

COME BACK TO THE LORD WITH ALL YOUR HEART . . .



Lent begins Next Wednesday

Rev. Andre Leveille, CSC

The snow is melting, Junior Parents' Weekend has passed and soon it will be the beginning of Spring break. These are all signs that our semester is quickly moving ahead. Before Ash Wednesday it might be good for us to take a few moments to reflect on how we can make the most out of this Lenten season. Here are a few ways which I suggest might be helpful:

1. Time to pray alone each day.

We could take as little as five minutes a day in one of the chapels or around the lake to ask the Lord what he wants of us. It is best to do it in the same place and at the same time each day.

2. Praying with our Notre Dame Community

We are so fortunate to have the opportunity here on campus to attend the Eucharist more than once a week. There is a prayer vigil for peace at Sacred Heart Church on March 4th and also the Way of the Cross on Fridays which is a very traditional way for Catholics to pray during Lent.

3. Share our many blessings with others.

This is a good time for us to contribute and encourage any projects which help those who are less fortunate than ourselves. This can sometimes be done in a group.

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Eighth Sunday
of the Year
March 1, 1987

RELIGIOUS



BULLETIN

I, the Lord,
am with you always!

Volume III Issue 21

March 1, 1987



P R A Y E R + + + Part Two

Fr. Paul Holland, S.J.

Last week we suggested one way of CENTERING FOR PRAYER--bodily relaxation, breathing, surrender of darkness into the Lord's hands. If you have become comfortable with these methods, they can lead into other modes of prayer.

EASIEST is the use of a prayer formula you already know, like the Our Father or Hail Mary. As you settle into deep rhythmic breathing, link one word or phrase of the prayer to each breath. After praying this way several times, you'll note that you may dwell on one word for perhaps several beats. Remain with the word as long as it's profitable. The object after all is not to get through the entire prayer text, but to experience the presence of the Lord and to meditate on His truth.

Again, from the same centered posture, we can approach scripture in some new ways.

CONSIDER THE FOLLOWING PASSAGE:

"Jesus went back to the seashore. All the crowd came to Him, and He taught them there. As He walked along, He saw Levi, son of Alphaeus, at his place in the customhouse, and said to him, 'FOLLOW ME'. And he got up and followed." (MK 2:13-14)

Read the passage aloud slowly. Now try to picture this unfolding on a movie screen. What does the scene look like? Who is there? What color is in the sky? How are the people dressed? What can you hear?

How does Jesus look? What's He saying to the crowd? How do they respond?

Picture Levi. What's he doing? How does he respond? What is the crowd's reaction?

Take your time, slowly pondering the scene until you can see it rather completely as an objective observer.

Now, walk through that movie screen and join the crowd. Read the passage again; but this time, change the words:

"...ALL OF US CAME TO HIM AND HE TAUGHT US..."

Smell the salt. Feel the sun on your face. Touch the person crowded next to you.

How are you dressed? What do you feel as you see Jesus approach? What does He look like? How does His voice sound? What's it like to be there?

After you have dwelt with the scene in this way, enter more deeply by becoming Levi. Sit down at the customhouse. Read the scripture aloud again. Reading:

"I saw Him come back to the seashore...
He saw me...He said to me... and I got up..."

You are Levi at the counting desk. What's been going through your mind? What have you heard about this Jesus? What do you make of His words to the crowd?

And then He's near, looking at you, speaking your name. What do you see and hear? How do you feel? After standing, what do you do?

When you are finished, spend a little while thanking the Lord for prayer time, perhaps reviewing with Him what happened. Writing down some reflections or insights in a spiritual diary also helps.

Next time we'll take up JOURNAL WRITING as a prayer method.

*"THE TIME HAS COME AND THE KINGDOM
OF GOD IS CLOSE AT HAND.*

REPENT AND BELIEVE THE GOOD NEWS."

4. Taking time to learn about world issues.

We could take time to become acquainted with issues which pertain beyond our own little world. The Wednesday night reflection series at Sacred Heart Church (7:00-7:30 PM) could help us do this.

5. Taking time to evaluate our consciences.

Perhaps this is a good time to do some serious reflection on our sins and imperfections. We might consider participating in the sacrament of reconciliation. There will be a Penance Service at Sacred Heart Church on Tuesday, April 14th at 10:00 PM.

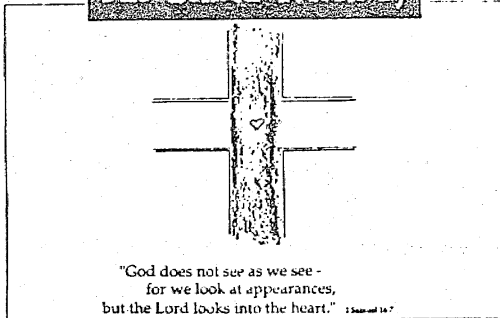
If we take the time to prepare for lent and give it our best effort, we will grow and Easter morning will have a more profound meaning for us.



The 4th and last Catholic Faith Program lecture will be presented by Fr. Malloy on MORALITY on Sunday, March 1 and Tuesday, March 3 at 7 pm in the

Keenan/Stanford chapel.

The Lenten Season '87



"God does not see as we see - for we look at appearances, but the Lord looks into the heart." 1:16-17



Office of University Ministry
University of Holy Cross
Holy Cross, IN 46556

Wednesday, March 4th 5:00pm **ASH WEDNESDAY LITURGY**

Sacred Heart Church
David Tyson, CSC, Presider
Music by the N.D. Folk Choir

Wednesday, March 4th - Friday, March 6th **PRAYER VIGIL FOR PEACE**

Sacred Heart, Lady Chapel
All are invited to join the University department and residence halls in silent reflection and prayer for peace

Friday, March 6th **PRAYER SERVICE**

12:15pm This service will conclude the 40 hour Peace Vigil
Sr. M. J. Griffin, OSF, homilist

LENTEN REFLECTION SERIES

Personal reflections on the University Community's Lenten theme
All lectures held in the Lady Chapel, Wednesdays, 7 - 7:30pm

- Wednesday, March 11th Amy Zajackowski '87
Chris Nanni '88
- Wednesday, March 25th Cate O'Hare
Assistant Rector, Lyons Hall
- Wednesday, April 1st James Burchsall, CSC
Professor of Theology
- Wednesday, April 8th Bishop Thomas Gumbleton
Auxiliary Bishop of Detroit/
President, Pax Christi USA

Community Service projects continue throughout the Lenten season.

- Tuesday, April 14th 10:00pm **CAMPUS PENANCE SERVICE**
Sacred Heart Church
André Lévesillé, CSC, Presider
Music by the ND Folk Choir

