

Lenten Meditations

on youtube

For worship or small group devotion or discussion

- **Lent Meditation - begin the journey**

3 min– using music, image, questions for the journey
<https://www.youtube.com/watch?v=b56UN-OqxMU>

- **Beginning a Devotional Journey**

2 min– using music, image, words, prayer preparation
<https://www.youtube.com/watch?v=aThGJ8a1N6M>

- **Come, Thou O Traveler Unknown**

4 min– a hymn meditation using image and music
https://www.youtube.com/watch?v=_3X1cj3Ez30

- **You don't know Jack!... about Lent**

5 min –what is Lent? Street interviews and explanation
<https://www.youtube.com/watch?v=67O-8qIT-gE>

- **The Universal Categories of Love**

8 min- a good *seemingly* secular reflection on categories of love which might be used for Lenten reflection (Love of self, Love of the World, Love of usefulness)

This video was based on Swedenborg's essay of the same name from his book "True Christianity."

<https://www.youtube.com/watch?v=1m5nHXM7DTk>

- **A Lent Meditation on Caravaggio's Deposition of Christ**

4 min –a meditation using a classical painting of the crucified Jesus and classical Lenten music

<https://www.youtube.com/watch?v=5kOPvsACIQo>



Other resources

Peace Blog and Spiritual Practice:

<http://cofchristorange.org/about/peace-blog/>

Personal Stories of Meaningful Lenten Practices and memories

<http://www.loyolapress.com/reflecting-on-the-lent-season.htm>

A worship Installation

<https://pulpitshenanigans.wordpress.com/2014/04/09/2014-lenten-installation/>

'New' Spiritual Practices for Lent

<http://www.theologicalhorizons.org/documents/newspiritualpracticesforlent.pdf>



From the Desk of Lorna MacQueen
Conference Minister
Faith Formation for Discipleship

Toward Daring Discipleship
February
2015



Resources
For Lent

Quench Lenten Email Retreat 2015

Prayer Bench

<http://prayerbench.ca/product/lenet-email-retreat-quench/>

We will look at the spiritual practices and promises that sooth our soul thirsts, examine our culturally induced thirsts, and smooth our roughest spaces as we may our way toward the Mystery of Easter. (Leader– Janice MacLean)

Each email will offer:

- A getting ready practice.
- A reflection using words, photos, music, audio guided meditations, or art.
- Evocative questions for meditation or journaling.
- Suggestions for spiritual practices for the week.
- A blessing prayer or affirmation.

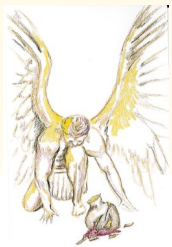
There will be a weekly focus question inviting you to share comments, questions, photos, art with others sharing the retreat in a private Facebook page. Some will choose to participate actively, others will look in and learn. All are welcome.

You will receive:

- Six weekly email retreats beginning Saturday, February 21st. You retreat at your own time, in your own space.
- Access to a private Facebook page where you can share reflections, pictures, and comments, if you wish.
- A copy of the retreat to download and print so you can retreat away from your computer.
- Any support you need to make sure you can receive the emails and participate on the Facebook page.



COST: \$20 for the entire retreat.



Practices of Releasing Lenten Small Group Study 2015

Prayer Bench

Janice MacLean will lead an exploration of ***original goodness and name the practices that release us from fear, grief, sense of scarcity, violence, stereotypes, and patterns that harden our heart and tarnish the goodness ...***

Using metaphors from the Lent gospel readings, stories, poetry, art and music she will seek to rub away at things that limit the human spirit, and dull the life of our congregations and groups, and suggest spiritual practices to claim original goodness.

You will receive:

- Six 8-10 minute audio recordings.
- A Leaders Page outlining a one-hour group process with opening, centering, discussion questions, group spiritual practice and closing prayer.
- A written script of the audio talks (where possible).
- A Participants page.
- Supplemental Resources.

When you register for this Small Group Study you will receive a link and password to an Access Page where the materials are available for downloading. An Internet connection is needed to access the audio recordings but once downloaded they are available to play from your computer. Once downloaded no internet connection is required.

Janice Maclean, host of *The Prayer Bench*, is a minister of *The United Church of Canada*. Janice will interview wise friends who offer reflections from their life experience.

The **cost** of this Small Group package is \$29.

40

For small group study

Loyola Press

<http://40theseries.com/episodes/>

WEB-BASED DRAMATIC SERIES "40" TO PREPARE VIEWERS FOR LENT Social Media Used to Enhance Lenten Experience

40 is a series of short videos and conversational tools offered as an alternative resource for the Lenten Journey.

40 takes the form of a post-apocalyptic drama -

Seven strangers appear to be the only survivors of a mysterious, calamitous event: Los Angeles is empty, devoid of people. No sign remains of family, neighbors or coworkers. No space ship hovers over the city, there are no zombies or flesh-eating viruses. Just seven strangers... Were they chosen? Or have they been culled? By whom? For what purpose?

40 is a Lenten allegory. It demands engagement and creative imagination of any group taking on this resource. I suggest that any leader preview it first to see if it will be helpful for a given group. For a group ready for a 'different kind of study' this may serve well. For a different kind of group, not so much.

Exile and journeying, loss and grief, hunger and thirst, guilt and hope, sin and redemption, the path through the desert and the way of the Cross—all are "mirrored" by the story unfolding onscreen.

40theseries.com provides access to various 'helps' in the exploration of the short videos through "Reflections" which host commentary, scriptural references, prayers, poetry, prose and music. Facilitator's Guides are also available.



This study is free of charge courtesy of Loyola Press.