

# Lenten on-line opportunities

The season of Lent is given to us as a special opportunity to JOURNEY toward a deeper relationship with Jesus and grow in our spiritual life.

A great way to accomplish this is to dedicate a little time to learning and inspiration.

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## Here are a few on-line sources you might find helpful:

- ◆ Don't give up chocolate for Lent...go on an incredible JOURNEY!  
Sign up for **Best Lent Ever** at [www.BestLentEver.com](http://www.BestLentEver.com) Sponsored by Dynamic Catholic.
- ◆ JOURNEY through a scripture video series on:  
**The Bible and the Sacraments or The Bible and the Virgin Mary.**  
11 sessions offered FREE only during the weeks of Lent by the St. Paul Center for Biblical Theology. Visit [www.stpaulcenter.com](http://www.stpaulcenter.com) to register.
- ◆ Pause to JOURNEY through a **mini-retreat** each day at [www.3MinuteRetreat.com](http://www.3MinuteRetreat.com)
- ◆ Receive **messages of Hope** on your JOURNEY this Lent.  
Go to [www.FranciscanMedia.org](http://www.FranciscanMedia.org) to receive daily stories, traditions, and messages in this season.
- ◆ Stay connected to Christ and the Gospel every day of your Lenten JOURNEY with Gospel reflections from **Word on Fire** and Bishop Robert Barron. Sign up in English or Spanish [www.dailycatholicgospel.com](http://www.dailycatholicgospel.com)
- ◆ Learn something new about your faith during this Lenten JOURNEY.  
Visit the **US Conference of Catholic Bishops** site, [www.usccb.org](http://www.usccb.org) for catholic beliefs and teachings, news on issues and action, and more.
- ◆ On your JOURNEY this Lent, learn and advocate for social justice through the **Center of Concern**, a Catholic agency that researches, educates, and advocates for Catholic Social Teaching: [www.coc.org](http://www.coc.org)
- ◆ Watch weekly video inspiration to enhance your JOURNEY of Lent at [www.Faith180.com](http://www.Faith180.com) from **Let Me Be Ministries, Inc.**
- ◆ Celebrate every day spirituality during this JOURNEY of Lent with **Sr. Melannie Svoboda** at [www.melanniesvobodasnd.org](http://www.melanniesvobodasnd.org) (Sunflower Seeds).
- ◆ Download the Holy Angels *My Parish* App from the Apple App Store or Google Play. Click on the "Crown of Thorns" button in the app daily and incorporate helpful reflections to keep yourself focused on your JOURNEY and this time of prayer, fasting and almsgiving during Lent.