

LENTEN RESOURCES

Videos, articles and other web-based activities and content arranged by topic
and indicating intended audience category (children, teens, young adults and/or adults)



Our Liturgies during Lent

Notre Dame-Visitation's Masses are Saturday afternoons at 4pm and Sunday mornings at 11:15am. Due to our COVID-19 safety protocols, to ensure that a seat will be available for you, please contact the rectory office before 2pm on Thursday afternoons (518-692-2159). For those unable to attend Mass in-person the Sunday Mass from St. Joseph's in Greenwich is available online at www.tinyurl.com/SJG-liturgies.

Ashes will be distributed at a special Service of the Word on Wednesday, February 17 at 7pm here NDV and at 5:30pm at St. Joseph's in Greenwich. The usual protocols that we are following to ensure attendee safety at our weekend masses will be in effect. They will also be in effect on the Fridays of Lent when our Parish will be praying the Stations of the Cross, starting at 7pm.

LENTEN RESOURCES

GENERAL

[Lent 2021: Reflect. Repent. Restore](#)

This is the Lenten Resource page of US Conference of Catholic Bishops' website. After a brief overview of the season and its traditions, the page includes links to a Lenten Calendar, the fasting guidelines for Lent, and other items. Towards the bottom of the page they have information on prayer, fasting and almsgiving. [Adults]

[How to Live Lent This Year](#)

Here are three tips to deepen your relationship with God during the 40 days of #Lent. 1) Participate in the sacraments. 2) Help those in need around you. 3) Sacrifice something that's hard for you. This 45 seconds long video is from the US Conference of Catholic Bishops. [Teens, Young Adults & Adults]

[Journey to the Foot of the Cross](#)

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the UCCCB's Committee on Evangelization and Catechesis, offers "10 Things to Remember for Lent" [Adults]

[A Video Reflection on Lent](#)

Released through the US Conference of Catholic Bishops. [Adults]

[25 Great Things You Can Do for Lent](#) (besides giving up chocolate)

In this article Busted Halo suggests that we challenge ourselves to go beyond the usual practice of "giving up" something for Lent. "Now is a great time to take stock of your spiritual life and to grow in it." The offer 25 ideas for your consideration. [Teens, Young Adults & Adults]

CUSTOMS & TRADITIONS

[Catholic history of Mardi Gras, Fat Tuesday, Lent and Ash Wednesday](#)

The historical roots of Carnival and Mardi Gras lie in the Catholic calendar. It is the "last hurrah" before Lent begins on Ash Wednesday. That's why the enormous party in New Orleans, for example, ends abruptly at midnight on Tuesday, with battalions of street sweepers pushing the crowds out of the French Quarter towards home. Learn about how these are all connected in this video. [Teens, Young Adults & Adults]

[Preparing for Lent](#)

In this video, Fr. Mike Schmitz explains how prayer, fasting, and almsgiving are the three pillars of a spiritually fruitful Lent. He then challenges us to try new ways to exercise these Lenten practices, sharing several simple strategies for drawing closer to God during this holy season. [Young Adult, Adult]

[This Time of Forty Days](#)

Lent is approaching quickly! In today's culture and climate, we need every encouragement we can in order to test ourselves, to prove ourselves worthy to be disciples of Christ. Lent is a fantastic opportunity to die to oneself, and learn to cling all the more to Christ, who loves us and gave Himself up on the cross for us. And yet, Lent is not meant to be sad or depressing, but filled with joy. This comedy song is Nick Alexander's attempt to inject some much needed joy into the Lenten season. May it encourage you and give you laughter! [Teens, Young Adults & Adults; children might like the song, too]

[Ash Wednesday & Lent in Two Minutes \(YouTube Video from BustedHalo\)](#)

A brief kinetic type video explaining the what and why of Ash Wednesday and Lent, from the history of wearing ashes dating back to the Old Testament, to the practices of Catholics and Christians during Lent. [Teens, Young Adults & Adults]

[Ash Wednesday explained...](#)

In this animated video Dusty explains the meaning and origins of Ash Wednesday to Mercury. [Children]

[Ash Wednesday & Lent in 60 Seconds. With LEGO!](#)

What is Lent? What is Ash Wednesday? This video explains the meaning of both in 60 seconds. With LEGO! [Children]

[40 Ideas for 40 Days](#)

Ideas for catechists to use with children during Lent from *Catechists Journey*. [especially for parents and religion teachers/catechists]

[Lent – 40 Days or More?](#)

How many days are in Lent 40 days or more? Discover how many days are in Lent. You may be surprised. [Adults]

[Forty Lenten Ideas](#)

A PDF by Sr. Janet Schaeffler –Lent approaches each year, our minds turn to, "what will we do; what will we give

up?” Instead of giving up, why not put something in ... something that will take hold and stay with us for the rest of our lives – since Lent is about change/conversion. [Adult]

[4 Reasons for Fasting](#)

Why do we fast? Fr. Mike Schmitz explains that it's not about getting more love and attention from God. Fasting is about self-mastery, discernment, sacrifice, and being a co-redeemer with Jesus. In this video, Fr. Mike dives deeper into these four reasons, helping you make the most of your fasting this Lent. [Young Adult, Adult]

[CRS Rice Bowl 2018/Encounter Lent](#)

A large collection of videos on what is Lent, stories of those who benefit from Operation Rice Bowl, and Stations of the Cross in both English and Spanish. Originally collected together in 2018 by Catholic Relief Services, the official international humanitarian agency of the Catholic community in the US. [Teens, Young Adult, Adult]

[Lenten Resources](#)

Downloadable Lenten resources from the textbook publisher Sadlier Religion that help disciples of all ages make special efforts to pray, do penance, and do good works. [For use with children]

[Lent – Resources for your Lenten Journey](#)

A library of downloads and other resources on many aspects of Lent and Holy Week for all ages from Loyola Press.

[Reflecting on the Lenten Season](#)

Highlights of Lenten practices and memories of people who have shared their stories with Loyola Press. [Adults]

[Lent through the Lens of Grace](#)

This year's Lent can be different. Let's even imagine that God is going to help transform our lives, with greater freedom, greater joy, and deeper desires for love and service. [Young Adults & Adults]

[Lenten Candles Family Tradition](#)

This Lenten Candles Family Activity is a simple, yet profound way to walk through Lent as a family and prepare your hearts for the hope of Easter. [Parents]

[4 Ways to Observe Lent](#)

A helpful list of suggestions to help you focus and prepare for the celebration of Easter during the season of Lent, in graphical form. [Teens, Young Adults & Adults]

[50 Things to Give Up for Lent](#)

The “Equipping Godly Women” website proposed 50 modern-age things that we might want to consider giving up for Lent in an easy to read picture. Which one(s) will help you prepare for Easter 2021? [Adults]

LITURGICAL RESOURCES

[The Significance of Ash Wednesday](#)

They may just be ashes, but Fr. Mike points out that what they represent goes far beyond mere dust of the earth. With a simple cross on the forehead, we are recognizing that we are far from perfect, but that God loves and redeems us—not despite our brokenness, but in the midst of it. If you want to start off your Lent with a reminder of Ash Wednesday's deeper meaning, listen to Fr. Mike's heartfelt words in this video. [Teens, Young Adults & Adults]

[Ash Wednesday at St. Agnes Church](#)

Students from Holy Family School joined members of St. Agnes Parish for Ash Wednesday Mass and distribution of ashes.

[Vatican modifies distribution of ashes for Ash Wednesday](#)

Due to safety concerns associated with the spread of the coronavirus, the Vatican's Congregation for Divine Worship released a note laying out the procedures around the world are to follow for the distribution of ashes at the start of Lent. We would like to note that following the lead of several other dioceses across the United States, Bishop Scharfenberger has given permission for placing the ashes on the forehead by using an instrument such as a cotton ball. [Adults]

[Liturgy and Life: The Elect: Journeying Toward Baptism \(Part 1 of 2\)](#)

The elect celebrating the turning point of the catechumenate, their journey toward baptism, with the Rite of Sending and the Rite of Election on the First Sunday of Lent. [Adult]

[Liturgy and Life: The Elect: Journeying Toward Baptism \(Part 2 of 2\)](#)

In Part 2, the Elect celebrating the turning point of the catechumenate, their journey toward baptism, with the Rite of Sending and the Rite of Election on the First Sunday of Lent. [Adult]

[Liturgy and Life: Purification and Enlightenment \(Part 1 of 2\)](#)

Continue the journey with the elect preparing for baptism as they celebrate the Scrutinies during this Lenten period of purification and enlightenment as part of the Rite of Christian Initiation of Adults. [Adult]

[Liturgy and Life: Purification and Enlightenment \(Part 2 of 2\)](#)

Continue the journey with the Elect preparing for baptism as they celebrate the Presentation of the Lord's Prayer during this Lenten period of purification and enlightenment as part of the Rite of Christian Initiation of Adults. [Adult]

[Palm Sunday](#)

Video for teens from Outside Da Box Productions – a reflection on the crucifixion of Jesus and sacrificial love. [Teens]

PRAYERS & DEVOTIONS

[Lent as a great opportunity to grow closer to the Lord](#)

LUX NY provides a brief commentary by Fr. Richard Baker on how Lent is a great opportunity to grow closer to the Lord. [Teens, Young Adults & Adults]

[Living Lent](#)

Subscribe to "*Living Lent Daily*", a daily e-mail series delivering fresh reflections based on the Scriptures of Lent. Each day's message includes a quotation from the day's Scripture readings and a brief reflection to spur meditation, prayer, and self-examination. The messages also include suggestions for further exploration of Lenten themes through additional online articles and prayers. [Adults]

[Praying Lent](#)

"Praying Lent" online resources for prayer and retreat for Lent from Creighton University. Choose recipes, daily prayer, audio and video retreats, etc. [Young Adults & Adults]

[A Novena celebrating the Feast of the Annunciation](#)

On March 25 the Church celebrates the Feast of the Annunciation, nine months before Christmas when the Angel Gabriel appeared and told her that she would be the Mother of Jesus. Reflect on the scripture story and recite the novena prayer for nine days in honor of this Marian feast. From the US Conference of Catholic Bishops. [Teens, Young Adults & Adults]

Stations of the Cross

- [Stations of the Cross for Children](#)

Catherine Odell from Loyola Kids Book of Everyday Prayers offers a pdf guide and multimedia

presentation of the Stations adapted for children. [Children]

- [Scriptural Stations of the Cross](#)
Scripted versions based on those celebrated by Pope John Paul II on Good Friday 1991. They are presented by the US Conference of Catholic Bishops as an alternative to the traditional stations and as a way of reflecting more deeply on the Scriptural accounts of Christ's passion. [Adults]
- [Stations of the Cross](#)
Audio version of the Stations. [Adults]
- [Stations of the Cross – a multimedia reflection](#)
Praying the Stations of the Cross with Fr. Reed. [All audiences]

[Lenten Adventures](#)

Free emails during Lent for families – includes videos, games, and other activities to help families deepen faith and focus on Lent

[The Prodigal Son Story](#)

A contemporary rendition of the Prodigal Son Story, good for teens through adults.

[Prayers in Honor of the Five Wounds of Christ](#)

A prayer service for the individual or groups reflecting on the five wounds of Christ. From the US Conference of Catholic Bishops' "Catholic Currents" website. [Adults]

[Penitential Practices for Today's Catholics](#)

Penitential Practices for Today's Catholics was originally published as a resource for the Jubilee Year 2000. While printed booklets are still available for purchase from the US Conference of Catholic Bishops, the USCCB has also made the resource available as a free article on their website. It is meant as a pastoral tool for cultivating the penitential practices in one's daily life. While its focus is limited to a discussion of the Church's penitential practices, it serves to promote these practices as intimately related to the Sacrament of Reconciliation. [Adults]

Resources for Holy Week and the Easter Season will be posted in mid-March.

*Based on resources originally curated for the Albany Catholic Digital Library through July 2018
& updated as of February 11, 2021 for Notre Dame-Visitation Parish, Schuylerville, NY.*