

## **Strategies to Make this Lent Transformative**

*Cleveland NPM Musicians' Pre-Lenten Retreat 2/17/23*

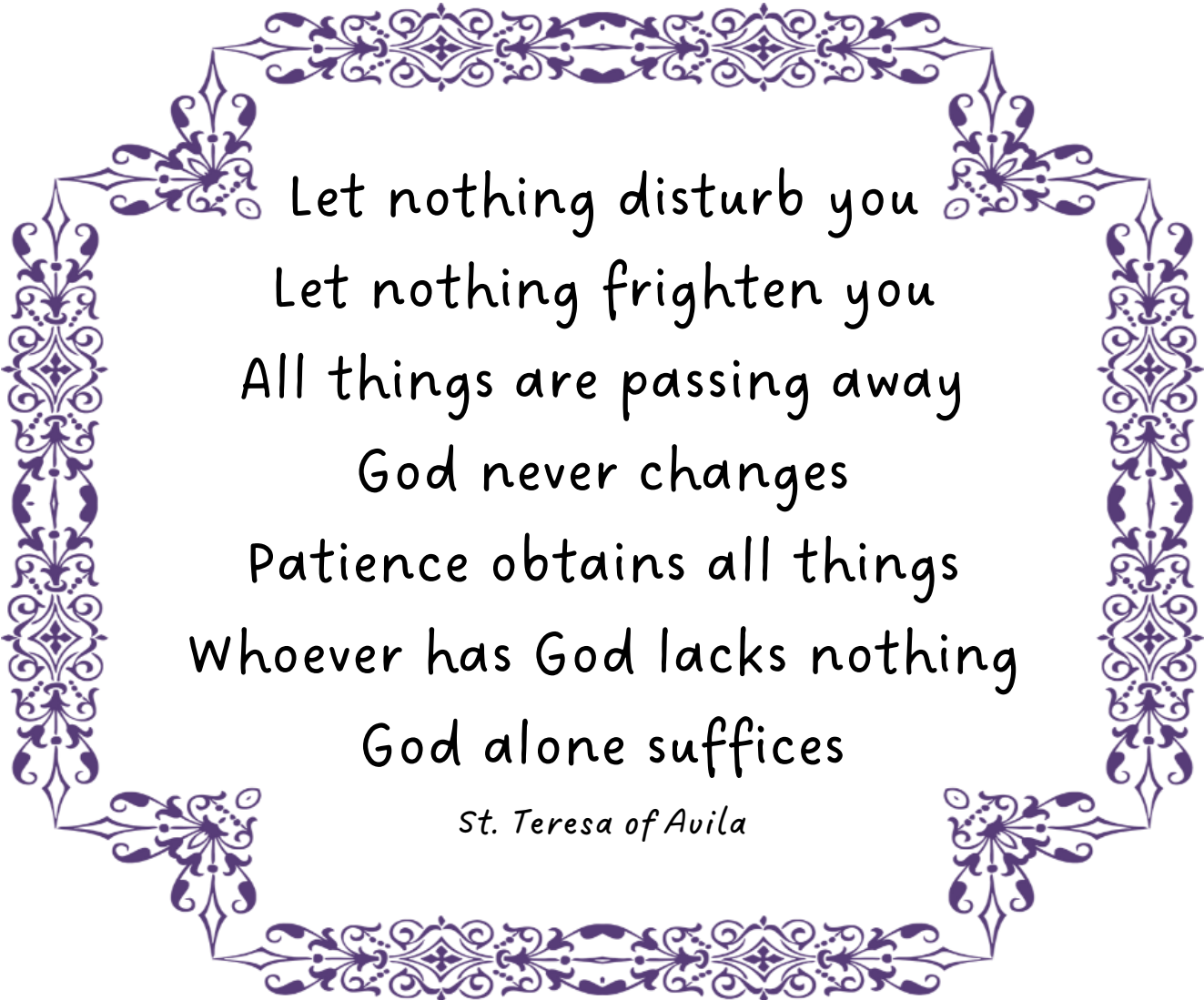
Tend to the relationship with Daily prayer. 10 minutes each day

- Allow silence to rise without judgement.
- Reclaim stillness each day.

Do one tangible weekly sacrificial task. Schedule it in your planner and use ritual to support consistency. Some suggestions:

- Bring groceries to a food pantry
- Collect gently used items for a shelter
- Spend distraction-free time with someone who could use some attention
- Go to Confession
- Say, "Can we pray together now?"
- Organize and rehearse your music!
- Make a communal space better, cleaner, cheerier, or more peaceful
- Cook at home and donate the money you saved by not going out
- Feed your brain good stuff: spiritual reading, positive podcasts, uplifting seasonal music
  - <https://ocp.org/en-us/blog>
  - <https://www.4lpi.com/Blog>
  - <http://sustainingthejourney.com/>
  - <https://www.dynamiccatholic.com/daily-reflections.html>
- Enlist a prayer partner

Devote an hour on Holy Thursday to nurture your relationship with our Lord.



Let nothing disturb you  
Let nothing frighten you  
All things are passing away  
God never changes  
Patience obtains all things  
Whoever has God lacks nothing  
God alone suffices

*St. Teresa of Avila*