

IT'S TIME TO SEE LENT AS A BLESSING RATHER THAN A BURDEN.

PRAYING LENT

Renewing Our Lives on the Lenten Journey

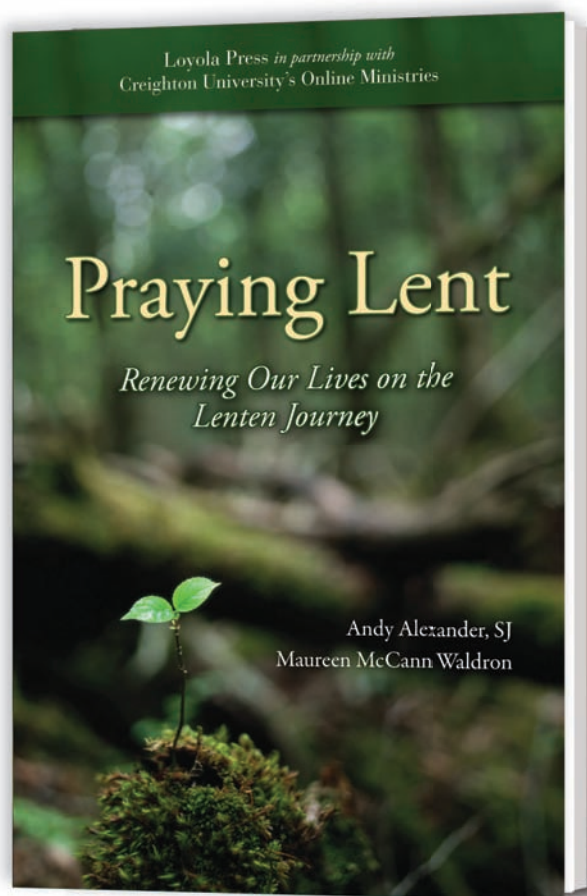
ANDY ALEXANDER, SJ

MAUREEN MCCANN WALDRON

For many Catholics, Lent is all about what we give up—television, chocolate, alcohol. . . . The period from Ash Wednesday to Easter becomes an endurance test, a struggle between what we believe we *should* do and what we actually *want* to do. But when the only focus is on depriving ourselves of something, we can actually deprive ourselves of the true gift of Lent—it is a time for us to grow prayerfully, personally, and powerfully in our relationship with God.

Incorporating many of the principles of Ignatian spirituality, *Praying Lent* provides us with a rich, full, and transformative Lenten experience, one in which hearts, minds, and lives are truly renewed so that we may love God more deeply and, in turn, serve the world more fervently.

Fr. Andy and Maureen cofounded the Creighton University Online Ministries Web site, www.creighton.edu/collaborativeministry/online.html. This book of resources for Lent is taken from that Web site.



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ANDY ALEXANDER, SJ, has spent many years of his priesthood in pastoral and ministry work. He served as a pastor for eight years in Milwaukee. He is now the vice president for University Ministry at Creighton.

MAUREEN MCCANN WALDRON graduated from Creighton University with a degree in journalism and a master's degree in Christian spirituality.

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