

# RETURN TO ME

LENT 2021

WAYS TO GROW CLOSER TO GOD



ST. MATTHEW CHURCH  
NORWALK, CT



Lent is a season that calls each of us toward a spiritual renewal. *“Even now,”* in the midst of a pandemic, the prophet Joel reminds us, we are invited by God to bring our whole hearts to Him, to grow closer to Him. This little booklet offers a simple weekly focus, aligned with Scripture, to help steer you on your Lenten Journey.

### ***Week 1: Talk to God***

February 21-27

*“Even now, says the Lord, return to me with your whole heart.” Joel 2:12*

Find a quiet place and just sit with God. Know that He is listening, and you can lean on Him. Everything else flows from keeping communication open with Him. Sometimes we hesitate to really open up, and sometimes we say little prayers so often throughout the day that we wonder if we’re actually talking to ourselves. But keep trying because talking to Him and thinking about Him is prayer! And keeping God at the forefront helps us to stay centered on the things that really matter, and to remember that He is listening, and we can lean on Him for His graces.

### ***Week 2: Be There for Someone***

February 28-March 6

*“Give and gifts will be given to you.” Luke 6*

As God is there for us, be a rock for someone who needs you or just needs help. Maybe a neighbor might have trouble cleaning snow from their own car, or a friend or family member who could use more than a passing text or small talk.

### ***Week 3: Pray for Someone***

March 7-13

*“God so loved the world that he gave his only Son, so that everyone who believes in him might have eternal life.” Jn 3:16*

Try to pray for someone who has wronged you, someone you may find it hard to forgive. Pray for loved ones, friends or anyone you would typically pray for, but try to pray with a new-found special attention this time. Perhaps pick a special intention for each day of Lent.

### **Week 4: Give Thanks**

March 14-20

*"...By grace you have been saved." Eph 2*

First pray with gratitude. Then act with gratitude. Giving of yourself, your time or resources in any way you can, to an organization or community service of your choosing, or to the Church, may be one of the best ways to *show how thankful you are for life's blessings and to feel more thankful* for them.

### **Week 5: Recommit to the Church**

March 21-27

*"Whoever serves me must follow me, says the Lord; and where I am, there also will my servant be."*

*John 12:26*

Attending Mass has been challenging for many. This week, make a commitment to attend a daily Lenten Mass - it's a blessing for you and it's a blessing for the Church. Connection to Church and to each other is for our greater connection with God. This recommitment can also extend to giving time to the Church. There is always a need for more hands to make lighter work. At least once during Lent, and twice during the year, how about signing up to do a reading, be an usher or offer whatever help is needed?

### **Week 6: Embrace Faith**

March 28-April 3

*"When the centurion who stood facing him saw how he breathed his last he said,*

*'Truly this man was the Son of God!' "* Mark 15

Jesus died in our place so we could have a relationship with God and be with Him forever. This week find three ways to embrace your faith in Him. Jesus knows you and loves you. You do not walk alone. If you haven't been to Reconciliation in a long time, don't be afraid! *"God's Mercy is free for the taking,"* Msgr. Walter always said. *"Christ came not just for some, but for all. Our God is a loving God who wants only goodness for you. He may not change your past, but He can alter your future. He desires to know you and bless you throughout your life. When we trust Him to lead the way, we will discover the wonder of His creation filled with love, mercy and forgiveness."*



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## **Daily Mass**

Monday—Friday  
12:10 pm & Live Stream

## **Weekend Mass**

Saturday  
4:00 pm  
Sunday  
7:30 am; 9:00 am; 10:30 am; 12noon

## **Sacrament of Reconciliation**

Saturday: 2:45 pm—3:30 pm  
First Tuesday: 7:00 pm—8:00 pm  
Reconciliation Monday, March 29:  
3:00 pm—9:00 pm

## **Adoration**

First Tuesday: 7:00 pm—8:00 pm  
First Friday: begins after 12:10pm Mass through 7pm

## **Stations of the Cross**

Fridays: 7:00—8:00 pm in the Church & Live Stream  
Good Friday, April 2: Outdoor Stations, 12noon  
Stations in the Church, 7:00 pm

## **Healing Mass**

First Friday, March 5: 12:10 pm with Anointing  
Drive-through Anointing to follow

216 Scribner Avenue Norwalk, CT 06854  
Phone: (203) 838-3788 Fax: (203) 838-8195

Email: [StMattParish@hotmail.com](mailto:StMattParish@hotmail.com)

Website: [StMatthewNorwalk.org](http://StMatthewNorwalk.org)

Facebook: [StMatthewNorwalk](https://www.facebook.com/StMatthewNorwalk); Instagram: [StMatthewChurchNorwalk](https://www.instagram.com/StMatthewChurchNorwalk)

Twitter: [StMatthewNorwLk](https://twitter.com/StMatthewNorwLk); YouTube: [StMatthewChurchNorwalk](https://www.youtube.com/StMatthewChurchNorwalk)