

# Lenten resources for young people

In his Lenten message for 2015, Pope Francis reminds us that Lent is a time for renewal for every Christian. The following resources may help you enter into this “time of grace” with daily and weekly reflections and events around Melbourne.

## Online reflections

### Best Lent Ever

[dynamiccatholic.com/bestlentever](http://dynamiccatholic.com/bestlentever)

Weekly inspiration for living a Lent which is not just about giving up, but about real transformation.

### Fast Pray Give

[bustedhalo.com/lent](http://bustedhalo.com/lent)

Like an advent calendar but for Lent, the team at Busted Halo offer a moment of spiritual contemplation each day and practical ideas for fasting, prayer and almsgiving.

### Lent Reflections

[lentreflections.com](http://lentreflections.com)

Daily video reflections from Fr Robert Barron on Christ's journey to Calvary.

### Living Lent Daily

[loyolapress.com/living-lent-daily.html](http://loyolapress.com/living-lent-daily.html)

Prayers and thoughts in the Ignatian spirit to inspire you throughout your Lenten journey

### Share Jesus

[redeemedonline.com/sharejesus](http://redeemedonline.com/sharejesus)

A social media experience with daily videos from top Catholic speakers reflecting on who Jesus is.

### Xt3 Lent Calendar

[xt3.com/lent](http://xt3.com/lent)

Meditations, artwork and scripture from the team at Xt3, with a daily feature to reflect more deeply on a daily Lenten theme.

## Around Melbourne

### Five Fridays: A Lenten reflection series with the Capuchin friars

*Fridays, 7pm: 27 February, 6, 13, 20, 27 March*  
Sts Peter and Paul Church, 377 Dorcas St, South Melbourne

Enter into the heart of the Lenten season with reflections from the Capuchin friars, adoration and music, followed by a social gathering. Stations of the Cross at 6.30pm.

### Lenten reflections 2015

*Wednesdays, 12.30—1pm: 18, 25 February, 4, 11, 18, 25 March, 1 April*

*Mary MacKillop Heritage Centre, 362 Albert St, East Melbourne*

A weekly time of quiet in a busy week, to reflect on the graces of the special season of Lent

### Short course in Jesus' passion, death and resurrection

*Wednesdays 25 February, 4 March, 11 March and 18 March 2015, 6.30–8pm*

*Christ Lecture Theatre, Australian Catholic University, 115 Victoria Pde, Fitzroy*

This short course offered by the Australian Catholic University (ACU) is an opportunity to explore the most important topics of Christian faith during the season of Lent by following the events of the Triduum. Delivered by ACU theologians, including Rev Prof Anthony Kelly CSsR and Rev Prof Francis Moloney SDB. Registration required: <http://www.acu.edu.au/686192>

## Other resources

### AOY Lenten Resource

[cam.org.au/Portals/60/documents/LentenResource2014Web.pdf](http://cam.org.au/Portals/60/documents/LentenResource2014Web.pdf)

Prepared in 2014, the Aoy Lenten Resource contains ideas for helping young people in youth groups deepen their faith during the Lenten season.

### Getting it Rite

[cam.org.au/evangelisation/Resources/Seasons/Lent](http://cam.org.au/evangelisation/Resources/Seasons/Lent)

A resource prepared by the Office for Evangelisation to help parish liturgy and leadership teams to engage in the Church's traditions during Lent and Holy Week.

### Project Compassion

[caritas.org.au/projectcompassion/about](http://caritas.org.au/projectcompassion/about)

The theme for Project Compassion 2015 is “Food for Life”. The Project Compassion website has resources to help groups engage in the campaign.