

## FASTING AND FEASTING IN LENT

Lent can be more than a time of fasting; it can be a season of feasting. We can use Lent to fast from certain things and to feast on others. Lent is a season in which we can:

Fast from judging others; feast on the Christ indwelling them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from apparent darkness; feast on the reality of light.

Fast from thoughts of illness; feast on the healing power of God.

Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures; feast on unceasing prayer.

Fast from hostility; feast on non-resistance.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from personal anxiety; feast on eternal Truth.

Fast from discouragement; feast on hope.

Fast from facts that depress; feast on truths that uplift.

Fast from lethargy; feast on enthusiasm.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from shadows of sorrow; feast on the sunlight of serenity.

Fast from idle gossip; feast on purposeful silence.

Fast from problems that overwhelm; feast on prayer that undergirds.

*William Arthur Ward*

*(American author, teacher and pastor, 1921-1994.)*

“For most of my life I have struggled to find God, to know God, to love God. I have tried hard to follow the guidelines of the spiritual life—pray always, work for others, read the Scriptures—and to avoid the many temptations to dissipate myself. I have failed many times but always tried again, even when I was close to despair.

Now I wonder whether I have sufficiently realized that during all this time God has been trying to find me, to know me, and to love me. The question is not “How am I to find God?” but “How am I to let myself be found by him?” The question is not “How am I to know God?” but “How am I to let myself be known by God?” And, finally, the question is not “How am I to love God?” but “How am I to let myself be loved by God?” God is looking into the distance for me, trying to find me, and longing to bring me home.”

— *Henri J.M. Nouwen, The Return of the Prodigal Son: A Story of Homecoming*

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# LENT 2015

*...Renewal + Refuge + Rest + Safe Place  
Prayer + Simplicity + Hope + Love...*

*At St. Thomas University*

*February 18th*

*(First Day of Lent).*

*Ash Wednesday Mass & Lenten  
Luncheon*



*Follow us this Lent on Instagram for daily verses  
from bible, messages, prayers, Lenten practices, etc...*

**PEACE, HOPE & LOVE!**



**@stu\_campusministry**

## What is Lent?

Lent is a 40-day period of preparation for Jesus Christ's Resurrection on Easter Sunday. It is also one of the major liturgical seasons of the Catholic Church. Lent begins on Ash Wednesday (February 18th).

## Invitation...

Lent, as Fr. Nouwen writes, can be the period of time when we allow ourselves to be found by God. Through the disciplines of prayer, fasting and almsgiving, we turn away from illusions to finding who God has created us to be, to our true-self, to reclaiming our true identity of being God's beloved daughter/son. The STU Campus Ministry Team invites you to journey through the Lenten Season by participating in our daily and Sunday Celebration of the Eucharist (Mass), to take advantage of the times offered for the Sacrament of Reconciliation (Confession), Wednesday night Soup, Bread, and Spiritual Reflections and other opportunities that enrich your faith. -Your Campus Ministry Team

## A Message from the Director:

Dear St. Thomas University community,

*We are approaching Lent Season! A beautiful season within the Catholic Church and among other Christian traditions. A time for renewal, simplicity, prayer, rest, spiritual reflection, hope, compassion, refuge, family, friendship, love, kindness...a time of rejoicing and celebrating that we were all created in God's image and likeness...a time beyond Mardi Gras...in which we are called to remember what we truly are as a Catholic Institution.*

Claudia H. Herrera  
Director of Campus Ministry  
PhD Candidate



## Lent Calendar at STU:

### Key Dates:

**Ash Wednesday Mass & Lenten Luncheon:** February 18th at 12:15pm in the Chapel of St. Anthony. Mass will be presided by Archbishop Wenski. Join us for soup & bread after Mass. Plaza Kelly.



### **Nights of Soup, Bread, & Reflection**

Cascia Lounge at 7:30pm:

- February 18th
- March 4th
- March 18th



**Night of Praise, Worship and Adoration of the Blessed Sacrament: Wednesday, March 25th. 7:30pm**  
Chapel of St. Anthony.

Sacrament of Reconciliation during adoration (Confessions).

**Intercollegiate One-Day Retreat: STU & Barry University**

"Inspired 2.0" - guided meditation, art meditation, prayer, reflection, speakers, journaling...

**March 21st - 9am - 6pm. St. Thomas University**  
Free Registration in Campus Ministry.  
Dooner Hall 114.

**April 1st**-Pilgrimage into Holy Week with STU Library & Campus Ministry. Convocation Hall.

### Lenten practices at STU:

**Confessions (Sacrament of Reconciliation)**

**Sundays: 6:15pm-6:45pm**

**Wednesdays: 12:45pm-1:30pm**

**Celebration of the Eucharist (Mass)**

**Sundays: Mass at 7pm followed by Refreshments**

**Monday-Friday: Daily Mass at 12:15pm**

**Prayer:** The Chapel of Saint Anthony is open throughout the day for prayer and reflection.

**Stations of the Cross:** Booklets will be available in the back of the Chapel.

**Almsgiving:** Food and products drive sponsored by STU Tourism and Hospitality Program and Campus Ministry. Donations: Dooner Hall 114.

**40 day "Acts of Kindness" Lenten Challenge!**

**Challenge:** Extend love, kindness, understanding, prayer, acts of mercy, charity, service. Let's transform & let God transform us!

St. JOHN XXIII  
DECALOGUE  
(A Spiritual Lenten Exercise)



- 1) Only for today, I will seek to live the livelong day positively without wishing to solve the problems of my life all at once.
- 2) Only for today, I will take the greatest care of my appearance: I will dress modestly; I will not raise my voice; I will be courteous in my behavior; I will not criticize anyone; I will not claim to improve or to discipline anyone except myself.
- 3) Only for today, I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.
- 4) Only for today, I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.
- 5) Only for today, I will devote 10 minutes of my time to some good reading, remembering that just as food is necessary to the life of the body, so good reading is necessary to the life of the soul.
- 6) Only for today, I will do one good deed and not tell anyone about it.
- 7) Only for today, I will do at least one thing I do not like doing; and if my feelings are hurt, I will make sure that no one notices.
- 8) Only for today, I will make a plan for myself: I may not follow it to the letter, but I will make it. And I will be on guard against two evils: hastiness and indecision.
- 9) Only for today, I will firmly believe, despite appearances, that the good Providence of God cares for me as no one else who exists in this world.
- 10) Only for today, I will have no fears. In particular, I will not be afraid to enjoy what is beautiful and to believe in goodness. Indeed, for 12 hours I can certainly do what might cause me consternation were I to believe I had to do it all my life.