



# Video and Reflection

## LENT AND THE CORPORAL WORKS OF MERCY

As Lent begins we begin to run through our spiritual checklist, trying to find the time for the prayer, fasting, and almsgiving that we are supposed to do each Lent. After watching the video “What Is Lent” (Kerry Weber), spend some time reflecting on your Lenten goals and see if you might want to make some changes.

The video can be found here: <https://www.youtube.com/watch?v=x9-QRhhqdc8&list=PLpTzvCOJa7DB5ax-m3jpt6NK9EaUPMTce&index=1> or [bit.ly/2mJmQgH](http://bit.ly/2mJmQgH) (“Mercy, Kerry Weber,” USCCB channel).

### Reflection Questions:

Do I pray, fast, and give alms for 40 days to finish off a Lenten to-do list?

How can I change my attitude this Lenten season to see others as well as myself?

How can I be more conscious of looking outward in the weeks leading up to Easter?

### The Corporal Works of Mercy

In the video “What Is Lent” we hear about the corporal works of mercy. Spend time getting to know the corporal works of mercy in the reading below and brainstorm additional ways you can incorporate these works into your Lenten practice.

#### Feed the Hungry

Too many people in our communities go without food. It’s a sad reality, especially when so much food is wasted by the average person every single day. How often does food go bad in the pantry or refrigerator and then end up in your garbage bin?

Possible actions:

- Contribute financially to organizations that feed the hungry.
- Take time to plan meals so that you only purchase what food you will need for a week. This will help eliminate waste, and you can use your grocery savings to support a local food pantry.
- Are there meals you make that can be easily frozen? Make a double batch and share it with your local soup kitchen.

#### Give Drink to the Thirsty

Clean water is not a luxury that many other countries or regions in the world enjoy. While most of us are able to turn on the faucet and have easy access to this basic necessity, that is not the case for many around the world.

Possible actions:

- Donate to an organization that helps build water wells for those in need.
- Collect bottled water to donate to food pantries or homeless shelters.
- Make more of an effort to not waste water in your own activities. This can include taking shorter showers, fixing leaky faucets, and only running a dishwasher or washing machine when full.

#### Shelter the Homeless

Our Christian faith teaches us to go out and meet those without homes, affirm their worth, and help them seek shelter and a resolution to their problems.

Possible actions:

- Volunteer at a local homeless shelter.
- Donate time or money to organizations that help provide shelter or homes to those in need.
- Donate blankets to an area homeless shelter.
- Take time to understand the challenges faced and the needs of those who are homeless in your community. Use your parish and archdiocesan resources to guide your research.



## *Visit the Sick*

The sick in our communities are often avoided or forgotten, but they are perhaps the most in need of company, comfort, and support.

Possible actions:

- Donate at the next local blood drive.
- Share your talents and gifts at the local nursing home. Perhaps that gift is listening, performing a musical instrument, painting, or even calling Bingo.
- Do you know a caregiver in your family or circle of friends that could use a break? Take over their responsibilities periodically and lend a hand.

## *Visit the Prisoners*

All people, even those in prison, are made in the image and likeness of God. No matter our wrong doings, all of us deserve the opportunity to hear the Word of God and the truth in the message brought to us by Jesus Christ.

Possible actions:

- Volunteer in prison ministry.
- Donate to organizations that bring gifts to those whose parents are in prison.

## *Bury the Dead*

Funerals are an important time for us to show support for those who are grieving a loss, as well as to

grieve ourselves. Helping to build a culture of life in your community, includes respecting life from conception until natural death.

Possible actions:

- Send a card to someone who has recently lost a loved one. Prayers to be included in the cards may be found at [www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm](http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm).
- Visit the cemetery to pray for those you have lost.

## *Give Alms to the Poor*

How much money we can donate to the poor can vary greatly depending on our own financial situations. We are called to give what we can, especially during Lent, to help those with a greater need than our own.

Possible actions:

- Give up eating out for Lent and donate the savings to the poor.
- Educate yourself on an organization and what donated money is used for, before donating, to ensure your gift is used the best it can.
- Participate in the Catholic Relief Services' Rice Bowl during Lent.