Dear Friends,

Welcome to the 2020 Lenten Faith Sharing Group. We here at the Jesuit Center are happy to be

facilitating this powerful experience of God’s presence among us as we journey through Lent together.

Each group has been assigned a lunch hour to meet either Monday or Tuesday. We will have food and drink a plenty for everyone so come hungry!

We will be meeting at the Jesuit Residence (also known as Campion Hall) and I’ll ask those who know the way to show the newcomers. We’ll be using the private entrance on the far side of the house. It’s easy to find. If you are facing the front doors of the house just take the sidewalks that go around the left side of the building. They end at the entrance to Campion Hall that we call The Townhouse.

Most of you have been given your prayer book. I’ve ordered more and they will be coming on Monday. It’s great when you run out of prayer books because they are all taken isn’t it! You will also be using a personal bible from time to time. If you do not have a personal bible the Jesuit Center will provide you with one. There will be sign-up sheets at our first meetings this coming week. We will also provide you with materials needed for prayer when appropriate.

Fr. Muldoon’s book is broken down into 40 different exercises. Each exercise corresponds to a day in Lent. For example, the first exercise is for Ash Wednesday. The second is for Thursday February 27, the third for Friday the 28 etc.…. You get the idea. I’ll make sure that everyone is on the right page when we meet this week.

Remember that during Lent SUNDAYS DO NOT COUNT so that you shouldn’t be doing any of the prayer exercises on Sunday. Going to church/Mass is always a blessed substitute!

So, for our book here are the dates and corresponding exercises.

Ash Wednesday- Ex. 1

Thursday February 27- Ex.2

Friday Feb. 28- Ex. 3

Saturday Feb 29- Ex. 4

Sunday March 1 NO EXERCISES

Monday March 2- Exercise 5

Tuesday March 3……

If it is not clear it’ll become clear as we go along. Following along is pretty simple.

Each exercise is rather short but they are powerful little nuggets of Gospel truths. I humbly suggest reading over the daily exercise in the morning and take note of what is being said. Each day also has an “ACTION ITEM” that one can do if so inclined.

If you are inclined to journaling the Jesuit Center has ordered lovely journals for your use. I’m hoping they’ll be in on Monday and I’ll have the ready to distribute to those who need them once they arrive. If they aren’t here in time for our meeting I’ll have our Jesuit Center work-study students drop them off to your respective departments.

**For this coming week I’d like you to read the introduction to the book entitled: “Becoming a Spiritual Athlete” and also read over exercises 1thru 4. (exercise 1 and 2 on Friday and then 3 and 4 on Saturday just so we can catch up).**

**For those who are new to prayer like this- just read over the passage given slowly and thoughtfully and then take some quiet time to contemplate those words in your heart and soul. Some people like to write out their thoughts and prayers and that’s fine if you find it helpful. The idea is to let what you are reading to SEEP into your hearts so that they might be transformed.**

We’ll discuss what you’ve read and prayed over on Monday or Tuesday of the coming week.

Fr. Jim, Ryan, and I are very excited to begin this journey with you.

Peace,

The Jesuit Center Team