

Men's group 2025-03-18

The topic tonight was "What are you doing for lent?"

We went around the table and we each talked about the various spiritual activities that we were considering, of course each of these topics all lead to a lot of discussion.

- Do the stations of the cross on you tube
- Watch the series on the even last words of Christ by Scott Hahn
- Pray the rosary
- Do a daily confession of one's activities and work on those faults that stop you from being a better Christian
- Read the Bible, daily meditation booklet and short hymns
- Try not to be critical of people
- Try to control one's anger
- watch a YouTube video on the stations of the cross at one of our meetings

Michael gave a moving testimony on how he started to say the rosary, and how the various prayers and mysteries have meaning in his life. Reflect on the words, and the mysteries of the rosary as you pray it.

You don't have to be in church or in your house to say the rosary. You can say the rosary doing daily activities as walking, riding the bus, gardening, raking etc.

The Rosary: A Pilgrimage into the Heart of Catholicism by Gary Wills was mentioned as a good book regarding the rosary. It is a reflective and insightful exploration of the rosary, examining its history, spiritual significance, and its role in the Catholic faith. Wills delves into the deeper meaning of the rosary, explaining how it functions not only as a prayer tool but as a way to mediate on the life of Jesus Christ and the Virgin Mary.

Another book/pamphlet mentioned was **Lent with Dorothy Day**, which features prayers and reflections for every day of Lent. Each day's reflection introduces a different aspect of Dorothy's life.

Our next meeting will be April 1st, and that will not be an April fool's session.

We will invite some woman who have expressed interest in a spiritual group to our meeting.

Thanks to all for such a deeply enriching meeting and discussion we had.

Lenten blessings,

Norbert