

A Suggestion for Lenten Reflections:

During Lent search the Internet for quotes that will inspire you to love God and your neighbor. Write down these quotes in a notebook; reflect, pray, develop a plan to accomplish those inspirations and then follow through with actions necessary to carry out that plan.

I. Steps to access some Internet quotes:

- a. Go to Saint John of the Cross's website:
<http://www.stjohnofthecrosscatholicchurch.org/>
- b. On the top right hand side of page click on link **Lent 2017**
- c. Several links will appear. Among them are
- d. Link **How to work with Inspirational Quotes**. **Selecting This option** will give helpful instructions and recommendations for working with the web page.
- e. Link **Inspirational Quotes**. **Selecting This option** will take you to the quote website.
- f. You will (initially) see quotes from Mother Theresa; scroll to see more.
- g. At the bottom of the page you can select additional pages of quotes from her.
- h. The more you scroll, the more quotes you will see.
- i. To view quotes from a different author, key the author's name into the **Search box**.
- j. Press the **Enter** key.

- II. **Source of quotes: www.goodreads.com**
 - a. This is just one of the many sources of quotes available.
 - b. Please note that you are not limited to this one source.

What to do with the quotes.

This is most important!

In a notebook write down your selected inspirational quote word for word. Put only one quote per page (Because you are being asked to do the following procedure per quote):

- a. Reflect upon it.
- b. Write down why the quote moves you.
- c. Write down what the quote inspires you to do.
- d. Pray about it.
- e. Let your prayers guide you to develop a step-by-step plan to accomplish those inspirations.
- f. Let your prayers turn into action by implementing your plan.
- g. If you get stuck, consider how the Corporal and Spiritual Works of Mercy fit into your plan of action.

The Importance Of The Notebook:

- a. It can be used throughout the year and its contents can be modified and updated.
- b. The contents of the notebook could assist you with a life changing experience.
- c. It is a good idea during Lent to work with one inspiring quote per day. You can come back later to work with that quote later, even after the Lenten season.

Where To Start With Inspirational Quotes.

Here Are A Few Suggestions:

- a. Mother Theresa
- b. Pope Francis
- c. Pope John Paul II
- d. Bishop Fulton J. Sheen
- e. Martin Luther King, Jr.
- f. Viktor Frankl (Man's Search for Meaning)
- g. Past presidents of the United States
- h. Famous authors

If you encounter any difficulty with these instructions, please email either:

Glenn Ruiz @ frrgjr@bellsouth.net

or

Deacon Dan @ dash5a@bellsouth.net

A parish volunteer will reply ASAP.