



THE ABBEY OF OUR LADY OF
NEW CLAIRVAUX
VINA, CALIFORNIA

In the habit

of simplicity and silence

A L E N T E N B O O K M A R K

Each week during the season of Lent allows us to forge a deeper bond with the Lord through prayer, fasting and almsgiving. Below are suggested practices inspired by the Rule of St. Benedict.

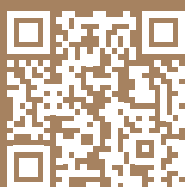
Visit our website newclairvaux.org for a weekly Lenten video.

WEEK 1	Lectio Divina: Pick a short passage of Scripture; read aloud; ponder its meaning; read same passage and pause on a word; listen to God.
WEEK 2	Keep a Lenten journal: Write in it daily and review weekly - to catalogue your journey with Christ in the desert for 40 days.
WEEK 3	Pray in secret: Pick one person for whom you feel called to offer prayer for the remainder of the Lenten season.
WEEK 4	Stay awake and keep watch: Pick a day to rise early, light a candle and pray until the sun comes up.
WEEK 5	Proclaim a social media Sabbath: Fast from doom-scrolling or posting updates online on any social media platform.
HOLY WEEK	Solitary nature hike: Take a day by yourself to pray in the wilderness and spend the time alone with God in silence.



“Today, beloved, we enter the holy season of Lent, a season of Christian warfare ... O glorious Christ, blessed forever, on which even the angels desire to look! ... You go first through the narrow door of the passion to prepare a broad entrance for the members to follow.”

~ Bernard of Clairvaux, 12th-century Cistercian Abbot, Sermon for the Lenten Season



Hover your smartphone camera over the QR code above to access our weekly Lenten videos.