to find God's voice inside our noisy minds and busy schedules? How to quiet down and listen?

"Lectio divina" is an ancient form of prayer that's accessible to all. The church provides daily Scripture readings that can be the gateway to prayer.

Choose a daily reading and go through it slowly. Pause and recall a word or phrase that particularly speaks to you. Spend time reflecting on what moves you. Then slowly read the entire text again to put the phrase into context and explore deeper meaning.

A third reading may bring you into dialogue with God about how the passage touches you. Listening to Scripture reflectively gives the Spirit a chance to speak.

Another helpful use of Scripture is sometimes called "Gospel contemplation." St. Ignatius of Loyola, the founder of the Jesuits, urged praying with the imagination by selecting a Gospel passage, reading it carefully and then putting yourself into the experience.

Perhaps you can imagine yourself the Samaritan who stops to help the wounded victim, or perhaps you are the Levite passing by or a bystander. Use your imagination to re-create the entire scene — the weather, the scents filling the air, the sense of fear in the wounded man. See what Jesus might teach you as you become one with a Gospel passage.

During Lent, many find the Stations of the Cross a helpful prayer that can lead you into a deep experience of Christ's passion and a deeper love for him. Or perhaps committing to a time of eucharistic adoration will help you find the intimacy and silence that bring you to prayer.

Others may find that with spring riding the coattails of Lent into April, a daily prayer walk is helpful. Nature can inspire prayer in many, while for others a walk through the neighborhood may be too distracting.

The "examen" is a powerful daily prayer. It allows you to review the preceding 24 hours with gratitude, focusing on what was life-giving and what was not. The "examen" helps you examine where you felt the hand of God and how you responded to God's will and where you fell short. More detailed directions for the "examen" can be found online.

No matter the prayer method you choose, a prayer journal helps. After you have prayed, write down what you have felt and heard during prayer.

Choose the method that is best for you. The important thing to remember is that God is in control and is infinitely merciful and gracious towards our failings and our efforts.

— Effie Caldarola, Catholic News Service

UPCOMING EVENTS



03|11

Corned Beef and Cabbage Supper *Our Lady of the Angels, Randolph • 5 pm*

Regular admission \$10; children \$5.

Takeouts available. This is a fundraiser for the parish.

FOR MORE INFO: Jim Kirkpatrick (802) 276-3014



03|11

Corned Beef Dinner

St. Thomas Parish, Underhill Center

5:30 - 7 pm

Sponsored by the St. Thomas Knights of Columbus. Cost is \$12.00 /adults and \$6.00/children age 5-10 with a maximum of \$33.00/family. Children under age 5 are free. Take-out meals will be available. Hall is not handicapped accessible.

FOR MORE INFO: Theresa Gingras (802) 899-4632



03|11, 18, 25, 04|1, 08

Community Pot-Luck Suppers

St. Isidore, Montgomery Center

6:30 pm

The Knights of Columbus is hosting this series of Community Pot-Luck Suppers during the season of Lent, open to everyone. Please bring a food dish to share. Beverages will be supplied. If you cannot bring a food dish, come anyway.

FOR MORE INFO: armandaudair@gmail.com



03|12

Spanish Mass

La Salette Shrine, Enfield, NH

2:30 - 4 pm

Father John Patrick Sullivan, M.S., will celebrate Mass; confessions in Spanish before and after Mass. Refreshments after Mass.

FOR MORE INFO: (603) 632-7087



03|13, 20, 27, 04|03, 10

The Christian Mystical Tradition

Christ the King, Rutland

6:30 pm

Father Jim Lawrence is facilitating this 10-part video series, presented by Boston College professor Father Harvey Egan, S.J. Fr. Egan, S.J., is a highly respected teacher and expert on Mysticism. The first session was held on March 7. Free will offering.

FOR MORE INFO: Fr. Jim Lawrence (802) 282-7277



03|14, 15, 21, 22

Forgiven: The Transformation Power of Confession

Holy Cross, Colchester • 10 am / 6:30 pm

This three session series provides you with the ability to easily understand the sacrament of Confession. Daytime sessions on Tuesdays, evening sessions on Wednesdays. Session one of three was held on March 7 and 8.

FOR MORE INFO: Monica Cayia (802) 863-3002; holycrosscvt@myfairpoint.net.



03|16, 19, 26, 04|09

The Bible and the Virgin Mary

Saint Monica Parish, Barre • 6:30-8 pm

This twelve session series is based on Scott

Hahn's book: *Hail Holy Queen*. Each session will start with

25-30 minute DVD followed by group discussion. This series ran on Jan. 22, Feb 2, 9, 12, 16, 19, 26 and March 5. The remaining dates are Mar. 16, 19, 26, and April 9.

FOR MORE INFO: (802) 476-7290; stmonicalift@gmail.com



03|16

Theology on Tap

Switchback Brewing Co., Burlington

7 - 8:30 pm

Young adults between the ages of 21 and 35 are invited to join us for Theology on Tap. This month's speaker will be Jordan Easley.

FOR MORE INFO: burlingtonareayoungadults@gmail.com; or, search Burlington Area Catholic Young Adults on Facebook



03|16, 23, 30

Scripture Study on the Eucharist

Holy Family-St. Lawrence, Essex Jct.

7-8:30 pm

Why does the Church call the Eucharist the "source and summit" of the Christian life? Deepen your understanding of the mystery and wonder that is the Eucharist — and how it will transform our lives! This series ran on Jan. 26, Feb. 2, 9, 16, 23, Mar. 2 and 9. The remaining dates are Mar. 16, 23, and 30.

FOR MORE INFO: Judy (802) 825-8035



03|18

Take Time for God

Saint Paul d'Abbotsford, Quebec

9:45 am - 7 pm

This is a silent day-retreat focused on contemplative prayer in the Carmelite tradition. Teaching will be given by Msgr. Richard Lavalley and Teresa Hawes. The day includes Mass, Reconciliation, Evening Prayer, buffet lunch in silence and fellowship during supper.

FOR MORE INFO: email@ourladyoflifeinstitute.org



03|18

Spaghetti & Meatballs with Birthday Cake Supper

St. Rose of Lima, South Hero • 5:00 pm

FOR MORE INFO: Bette Grenon (802) 372-4092



03|19

Immigration and Detention of Mothers and Children

Chapel M St. Mary's, Burlington

2 - 4 pm

Presentation by Sister of Mercy Kathleen Erickson, who spent 18 years at the US/Mexican border working with immigrants in detention situations. After her return to Omaha, she initiated the immigrant Detainee Accompaniment Program, was an International observer for the Honduran election in 2013, and since then has spent time in San Pedro Sula, Honduras, and as Interim chaplain at the South Texas Family Residential Center in Dilley, Texas. She will lead a presentation/reflection on how our broken immigration system calls us to go deeper as we examine what it means to be human beings in a polarized world. No cost for the event; parking available in the Mater Christi School parking lot. Everyone is welcome.

FOR MORE INFO: Sr. Lindora Cabral (802) 557-4415



03|24, 04|07

St. Ambrose 18th Annual Lenten Fish Fry

St. Ambrose, Bristol • 5-7 pm

Meal includes fried or baked haddock, french fries, coleslaw, beverage & dessert. Adults \$12.50, children 9 & under \$6, immediate family of 5 \$37. Every Friday during Lent.

FOR MORE INFO: St. Ambrose (802) 453-2488



03|24

Stations of the Cross & Confessions

St. John the Evangelist, Northfield

5:30 pm

Stations of the Cross at 5:30 pm; Reconciliation at 6.



03|24

Nurturing the Treasures of Our Baptismal Grace

Saint Paul d'Abbotsford, Quebec • 7:30 pm

This retreat begins on Friday March 24 and ends Sunday afternoon. It is focused on silent prayer, following the teaching of Blessed Marie-Eugene of the Child-Jesus, o.c.d.

FOR MORE INFO: email@ourladyoflifeinstitute.org



03|25

Afternoon Lenten Retreat Silence: Gateway to the Soul

St. Dominic Church, Proctor • 12-6 pm

This video/discussion event is based on the BBC series *Into Great Silence*, which examines the introduction of five average people to sacred silence, based on the spiritual exercises of St. Ignatius. Following the video will be a discussion on related topics, exposition of the Blessed Sacrament, adoration, an opportunity for the Sacrament of Reconciliation and the regularly scheduled Saturday evening Mass.



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