



# Ministry Update

A newsletter for clergy, parish sisters and staff,  
and all involved in ministry in the parish,  
from Kildare and Leighlin Faith Development Services

Lent 2021

## 'Lent reminds us the Lord is always with us'

### Lenten Pastoral Letter of Bishop Denis Nulty


Writing to the people of the diocese ahead of Ash Wednesday, Bishop Denis reminds us in his Lenten Pastoral: "Lent is never about adding to the difficulty of what we are all experiencing - far from it. Rather, Lent presents us with the most powerful reminder that, in the face of the turmoil and pain, the tremendous suffering of this world, the Lord is with us, by His Cross we have been healed, by His Cross we have been saved and by His Cross we have hope. The risen Lord walks with us and calls us to rediscover and share with others the grace and joy of life lived with Him." Please go to [www.Kandle.ie](http://www.Kandle.ie) to read Bishop Denis' letter in full.



## Stations of the Cross in this time of Pandemic

The Diocesan Commission for Liturgical Formation, with Bishop Denis, has prepared a **video series of Stations of the Cross**. Each week a set of three stations will be uploaded to [kandle.ie](http://kandle.ie) and other platforms. The stations will be led by Bishop Denis, with a parish reader proclaiming the scripture passages. Frontline workers and people who have been severely impacted by COVID-19 will read the reflections for each station. You are invited to pray these stations each week and pray them in their entirety during Holy Week.

A special **video invitation from Bishop Denis** to these stations can be viewed on [www.kandle.ie](http://www.kandle.ie)

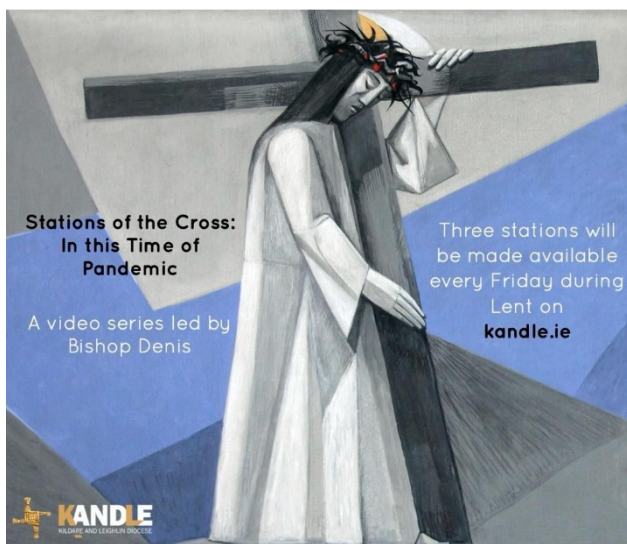


### Ash Wednesday

**A Prayer to begin my Lenten journey**

Loving Jesus,  
as I place on my forehead the sign of your saving cross  
You say to me, repent and believe in the Gospel.  
Walking into Lent my heart is set on you.  
May my **fasting** fill me with hunger for you,  
may my **prayer** draw me deeper into your presence,  
may my **acts of charity** bring your love  
to my home and community.  
Lord of life,  
grant that by turning back to you in these 40 days  
I will re-awaken the joy of my Easter faith;  
for you raise me up from fear and despair  
and call me to hope and trust in God who is with me always.  
With you, I will rise again. Amen.

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## Lenten Resources 2021 for Parish, Home and School

Please go to [Lent 2021 Resources](http://Lent 2021 Resources) on the [kandle.ie](http://kandle.ie) website to access Lenten resources for the parish and home, as well as for primary and post-primary. You'll find lots of tools to help you make the journey of Lent along with fellow members of the Kandle Diocesan Family.



## Living our Faith in the Domestic Church



The past year has highlighted the huge importance of the faith that is lived and handed on in homes across our parishes. While we may not be able to gather together physically, we continue to be united as a parish and diocesan family through our daily actions of faith in the home.

***In this time of pandemic, the Church has not closed.*** It is very much alive in households across Kildare and Leighlin as families care for one another - sharing the love, compassion, forgiveness and kindness of Christ every day; as they pray together and join their local parish in online liturgies – making space to be aware of the presence of God in their lives; as they care for others and for the environment – bringing the healing and care of Jesus to the lives of others and our world.

*Families come in many different forms.  
We can be very thankful for the faith that is  
being lived out and shared in families  
across Kildare and Leighlin in these days.*

### A KandLe Family Prayer for Lent

**Creator God,**

**be with us as we make our Lenten  
journey together as part of the  
KandLe diocesan family.**

**Give us the strength to do what we  
have promised and the love to help  
one another along the way.**

**When Easter comes, may our Lenten  
promises have brought us closer to  
you and to your Son, Jesus. Amen.**



Our KandLe Family Lenten Promises

Let's do Lent together in 2021

*An invitation to parishioners across  
Kildare and Leighlin from Bishop Denis*

**Our Kandle Family Lenten Promises** is a two page sheet to trigger some thinking about our actions of Prayer, Fasting and Charity in Lent. As part of the diocesan family we are inviting individuals and/or households to use the sheet to make their promises under the three traditional Lenten disciplines. A family prayer is included. Click [Lent 2021 Resources](#) to see and download from Kandle.ie.

### Ash Wednesday Fasting and Abstinence

Ash Wednesday is a day of penance.

Catholics who are over 14 years of age are called to abstain from eating meat.

Catholics aged 18-59 are called to fast, having one regular meal in the day, along with two smaller meals, with no snacks in between.

Those outside the age limits and those whose state in life (e.g. pregnant women, manual labourers, those who are ill) may be excused from the requirements of fasting and abstinence but are encouraged to take up some form of penance, acts of charity or prayer.

As we engage in this day of penance may it set our hearts on the journey we are undertaking in Lent – a journey back to God and to the joy of Easter.



### Lenten Scripture Sharing

Once again we are delighted to share a weekly series focused on the Sunday readings of Lent with prayer and reflections. This year the reflections have been prepared by Deacons Liam Dunne, Vincent Crowley and Eugene Keyes. You can access the series by clicking here [Lent 2021 Resources](#)

This material can be used alone, as a family or as part of virtual meeting over a platform such as Zoom.



## Fasting this Lent

Fast from hurting words and say **kind** words  
Fast from sadness and be filled with **gratitude**  
Fast from pessimism and be filled with **hope**  
Fast from worries and **trust** in God  
Fast from pressures and be **prayerful**  
Fast from bitterness and fill your heart with **joy**  
Fast from selfishness and be **compassionate** to others  
Fast from grudges and be **reconciled**  
Fast from words be silent, so you can **listen**.

*Pope Francis*

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Kildare and Leighlin Diocese



## Thank you to our parish volunteers!

Sincere thanks to all parish ministers who have been able to continue in their ministry, or indeed take up a new one, at this time. We look forward to the safe return of many of our volunteers who are in a position of having to cocoon. Please continue to check in with your parish to offer your services when safe to do so.

## Music Choices for Lent

While we are not able to experience the ministry of choirs at this time, parishes can avail of an accompanist and cantor to enhance the celebration of our livestreamed Masses. Many thanks to our music ministers who are making this possible.

Fr Liam Lawton recently wrote a letter to choir directors, offering suggestions for music during the season of Lent. You can view this letter in the Lenten Resources section of Kandle.ie.

As we look forward to Lent and to Holy Week it is hoped that we can continue to draw on this ministry to the fullest extent we can – always in a safe manner and following the health guidance and restrictions.

We miss our choirs and look forward so much to the day of their return.

## Online Resources for Baptism Preparation

are available on kandle.ie on [this link](#). Resources include a very short and informative video, baptism guide and more, for use by parishes, baptism teams and families.

## What does Lent mean?

While we associate Lent with preparation for Easter, the word 'Lent' actually comes from the Anglo-Saxon word **Lencten**, meaning '**spring**'. That might seem strange at first but when we think about it there is an obvious connection between spring and our preparation for Easter. While the images of spring may be of blooming flowers, spring lambs and lengthening, warmer days, none of this is instantaneous. It is a slow **process of change, growth and new beginnings** as nature turns away from the cold and harshness of winter towards the warmth and light of spring.

Our journey in Lent is a bit like that, offering us an annual opportunity, in the light and warmth of our faith, for change, growth and new beginnings. Every spring, every Lent holds the promise of a fresh start and new life; this is a time when we can honestly look at our lives and take even the simplest of steps to **turn back to and deepen our relationship with God** and allow our faith to impact who we are in the world.

In other languages the word Lent comes from the Latin, **Quadragesima** – a period of **40 days**. In the Christian tradition the forty days is understood to refer to a time of intense prayer and preparation; we remember the biblical stories of Noah and the flood of forty days, the forty years the Israelites spent wandering in the wilderness and, primarily, we remember Christ's forty day fast in preparation for his ministry. Lent is our forty days of preparation to renew our baptism at Easter and to put ourselves back on track to live the life our baptism calls us to live in the everyday circumstances we find ourselves.

Lent, then, is a time of doing **penance**, of actively embracing the Lenten disciplines of **prayer, fasting and almsgiving**. **None of these are ends in themselves, they are all part of the process that leads us back to God.**





*Praying for those who have died  
during this time of the Coronavirus COVID-19*



Lord of all people,  
believing in the resurrection,  
we turn to you with hope.  
Into your hands we entrust  
those who have died this day.  
In this life you embraced them with your tender love,  
welcome them now into heaven  
where there is no more suffering or pain.  
Give them the fullness of your peace and joy.

Eternal rest grant unto them, O Lord.  
*R. And let perpetual light shine upon them.*  
May they rest in peace. *R. Amen.*  
May their souls and the souls of all the faithful  
departed, through the mercy of God, rest in peace.  
*R. Amen.*

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*Praying for those who mourn*

*during this time of the Coronavirus COVID-19*

Lord of all gentleness,  
You are close to the broken-hearted.  
We entrust into your care  
those who mourn the loss of a loved one this day.  
Surround them with your love  
and comfort them in their sorrow.  
Grant that they may not be overwhelmed by their loss.  
May they know the consolation and support  
of the Christian community.  
Give them confidence in your goodness  
and strength to meet the days ahead.  
We ask this through Christ our Lord. Amen.



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**LENT  
2021**

A Resource for  
Parishes Exploring  
the Impact of  
Conflict on Families  
in South Sudan

**'Here are my hands, hold them.  
Please don't leave South Sudan alone.  
We need your prayers. We need your  
support. We need your love.'**

**Fr James Oyet Latansio, General Secretary,  
South Sudan Council of Churches**



***We continue to remember and pray for all those who  
have died during this pandemic and those who mourn.  
We pray, also, for those who work with the families of  
the deceased, our priests, deacons, funeral directors,  
parish funeral ministers, sacristans, parish staff, music  
ministers and all those who help in any way.***

**Trocaire**  
Working for a just world.

Trocaire's Lenten campaign for 2021 tells the stories of two families in South Sudan whose lives have been impacted by conflict. Awut and Ajak are shining examples of resilience, friendship and solidarity. This Lent we hear not only about the enormous challenges they have faced, but also about how they support each other through these challenges. See <https://www.trocaire.org/our-work/working-in-ireland/parishes/resources/> for parish resources.

***Trocaire our hosting a series of online workshops this Lent.***  
Click [Link to find out more and register](#)

*"The call to experience  
Lent as a journey of  
conversion, prayer and  
sharing of our goods,  
helps us – as communities  
and as individuals – to  
revive the **faith** that  
comes from the living  
Christ, the **hope** inspired  
by the breath of the Holy  
Spirit and the **love** flowing  
from the merciful heart of  
the Father."*

**From Pope Francis'  
Lenten Message 2021**



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