

# *Faith in Action Lenten Reflection Series*

*Spend some faith sharing time with other members of your community to support each other and to support in prayer the doing of every parish activity in a reflective and relational way for the sake of building parishes where people help each other to connect life and faith.*

## **Spend time**

reflecting on the up-coming Sunday readings in the time they were written and today.

## **Share with each other**

how the readings pertain to today's daily life.

## **Look forward**

to what you can do to reflect God's word more in your life.

## **It's that simple:**

1 hour with Friends, 6 weeks during Lent, A lifelong strengthened commitment to God.

## **What can I do?**

You can be a facilitator:

A facilitator simply leads the group in an opening prayer and moves them through the reflections on the readings and the questions and discussions about applying their faith to life (all of these are in the books).

You can be a home host:

A Home host opens their house for the group to gather one night a week for 1 to 1½ hours for the 6 weeks of Lent.

You can become a group member:

Sign up to join a group and share with other members of the community your reflections on the readings and your Faith.

*Ask someone who was in a group last year, what their experience was like! I know mine changed the way I attend mass, see my Faith, and move through Life! (Yes, the books are from a different source.)*

If you were a facilitator or home host and would like to be one again, if you would like to be a new facilitator or home host, or just have questions please e-mail [scc@suttercreekparish.com](mailto:scc@suttercreekparish.com) or call Lisa at 916-296-7121. Let us know the day of the week or time of day or night you can meet. We will also be doing sign-ups at the churches over the next few weekends.

Visit [http://www.sccquest.org/quest/PDF/Spring\\_2010\\_Sample.pdf](http://www.sccquest.org/quest/PDF/Spring_2010_Sample.pdf) to see a sample of commentary, reflections, and questions for the readings for January 24<sup>th</sup>.