LENT 2022

THE MEMO: A GUIDE FOR DUKE CATHOLICS

INSIDE: Penance/Fasting | Prayer | Almsgiving

WHAT IS LIFE IF NOT SPENT IN COMMUNION?

CATHOLIC.DUKE.EDU/LENT
WHAT'S THE BEST THING YOU'VE DONE FOR LENT?

DUKE CATHOLIC STUDENTS SHARE THEIR EXPERIENCES

JAQUE GOMEZ | COMPUTER SCIENCE
The hardest thing I gave up for Lent was my phone. I decided to give it up for two main reasons. The first one being that I found myself constantly on my phone. And two, I had been finding it hard to find time to pray. However, when I put this distraction aside, I was able to focus on my relationship with God and was able to pray daily. I felt myself not only growing closer to God but to my family as well.

MATÍAS SUR | ROMANCE STUDIES
One of the best acts of charity I have done for Lent is to do thirty minutes of silent prayer each day before the Blessed Sacrament. Rather than giving something up, I chose to give something. I chose to give my time to the Lord. Through these thirty minutes of daily prayer, it became my way of intentionally accompanying the Lord to his Cross and Resurrection. I think that's what the secret of Lent is all about: intentional accompaniment. Intentionality is at the heart of Lent: it means that I recognize how the consequences of my yeses and no's will reflect my beliefs.

OLIVIA LEE | MECHANICAL ENGINEERING
Often, I feel like I default to giving up some type of food during Lent, like chocolate or Chick-fil-A. One year, I decided I didn't want to give up something material, but a bad habit instead. I gave up complaining, and it was one of the best decisions I made. I stopped myself whenever I had negative opinions or wanted to complain about something going on in my life. It helped me view situations in a more positive light, increasing my overall happiness, and helped me grow closer to God by growing in gratitude for the life He has given me.

JAQUE GOMEZ | COMPUTER SCIENCE
The hardest thing I gave up for Lent was my phone. I decided to give it up for two main reasons. The first one being that I found myself constantly on my phone. And two, I had been finding it hard to find time to pray. However, when I put this distraction aside, I was able to focus on my relationship with God and was able to pray daily. I felt myself not only growing closer to God but to my family as well.

OLIVIA LEE | MECHANICAL ENGINEERING
Often, I feel like I default to giving up some type of food during Lent, like chocolate or Chick-fil-A. One year, I decided I didn't want to give up something material, but a bad habit instead. I gave up complaining, and it was one of the best decisions I made. I stopped myself whenever I had negative opinions or wanted to complain about something going on in my life. It helped me view situations in a more positive light, increasing my overall happiness, and helped me grow closer to God by growing in gratitude for the life He has given me.

MATÍAS SUR | ROMANCE STUDIES
One of the best acts of charity I have done for Lent is to do thirty minutes of silent prayer each day before the Blessed Sacrament. Rather than giving something up, I chose to give something. I chose to give my time to the Lord. Through these thirty minutes of daily prayer, it became my way of intentionally accompanying the Lord to his Cross and Resurrection. I think that's what the secret of Lent is all about: intentional accompaniment. Intentionality is at the heart of Lent: it means that I recognize how the consequences of my yeses and no's will reflect my beliefs.

OLIVIA LEE | MECHANICAL ENGINEERING
Often, I feel like I default to giving up some type of food during Lent, like chocolate or Chick-fil-A. One year, I decided I didn't want to give up something material, but a bad habit instead. I gave up complaining, and it was one of the best decisions I made. I stopped myself whenever I had negative opinions or wanted to complain about something going on in my life. It helped me view situations in a more positive light, increasing my overall happiness, and helped me grow closer to God by growing in gratitude for the life He has given me.

KATHERINE POLINARIO | NEUROSCIENCE
This Lent, I'll be giving up Tiktok. As hard as it may be, I figured that it would be a good idea because it promotes an idealized and unrealistic depiction of what life should be, and the mindless scroll consumes hours on end. By giving up Tiktok, I know that I'll be able to redirect that time to be with the Lord. Rather than just removing something, I'll be adding something too! I plan on adding fifteen minutes of scheduled, nonnegotiable prayer every day.
Sometimes we have the will to change but we're not sure how to begin or what resources to start with. This list won't give you your WHY, but it can offer you your HOW to change your prayer life.

1 | PRAY AS YOU GO
There's a reason we come back to this again and again as a great way to begin integrating prayer into your daily routine. It's simple, it's guided, and it's less than 15 minutes. Download the app, use the website, or listen to the podcast. It literally doesn't get easier.

2 | HALLOW APP
The #1 Catholic prayer app out there. There is so much to explore here. Think of it like Headspace (the meditation app) but for Catholic meditation instead! There are paid levels but the free content is still phenomenal.

3 | IBREVIARY
It's a winner for priests, sisters, and brothers. Why? It has the daily Mass readings, and the daily "Breviary," a.k.a. "Liturgy of the Hours." Ordinarily, it'd be a huge four-volume book set containing psalms, readings, and many prayers, but this awesome app fits right on your home screen. Refresh the date each morning, open the menu, and start your day praising the Lord with the Breviary's Morning Prayer.

4 | DUKE CATHOLIC CENTER
Is it biased if we say this is the best app up here?! Our app includes everything you need to grow in your faith at Duke: our Sunday's worship aids, the most recent Memo, a Catholic Guide to Wellness, a song book for Wednesday Adoration, a sign up form for Small Groups, our DCC prayer wall, great music playlists, our Small Group Guide, and MORE!

PAUSE. BREATHE. CENTER.
THE SIMPLEST PRAYER EVER?

Bring your attention to your breath for a few cycles. Center yourself on the Holy Spirit living within you. Inhale deeply and settle yourself into your body. Exhale any stress and tension you may feel.

On your next inhale, pray, COME*
As you exhale, pray, HOLY SPIRIT

Keep breathing this prayer for a few moments. (Repeat the prayer several times)

Conclude, praying: Thank you, God, for this time to center on Your presence living inside me, always with me, as near to me as my own breath. Give me the awareness to know this every moment of the day, to call upon You, and to rest in the knowledge that I am Your Beloved.

*Some like to change the words up to "Come Lord Jesus" or "Abba, Father." It's a personal preference though, so do whatever feels right in the moment of the prayer.
"Giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God" (Catechism 2462)

What a strong statement from our Catechism! This is precisely why "Almsgiving" is the third pillar of Lent for all of us. But what does it exactly look like?

"During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity - to remind us all that we're brothers and sisters in Christ." (USCCB)

That being said, there's many ways to give alms. And, we've compiled a handy list for you this Lent to think about and incorporate into your daily life routine.

1. Perform a Corporal and/or Spiritual Work of Mercy.
   - **Corporal:** feed the hungry, give drink to the thirsty, shelter the homeless, visit the sick, visit the prisoner, bury the dead, and give money to the poor.
   - **Spiritual:** counsel the doubtful, instruct the ignorant, admonish the sinner, comfort the sorrowful, forgive injuries, bear wrongs patiently, and pray for the living and the dead.

2. Give to one of the DCC's Special Collections.
   - This Lent, on two Sundays, we'll be having "special collections" for ministries doing amazing work. See below, mark your calendar, and give your extra money (even if it's just a little bit! *Mark 12:41-44*)
   - **March 27:** local Afghan refugee resettlement ministry
   - **April 10:** Catholic Relief Services

3. Educate yourself.
   - Spend time learning about poverty in Durham, in our country, and how the Catholic Church helps to mitigate poverty and serve all around the world. A simple Google search will do. Or, come to the FAH @ 7 pm on Monday, March 21 to learn more about refugees resettling in the Raleigh-Durham area.

4. Serve.
   - There's opportunities throughout Durham - especially with Catholic Charities - but a group of DCC students will be serving at the local Food Pantry on Friday, March 25 @ 4 pm (Scan the QR Code to sign up). Or visit the FAH @ 7:30 pm on Thursday, March 17 to cook breakfast for the homeless.

"Those who need money and those that can give money meet on the common ground of God's love."

- Henri Nouwen

"Those who need money and those that can give money meet on the common ground of God's love."

- Henri Nouwen