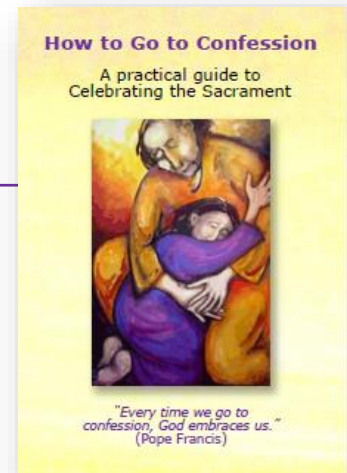


Some Resources for Journeying through Lent

Kildare and Leighlin **Scripture Sharing Booklets** are available to order through FDS@kandle.ie / 0599164084 at a cost of €2.50 + p.p.

Stations of the Cross for our Times is an 18 -page booklet available for use by parishes or individuals from FDS at a cost of €1.00 + p.p.

The very popular **Pocket Guide to Confession** is available for parishes to order free of charge (post will be charged) through FDS.



Our Kandle Family Lenten Promises



THIS LENTEN RESOURCE will be available on **www.kandle.ie** for families and individuals to use as they begin their Lenten journey.

The two-page resource is laid out as follows:

Page one: Explores the Lenten actions of fasting, almsgiving and praying, and offers examples of possible actions family members can promise to undertake for Lent. Families and individuals are also invited to name their own.

Page Two: A sheet for the family to complete by listing their chosen individual/ family Lenten promises, and signing. This page also has a Family Prayer for Lent.



'Netflix' for the Irish Church!
Create – Gather - Share



Have you checked out the iCatholic player yet? An incredible mix of video downloads and livestreams. Download the app for free from iTunes and Google Playstore.

FOLLOW ON FACEBOOK AND TWITTER TO KEEP UPDATED ON NEW VIDEOS AND LIVESTREAMS.

Website Resources for Lent and Easter Triduum

kandle.ie has several Lent /Easter resources for parishes, including Resources for Ash Wednesday (A Service of Ashes, Suggestions for Reaching Out from the Mass, A Rite of Sending Forth Ministers with Ashes), Lent Morning Prayer, Lenten Celebration of Evening Prayer, Preparing a Parish Celebration of Reconciliation, Sample Examinations of Conscience, Taizé Prayer Around the Cross, as well as ample notes and work sheets on the Liturgies of Holy Thursday, Good Friday and the Easter Vigil. Check out **iCatholic.ie** for short video inputs on the liturgies of the Easter Triduum.



Lent 2019 highlights the different ways land is stolen from vulnerable people – by corporate land grabs, or simply because they are women. Lent 2019 asks people in Ireland to show their love by supporting people in the world’s poorest countries who are often defenceless against these attacks.

This Lent you can help the world’s poorest people whose land and futures are being stolen from them.

- + *Donations to Trócaire’s Lenten appeal will help to provide safety to thousands of families who are living in fear of their homes and land being stolen from them.*
- + *Your support this Lent will allow Trócaire to bring relief and support to over two million of the world’s most vulnerable people.*
- + *Trócaire’s Lenten Appeal is about people in Ireland coming together to show love and support for people facing fear in the developing world.*



See trocaire.ie for Lent 2019 parish resources in the coming weeks!



Daily Meditations on the Gospel from Bishop Robert Barron

Once again, the ever-popular Bishop Robert Barron is offering people a daily meditation during Lent. You can find them on the following website:

<https://www.lentreflections.com/>

The website also gives you the opportunity to sign up to receive them each day by email. **Maybe this might be part of your Lenten experience this year as you journey through the season with Christ!**

DAILY MEDITATIONS FROM BISHOP BARRON

Spend your time with Christ in the Gospel this Lent
alongside Bishop Barron and the Word on Fire community.

Would you like to receive these daily Gospel reflections in your inbox every morning?

HAGA CLIC AQUÍ PARA ESPAÑOL

*The Corporal Works of Mercy**

FEED THE HUNGRY So many people go hungry in our world. Ways we can help include: not wasting food, donating money and food, and offering our services to help others.

GIVE DRINK TO THE THIRSTY Access to clean water is a basic necessity. We can act by not wasting water, giving to overseas clean water projects and supporting efforts to greater accessibility to clean water worldwide.

CLOTHE THE NAKED By supporting charities, such as St Vincent de Paul, we can help people in need. Look out for charities undertaking clothes drives: find a charity that is meaningful to you and volunteer your time or donate.

SHELTER THE HOMELESS We have more people living without a home in Ireland than ever before. We can donate our time and money to helping organisations who work with the homeless locally, regionally, nationally or internationally. The person of Christ serves as our model for how we respond to those who are without a home.

VISIT THE SICK Those who are sick are often forgotten or avoided. Yet they still have much to offer to those who take the time to visit and comfort them. We can take time to be kind to those who are ill, by visiting them, doing some chores for them, phoning them, sending a card, and supporting caregivers.

VISIT THOSE IMPRISONED People in prison are still people, made in the image and likeness of God, and still a person to treat with respect. Not everyone can go to prison to visit but we can pray for prisoners and, on release, not judge them and allow them to start afresh.

BURY THE DEAD Funerals give us a time to grieve and show others support during difficult times. Actions we can undertake include attending the funeral, sending a card, visiting the cemetery and praying for the dead.

A NEW WORK OF MERCY PROPOSED BY POPE FRANCIS

*The Spiritual Works of Mercy**

COUNSEL THE DOUBTFUL It is normal to have moments of doubt on our faith journey. It means we are thinking and wondering! If you have a doubt, talk about it with someone you know who will help you. If someone talks to you, remember to be kind and to share the good news that Jesus is the Way, the Truth and the Life.

INSTRUCT THOSE LACKING KNOWLEDGE Learn about our faith and be open to talking to others about our beliefs. There is always something more to discover about our faith. We can help others in many ways, for example volunteering in parish sacramental preparation, inviting someone to come to Mass with you, learning more about your faith and be willing to share it.

CORRECT SINNERS Without judging, we can be supportive in helping others find their way and correct their mistakes. In humility, when we notice wrong doing we ought to speak up against it.

COMFORT THE SORROWFUL When someone is sad it is a good thing to try to make them feel better. Be open to listening and comforting those who are dealing with grief or sadness. An unexpected visit, card or phone call, can make a difference to someone going through a difficult time.

FORGIVE INJURIES Jesus teaches us about forgiveness. Forgiving others can be difficult because we do not have God's limitless mercy and compassion. But we can ask God to help us to show others God's mercy.

BEAR WRONGS PATIENTLY When people hurt us it can be hard to forgive them and move on. Holding onto the hurt can make us bitter. Instead place your hope in God, asking God for what you need to endure the troubles of this world and face them with a compassionate spirit.

PRAY FOR THE LIVING AND THE DEAD One of the most powerful ways we can support one another is with our prayer. As we pray for the living and the dead we entrust all our intentions into God's care.

*ADAPTED FROM THE UNITED STATES CONFERENCE OF CATHOLIC BISHOPS

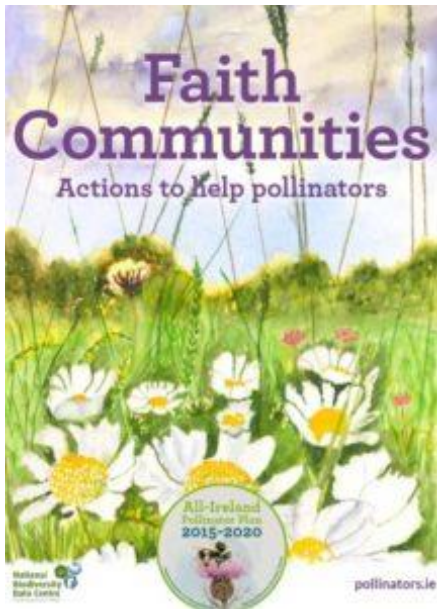
CARE FOR OUR COMMON HOME, THE EARTH.



Thinking about what acts of charity you might do this Lent?

Remember, the works of Mercy were not just for the Year of Mercy. They offer us practical expressions of Christian living in which we can bring God's mercy to others.

The Year of Mercy did see a new work added to our list by Pope Francis: Care for our Common Home, the Earth.



Care for our Common Home, the Earth

One third of our bee species are threatened with extinction from Ireland. This is because we have drastically reduced the amount of food (flowers) and safe nesting sites in our landscapes. The **All-Ireland Pollinator Plan** is about all of us, from farmers to local authorities, to schools, faith communities, families, gardeners and businesses, coming together to try to create an Ireland where pollinators can survive and thrive.

- To see what you can do check out: www.pollinators.ie
- 'Faith Communities: Actions to Help Pollinators' also available to download on this website.



A Date for Your Diary!
Chrism Mass 2019

Monday, April 15, 7:30 p.m. in
the Cathedral of the Assumption, Carlow.

Bishop Denis warmly invites parishioners from across the diocese to join him for this Mass during which the priests of the diocese will renew their priestly promises and the Oil of Catechumens, Oil of the Sick and Chrism will be blessed and consecrated for use in parishes in the coming year.

OUR DIOCESE – A FAMILY OF PARISHES

Please come early to be sure of a seat!

