



This year don't just 'give up' for Lent

Instead, 'take up' the challenge...and do *The Reflection*

In preparation for Easter 2010, the Australian Catholic Bishops' Conference invites you to partake in an exciting and unique journey – *The Reflection*.

For many of us, Lent means a time of 'sacrifice'. Often, by only focusing on 'giving up', without welcoming a whole spirituality, we can gloss over the great journey of preparation towards Easter.

This coming Lent, we ask you to consider bringing to your family, parish group or community a gift – the opportunity to spend quality time together exploring the Scriptures of the Season.

Each week during Lent the Bishops of Australia will be sharing their thoughts and reflections on the Sunday Gospels leading to Easter.

This innovative program, *The Reflection*, is a free, Internet-based resource that will comprise 6 short pre-recorded segments (one for each week of Lent 2010). Each segment will follow a *lectio divina* process for the forthcoming Sunday of Lent (an exploration of the Gospel through reflection and prayer).

The segments will be posted online each Monday at 7pm, starting the Monday prior to Ash Wednesday – 15 February 2010.

For this pilot program, 12 Australian Bishops have agreed to participate in the series.

A final segment will be posted during Holy Week and will involve a small number of Bishops and lay people who will share thoughts and reflections of their Lenten journey around the celebration of an Easter meal.

It is hoped this final Segment (appropriate to the Season) will reflect the warmth, invitation, sharing, and community that has been built through people's 'getting together' in their own homes over the seven-week period.

We all understand that life sure doesn't stop during Lent – it relentlessly marches on with work, sporting commitments, school plays, weddings etc.

This coming year why not plan to spend some quality time with those around you as you journey to Easter.

As the Church family welcomes its new members with open arms at Easter, let's take up the challenge and invite others to come to our table to share.

Visit the website <http://thereflection.vividas.com> now to find out more about this exciting program.

You will also find there video instructions for undertaking *lectio divina*; a downloadable booklet to take you through the readings for the period and Q&A's to assist further discussion.

For any further information please contact Annie Carrett, Diocese Broken Bay, 02 9847 0724 or news@dbb.org.au

thereflection.vividas.com

Australian Archbishops and Bishops Participating in The Reflection:

Most Rev Philip Wilson (Adelaide)
Most Rev John Bathersby (Brisbane)
Most Rev Denis Hart (Melbourne)
Most Rev Mark Coleridge (Canberra-Goulburn)
Most Rev Adrian L. Doyle (Hobart)
Most Rev Michael Putney (Townsville)
Most Rev Christopher Saunders (Broome)
Most Rev David Walker (Broken Bay)
Most Rev Gregory O'Kelly SJ (Port Pirie)
Most Rev D. Eugene Hurley (Darwin)
Most Rev Gerard Hanna (Wagga Wagga)
Most Rev Joseph A. Grech (Sandhurst)

For further media information/ interview opportunities please contact:

Annie Carrett

Communication Manager

T: (02) 9847 0724

M: 0439 600 233

E: news@dbb.org.au