

Liturgical Lent

A Resource Collective for Restful Homeschools



Baptism of Christ, Andrei Rublev

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by

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Using this Guide

The Resource

Come alongside us this Lent and steep yourself, your community, students, and family in the traditions of this season! We pray these weekly resources bless each of you on your Lent journey.

In these resources you will find opportunities to draw closer to God and neighbor through prayers, hymns, personal meditations, read-alouds, weekly blog posts, picture study, the music of St. Matthew's Passion, and ideas to incorporate into your daily rhythms forming liturgies for this season and planting seeds for the future.

- Please note, the intention is NOT to include all of our suggestions but to adopt at least one new family/community tradition this year.
- Index of Resources: This index provides a wealth of suggestions for the season beyond the Daily Rhythm! Please use it as a reference throughout the Lent and Easter season! May His blessings be upon you as we await His coming!

The Rhythm

See Daily Schedule

Reflection: ["Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. \(+audio format\)](#)

Tradition: Celebrate and learn about feast day/saints celebrated during the week

Poetry: Read aloud and reflect on the curated weekly poetry selection. Consider memorizing the whole or parts of the poem for recitation on Fridays and Saturdays.

Read Aloud: Lent book (ex. [The Rule of St. Benedict](#), [Amon's Adventure](#), by Arnold Ytreidell) and/or select a picture book of choice

Hymn & Music: Continue singing and learning curated weekly hymn as well as its history and origin. Another option would be to travel through Bach's St. Matthew's Passion by listening to an excerpt each day/week and enjoying its beauty. If incorporating St. Matthew's Passion, we recommend [A 40 Day Devotional for Worship - St. Matthew Passion](#) by Dawn Rhymer as a guide

Sacred Art: Weekly featured selections have been carefully curated providing opportunities to contemplate the beauty of the season. There is also an extensive list of additional suggested pieces at the end of this guide titled "Sacred Art". Use the *Scholé Guide to Picture Study* for deeper contemplation.

Narration & Recitation: Use this time each week for weekly read aloud narration and recitation of the curated weekly poem.

Benediction: Close with the hymn/prayer of the week

Preparation

Review weekly flow

Prepare links for listening and viewing.

Hymn

Poetry

Sacred Art- (*Scholé Guide to Picture Study*-[click here](#))

Music

Choose read aloud

Celebrate feast days, saints, and traditions as we anticipate the Resurrection of Christ! Prepare as little or as much as desired.

Books & Blog

Book List & Blog: Our curated selections provide weekly blog readings from Junius Johnson as well as reflective readings for both parents, educators, and students.

Community & Tradition

Tradition: A Lenten calendar of Eastern & Western feast days, saints, and traditions provide an opportunity to solidify in memory the richness of Lent as we anticipate the birth of Christ!

Daily Rhythm - Overview

Sundays Tradition	<p>Reflection: <u>"Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. (+audio format)</u></p> <p>Tradition: Review feast day/saints celebrated during the week. See the Eastern/Western Lent calendar in this guide. Celebrate and learn about feast day/saint of the day.</p> <p>Benediction: Close with the prayer & hymn of the week</p>
Mondays Poetry	<p>Reflection: <u>"Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. (+audio format)</u></p> <p>Tradition: Celebrate and learn about feast day/saint of the day</p> <p>Poetry: Read poem of the week and read together</p> <p>Benediction: Close with the prayer & hymn of the week</p>
Tuesdays Read Aloud	<p>Reflection: <u>"Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. (+audio format)</u></p> <p>Read Aloud: Read the weekly picture book together and/or consider a longer book reading a selection each day.</p> <p>Suggested reading: <u>The Chronicles of Narnia</u> Picture Book of the Week</p> <p>Tradition: Celebrate and learn about feast day/saint of the day.</p> <p>Benediction: Close with prayer & hymn of the week.</p>
Wednesdays Music	<p>Reflection: <u>"Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. (+audio format)</u></p> <p>Music: Music: Reflect of the hymn of the week or other music selection (ex. <u>St. Matthew Passion</u>) and contemplate together.</p> <p>Tradition: Celebrate and learn about feast day/saint of the day.</p> <p>Benediction: Close with the prayer & hymn of the week.</p>
Thursdays Sacred Art	<p>Reflection: <u>"Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. (+audio format)</u></p> <p>Art Study: Contemplate featured art using the <u>Scholé Guide to Picture Study</u>.</p> <p>Tradition: Celebrate and learn about feast day/saint of the day.</p> <p>Benediction: Close with the prayer & hymn of the week.</p>

Fridays

Narration & Recitation

Reflection: [Weekly Reflection & hymn from Junius Johnson Academics \(audio format\)](#)

Narration and Recitation from this week's selections (prayer/hymn/poem)

Tradition: Celebrate and learn about feast day/saint of the day.

Benediction: Close with the prayer & hymn of the week.

Saturdays

Narration & Recitation

Reflection: [Weekly Reflection & hymn from Junius Johnson Academics \(audio format\)](#)

Narration and Recitation from this week's selections (prayer/hymn/poem)

Tradition: Daily Reflection & hymn: Celebrate and learn about feast day/saint of the day (devotional suggestion: [Word in the Wilderness: A Poem a Day for Lent and Easter](#), Malcom Guite).

Benediction: Close with the prayer & hymn of the week.

Week of Ash Wednesday- Daily Schedule

<p>Tuesday Read Aloud</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>"Introduction: No Time at All." The disconnect between Narnian time and England time as an image of the disparity between the secular and liturgical calendars.</p> <p>Read Aloud: Shrove Tuesday, by Anton Chekhov (see Appendix A)</p> <p>Suggested reading: The Chronicles of Narnia: <i>The Lion The Witch and the Wardrobe</i></p> <p>Picture book: Pancakes for Breakfast, by Tomie de Paola</p> <p>Tradition: Shrove Tuesday (Pancake Day!)</p> <p>Benediction: Prayer- Hymn- Alleluia, song of gladness (Anonymous) click here for audio</p>
<p>Wednesday Music</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Tradition: Ash Wednesday, Septuagesima, Sexagesima, Quinquagesima, Quadragesima, from The Golden Legend; Septuagesima, The Time That Land Forgot, by Michael Foley</p> <p>Benediction: Prayer- Hymn- Come Thou Long Expected Jesus</p>
<p>Thursday Sacred Art</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Art Study: The Fight between Carnival and Lent, by Pieter Brugel the Elder c.1559, contemplate using the Scholé Guide to Picture Study</p> <p>Benediction: Prayer- Hymn- Come Thou Long Expected Jesus</p>
<p>Friday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem)</p> <p>Benediction: Prayer- Hymn- Come Thou Long Expected Jesus</p>
<p>Saturday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem)</p> <p>Benediction: Prayer- Hymn- Come Thou Long Expected Jesus</p>

Week of Ash Wednesday- Resources

Hymn- For Shrove Tuesday

Alleluia, song of gladness (Anonymous) [click here for audio](#)

Alleluia, song of gladness,
voice of joy that cannot die;
alleluia is the anthem
ever raised by choirs on high;
in the house of God abiding
thus they sing eternally.

Alleluia thou resoundest,
true Jerusalem and free;
alleluia, joyful mother,
all thy children sing with thee;
but by Babylon's sad waters
mourning exiles now are we.

Alleluia though we cherish
and would chant for evermore
alleluia in our singing,
let us for a while give o'er,
as our Savior in his fasting
pleasures of the world forbore.

Therefore in our hymns we pray thee,
grant us, blessed Trinity,
at the last to keep thine Easter
with thy faithful saints on high;
there to thee for ever singing
alleluia joyfully.

Poem

Lent, by George Herbert

Welcome dear feast of Lent: who loves not thee,
He loves not Temperance, or Authority,
But is composed of passion.
The Scriptures bid us fast; the Church says, now:
Give to your Mother, what you would allow
To every Corporation.

It 's true, we cannot reach Christ's fortieth day;
Yet to go part of that religious way,
Is better than to rest:
We cannot reach our Savior's purity;
Yet are bid, Be holy ev'n as he.
In both let 's do our best.

Who goes in the way which Christ has gone,
Is much more sure to meet with him, than one
Who travels the by-ways:
Perhaps my God, though he be far before,
May turn, and take me by the hand, and more
May strengthen my decays.

Yet Lord instruct us to improve our fast
By starving sin and taking such repast
As may our faults control:
That ev'ry man may revel at his door,
Not in his parlor; banqueting the poor,
And among those his soul.

Sacred Art:

Contemplate with the Scholé Guide to Picture Study.



The Fight between
Carnival and Lent, by
Pieter Bruegel the Elder

Tradition

Feb 13- Shrove Tuesday

Feb 14- Ash Wednesday & Chair of St. Peter the Apostle

Feb 17- Theodore the Tyro, Great Martyr (Eastern Calendar)

Feb 18- Sunday of the Canaanite (Eastern Calendar)

First Week of Lent - Daily Schedule

Sunday Tradition	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format): "Always Winter and Never Christmas: The Desert of Hopelessness." The Lion The Witch and the Wardrobe and faithfulness in a cursed world.</p> <p>Tradition: Liturgical Day: 1st Sunday of Lent</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Monday Poetry	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: Ash Wednesday I & II, by Christina Rossetti, Poetry for the Season-Lent-1</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Tuesday Read Aloud	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: The Lion The Witch and the Wardrobe</p> <p>Picture Books: The Tale of the Three Trees by Angela Elwell Hunt, Petook: The Rooster Who Met Jesus by Tomie DePaola</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Wednesday Music	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Thursday Sacred Art	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Art Study: The Temptation of Christ, Sandro Botticelli, contemplate using the Scholé Guide to Picture Study</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Friday Narration & Recitation	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem)</p> <p>Tradition: Feb 23- St. Polycarp</p> <p>Benediction: Prayer, Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>
Saturday Narration & Recitation	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer- Hymn- Lord, Who Throughout These Forty Days (Audio Version-click here)</p>

First Week of Lent - Resources

Hymn

Lord, Who Throughout These Forty Days (click for audio)

Lord, who throughout these forty days,
For us did fast and pray,
Teach us with you to mourn our sins,
And close by you to stay.

As you with Satan did contend,
And did the vict'ry win,
O give us strength in you to fight,
In you to conquer sin.

As you did hunger bear and thirst,
So teach us, gracious Lord,
To die to self, and always live
By your most holy word.

And through these days of penitence,
And through your Passion-tide,
Forevermore, in life and death,
O Lord, with us abide.

Abide with us that when this life
Of suffering is past,
An Easter of unending joy
We may attain at last!

Poem

Ash Wednesday I & II by Christina Rossetti

I.
My God, my God, have mercy on my sin,
For it is great; and if I should begin
To tell it all, the day would be too small
To tell it in.
My God, Thou wilt have mercy on my sin
For Thy Love's sake: yea, if I should begin
To tell This all, the day would be too small
To tell it in.

II.
Good Lord, today
I scarce find breath to say:
Scourge, but receive me.
For stripes are hard to bear, but worse
Thy intolerable curse;
So do not leave me.
Good Lord, lean down
In pity, tho' Thou frown;
Smite, but retrieve me:
For so Thou hold me up to stand
And kiss Thy smiting hand,
It less will grieve me.

Sacred Art:

Contemplate with the Scholé Guide to Picture Study



The Temptation
of Christ,
Sandro Botticelli

Tradition

Feb 18- First Sunday of Lent

Feb 18- Sunday of the Canaanite (Eastern Calendar)

Feb 23- St. Polycarp

Second Week of Lent - Daily Schedule

Sunday Tradition	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format): "Forgetting Your First Love: Narnia without Magic." <i>Prince Caspian</i> and life in a disenchanting land.</p> <p>Tradition: 2nd Sunday of Lent</p> <p>Benediction: Prayer, Hymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Monday Poetry	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: The Transfiguration, Edwin Muir</p> <p>Benediction: Prayer- Hymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Tuesday Read Aloud	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: <i>Prince Caspian</i></p> <p>Picture Book: The Transfiguration of Our Lord (The Twelve Great Feasts for Children), by Mother Melania Salem</p> <p>Benediction: Prayer, Hymn-What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Wednesday Music	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer- Hymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Thursday Sacred Art	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Sacred Art: Transfiguration Scene, Byzantine Mosaics, c.549, contemplate using the Scholé Guide to Picture Study; Theology and Arts- Zacchaeus artwork</p> <p>Benediction: Prayer, Hymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Friday Narration & Recitation	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer- Hymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>
Saturday Narration & Recitation	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem)</p> <p>Benediction: PrayerHymn- What Wondrous Love Is This (St. Olaf's Choir-listen here)</p>

Second Week of Lent - Resources

Hymn

What Wondrous Love Is This (listen here)

1 What wondrous love is this, O my soul, O my soul!
What wondrous love is this, O my soul!
What wondrous love is this, that caused the Lord of bliss
to bear the dreadful curse for my soul, for my soul,
to bear the dreadful curse for my soul.

2 When I was sinking down, sinking down, sinking down,
when I was sinking down, O my soul!
When I was sinking down beneath God's righteous frown,
Christ laid aside His crown for my soul, for my soul,
Christ laid aside His crown for my soul.

3 To God and to the Lamb I will sing, I will sing;
to God and to the Lamb, I will sing.
To God and to the Lamb who is the great "I AM,"
while millions join the theme, I will sing, I will sing,
while millions join the theme, I will sing.

Poem

The Transfiguration, Edwin Muir

So from the ground we felt that virtue branch
Through all our veins till we were whole, our wrists
As fresh and pure as water from a well,
Our hands made new to handle holy things,
The source of all our seeing rinsed and cleansed
Till earth and light and water entering there
Gave back to us the clear unfallen world.
We would have thrown our clothes away for lightness,
But that even they, though sour and travel stained,
Seemed, like our flesh, made of immortal substance,
And the soiled flax and wool lay light upon us
Like friendly wonders, flower and flock entwined
As in a morning field. Was it a vision?
Or did we see that day the unseeable
One glory of the everlasting world
Perpetually at work, though never seen
Since Eden locked the gate that's everywhere
And nowhere? Was the change in us alone
And the enormous earth still left forlorn,
An exile or a prisoner? Yet the world
We saw that day made this unreal, for all
Was in its place. The painted animals
Assembled there in gentle congregations...([continue reading here](#)
or see Appendix A)

Sacred Art:

Contemplate with the Scholé Guide to Picture Study



Transfiguration
Scene, Byzantine
Mosaics, c.549

Tradition

Feb 25- 2nd Sunday of Lent

Feb 25- Sunday of the Publican and Pharisee: Triodion Begins
(Eastern Calendar)

Third Week of Lent- Daily Schedule

<p>Sunday Tradition</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format): "Ensorcelled Adoration: The Bondage of Love for the World." <i>The Voyage of the Dawn Treader</i></p> <p>Tradition: 3rd Sunday of Lent & Katharine Drexel; Sunday of the Prodigal Son (Eastern Calendar)</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>
<p>Monday Poetry</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: "I wake and feel the fell of dark, not day", by Gerard Manley Hopkins</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>
<p>Tuesday Read Aloud</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: The Voyage of the Dawn Treader Picture Book: Petook: The Rooster Who Met Jesus by Tomie DePaola</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>
<p>Wednesday Music</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>
<p>Thursday Sacred Art</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Sacred Art: Return of the Prodigal Son, Rembrandt, contemplate using the Scholé Guide to Picture Study.</p> <p>Tradition: March 7- Sts. Perpetua & Felicity</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>
<p>Friday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer, Hymn- Amazing Grace (listen here)</p>

Saturday

Narration & Recitation

Reflection: ["Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. \(+audio format\)](#)

Narration and Recitation from this week's selections (prayer/hymn/poem)

Tradition: March 9- [St. Frances of Rome](#), [Saturday of Souls](#) (Eastern Calendar)

Benediction: Prayer, Hymn- [Amazing Grace \(listen here\)](#)

Third Week of Lent - Resources

Hymn

Amazing Grace (listen here)

Amazing grace (how sweet the sound)
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.

'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!

Through many dangers, toils and snares
I have already come:
'tis grace has brought me safe thus far,
and grace will lead me home.

The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be
as long as life endures.

Yes, when this flesh and heart shall fail,
and mortal life shall cease:
I shall possess, within the veil,
a life of joy and peace.

6 The earth shall soon dissolve like snow,
the sun forbear to shine;
but God, who called me here below,
will be forever mine.

Poem

'I wake and feel the fell of dark, not day'

by Gerard Manley Hopkins

I wake and feel the fell of dark, not day.
What hours, O what black hours we have spent
This night! what sights you, heart, saw; ways you went!
And more must, in yet longer light's delay.

With witness I speak this. But where I say
Hours I mean years, mean life. And my lament
Is cries countless, cries like dead letters sent
To dearest him that lives alas! away.

I am gall, I am heartburn. God's most deep decree
Bitter would have me taste: my taste was me;
Bones built in me, flesh filled, blood brimmed the curse.

Selfyeast of spirit a dull dough sours. I see
The lost are like this, and their scourge to be

As I am mine, their sweating selves; but worse.

Sacred Art:

Contemplate with the Scholé Guide to Picture Study.



Return of the Prodigal Son, Rembrandt

Tradition

March 3-3rd Sunday of Lent & Katharine Drexel

March 3-Sunday of the Prodigal Son (Eastern Calendar)

March 7- Sts. Perpetua & Felicity

March 9- St. Frances of Rome

March 9- Saturday of Souls (Eastern Calendar)

Fourth Week of Lent/Laetare Sunday- Daily Schedule

<p>Sunday Tradition</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (audio format): "Ensorcelled Adoration: The Bondage of Love for the World." <i>The Silver Chair</i> and the self-destructive power of love of the world.</p> <p>Tradition: 4th Sunday of Lent/ Laetare Sunday; <u>Judgment Sunday (Meatfare Sunday)</u> (Eastern Calendar)</p> <p>Benediction: Prayer, Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here, see Appendix A for Latin-English version)</p>
<p>Monday Poetry</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: 'I wake and feel the fell of dark, not day', by Gerard Manley Hopkins</p> <p>Benediction: Prayer, Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>
<p>Tuesday Read Aloud</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: The Silver Chair Picture Book: Rechenka's Eggs by Patricia Polacco (listen here)</p> <p>Benediction: Prayer- Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>
<p>Wednesday Music</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer, Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>
<p>Thursday Sacred Art</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Sacred Art: The Last Judgement, Michelangelo, contemplate using the Scholé Guide to Picture Study.</p> <p>Benediction: Prayer- Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>
<p>Friday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer, Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>
<p>Saturday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem)</p> <p>Benediction: Prayer, Hymn- Audi, benigne Conditor/ O Merciful Creator. Hear! (listen here)</p>

Fourth Week of Lent/Laetare Sunday - Resources

Hymn

Audi, benigne Conditor/ O Merciful Creator, Hear! (listen here)

O MERCIFUL Creator, hear!
To us in pity bow Thine ear:
accept the tearful prayer we raise
in this our fast of forty days.

Our hearts are open, Lord, to Thee:
Thou knowest our infirmity;
pour out on all who seek Thy face
abundance of Thy pardoning grace.

Our sins are many, this we know;
spare us, good Lord, Thy mercy show;
and for the honor of Thy name
our fainting souls to life reclaim.

Give us self-control that springs
from discipline of outward things,
that fasting inward secretly
the soul may purely dwell with Thee.

We pray Thee, Holy Trinity,
one God, unchanging Unity,
that we from this our abstinence
may reap the fruits of penitence. Amen.

Poem

'I wake and feel the fell of dark, not day'

by Gerard Manley Hopkins

I wake and feel the fell of dark, not day.
What hours, O what black hours we have spent
This night! what sights you, heart, saw; ways you went!
And more must, in yet longer light's delay.

With witness I speak this. But where I say
Hours I mean years, mean life. And my lament
Is cries countless, cries like dead letters sent
To dearest him that lives alas! away.

I am gall, I am heartburn. God's most deep decree
Bitter would have me taste: my taste was me;
Bones built in me, flesh filled, blood brimmed the curse.

Selfyeast of spirit a dull dough sours. I see
The lost are like this, and their scourge to be

As I am mine, their sweating selves; but worse.

Sacred Art:

Contemplate with the Scholé Guide to Picture Study.



The Last Judgement,
Michelangelo

Tradition

March 10-4th Sunday of Lent/ Laetare Sunday

March 10-Judgment Sunday (Meatfare Sunday)

Matt 25:31-46 (Meatfare), (Eastern Calendar)

Fifth Week of Lent- Daily Schedule

<p>Sunday Tradition</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format): "More than You Thought: The Value of Discontent in a Land of Sin." The Horse and His Boy and the rewards of longing.</p> <p>Tradition: 5th Sunday of Lent/ St. Patrick (See Appendix A for text of <i>Life of St. Patrick-The Golden Legend</i>); Forgiveness Sunday / The Expulsion from Paradise (Cheesefare) (Eastern Calendar)</p> <p>Benediction: Prayer- Hymn- O Sacred Head Surrounded, (listen here), attributed to St. Bernard of Clairvaux, Saint Patrick's Breastplate (1890)</p>
<p>Monday Poetry</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: Saint Patrick's Breastplate (1890)</p> <p>Benediction: Prayer, Hymn- O Sacred Head Surrounded, (listen here), Saint Patrick's Breastplate (1890)</p>
<p>Tuesday Read Aloud</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: The Horse and His Boy Picture Book: Patrick: Patron Saint of Ireland, by Tomie dePaola, Listen Here</p> <p>Benediction: Prayer, Hymn- O Sacred Head Surrounded, (listen here), Saint Patrick's Breastplate (1890)</p>
<p>Wednesday Music</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week, O Sacred Head Surrounded, (listen here) attributed to St. Bernard of Clairvaux (learn more here) or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer, Hymn- O Sacred Head Surrounded, (listen here) attributed to St. Bernard of Clairvaux (learn more here), Saint Patrick's Breastplate (1890)</p>
<p>Thursday Sacred Art</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Sacred Art: Saint Patrick's Bell and Shrine (Video from SmartHistory, watch here)</p> <p>Benediction: Prayer, Hymn- O Sacred Head Surrounded, (listen here), Saint Patrick's Breastplate (1890)</p>
<p>Friday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer, Hymn- O Sacred Head Surrounded, (listen here), Saint Patrick's Breastplate (1890)</p>

Saturday

Narration & Recitation

Reflection: ["Further Up and Further In: A Lenten Journey through Narnia". weekly reflection from Junius Johnson Academics. \(+audio format\)](#)

Narration and Recitation from this week's selections (prayer/hymn/poem)

Benediction: Prayer, Hymn- [O Sacred Head Surrounded](#), [\(listen here\)](#), [Saint Patrick's Breastplate \(1890\)](#)

Fifth Week of Lent - Resources

Hymn

O Sacred Head Surrounded (listen here)

O sacred Head surrounded
By crown of piercing thorn!
O bleeding Head, so wounded,
Reviled and put to scorn!
The pow'r of death comes o'er you,
The glow of life decays,
Yet angel hosts adore you
And tremble as they gaze.

I see your strength and vigor
All fading in the strife,
And death with cruel rigor,
Bereaving you of life;
O agony and dying!
O love to sinners free!
Jesus, all grace supplying,
O turn your face on me.

In this, your bitter passion,
Good Shepherd, think of me
With your most sweet compassion,
Unworthy though I be:
Beneath your cross abiding
For ever would I rest,
In your dear love confiding,
And with your presence blest.

Poem

Saint Patrick's Breastplate (1890)

by Saint Patrick, translated by Kuno Meyer

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness
Of the Creator of Creation....*

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise, Christ in the heart of every man who
thinks of me,
Christ in the mouth of every one who speaks of me,
Christ in the eye of every one who sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness
Of the Creator of Creation.

*(See Appendix A for **Saint Patrick's Breastplate** in its entirety)

Sacred Art:

Contemplate with the Scholé Guide to Picture Study.



Saint Patrick's Bell and Shrine
(Watch the video here!)

Tradition

March 17-5th Sunday of Lent/ & St. Patrick

March 17-**Forgiveness Sunday**/ The Expulsion from Paradise
(Cheesefare)/ St. Patrick, (Eastern Calendar)

March 18- St. Cyril of Jerusalem

March 18- Beginning of Great Lent & St. Cyril of Jerusalem,
(Eastern Calendar)

March 19- St. Joseph

March 23- St. Toribio of Mogrovejo

Holy Week & Sunday of Orthodoxy - Daily Schedule

<p>Sunday Tradition</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format): Blog topic to be announced!</p> <p>Tradition: Palm Sunday; <u>Sunday of Orthodoxy</u> (Eastern Calendar)</p> <p>Benediction: Prayer, Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>
<p>Monday Poetry</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Poetry: "The Donkey" by G. K. Chesterton</p> <p>Benediction: Prayer, Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>
<p>Tuesday Read Aloud</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Read Aloud: Suggested reading: The Chronicles of Narnia: The Magician's Nephew Picture Book: Little Colt's Palm Sunday by Michelle Medlock Adams (listen here)</p> <p>Benediction: Prayer, Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>
<p>Wednesday Music</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Music: Reflect of the hymn of the week, Were You There (listen here), or other music selection (ex. St. Matthew Passion) and contemplate together.</p> <p>Benediction: Prayer- Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>
<p>Thursday Sacred Art</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Sacred Art: Entry into Jerusalem, Giotto, (Learn more here.)</p> <p>Benediction: Prayer- Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>
<p>Friday Narration & Recitation</p>	<p>Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format)</p> <p>Tradition: The Passion of Our Lord (from The Golden Legend, by Jacobus de Voragine, 1275) Narration and Recitation from this week's selections (prayer/hymn/poem).</p> <p>Benediction: Prayer, Hymn- Were You There (listen here), The Lenten Prayer of St. Ephraim of Syria, (4th Century)</p>

Saturday

Narration & Recitation

Reflection: ["Further Up and Further In: A Lenten Journey through Narnia"](#), weekly reflection from Junius Johnson Academics. (+audio format)

Narration and Recitation from this week's selections (prayer/hymn/poem)

Tradition: [Tsougrisma -Egg Tapping Game-](#) Prepare red eggs!

Benediction: Prayer, Hymn- [Were You There](#) ([listen here](#)), [The Lenten Prayer of St. Ephraim of Syria](#), (4th Century)

Holy Week & Sunday of Orthodoxy - Resources

Hymn

Were You There ([listen here](#))

Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?

Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they nailed him to the tree?

Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?

Were you there when God raised him from the tomb?
Were you there when God raised him from the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when God raised him from the tomb?

Poem

The Donkey

by [G. K. Chesterton](#)

When fishes flew and forests walked
And figs grew upon thorn,
Some moment when the moon was blood
Then surely I was born.

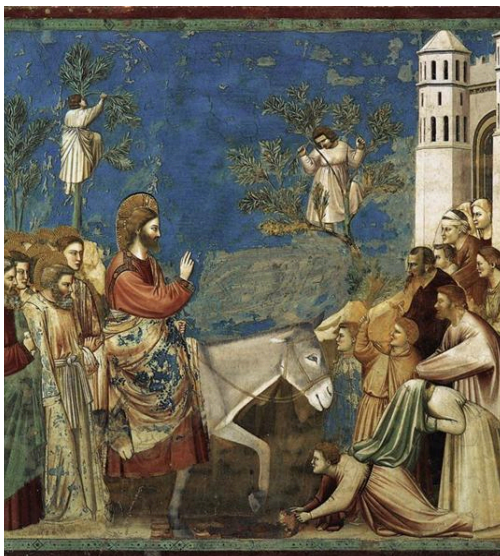
With monstrous head and sickening cry
And ears like errant wings,
The devil's walking parody
On all four-footed things.

The tattered outlaw of the earth,
Of ancient crooked will;
Starve, scourge, deride me: I am dumb,
I keep my secret still.

Fools! For I also had my hour;
One far fierce hour and sweet:
There was a shout about my ears,
And palms before my feet.

Sacred Art:

Contemplate with the [Scholé Guide to Picture Study](#).



[Entry into Jerusalem](#),
Giotto ([Learn more here.](#))

Tradition

March 24-Palm Sunday

March 24- [Sunday of Orthodoxy](#) (Eastern Calendar)

March 25-[Annunciation of the Theotokos/ Annunciation of the Lord](#)

March 28- Holy Thursday

March 29- Good Friday/[The Passion of Our Lord](#)

March 30-Holy Saturday

Easter Week (Western Calendar) through Great & Holy Pascha (Eastern Calendar)

Daily Schedule

Sunday Tradition	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) : Blog topic to be announced! Tradition: Easter Sunday-Resurrection , Sunday of St. Gregory Palamas (Eastern Calendar) Benediction: Prayer, Hymn- Crown Him with Many Crowns (listen here)
Monday Poetry	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Poetry: Amoretti LXVIII: Most Glorious Lord of Life. by Edmund Spenser Benediction: Prayer, Hymn- Crown Him with Many Crowns (listen here)
Tuesday Read Aloud	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Read Aloud: Suggested reading: The Chronicles of Narnia: The Last Battle Picture Book: The Miracle of the Red Egg. by Elizabeth Crispina Johnson (listen here) Benediction: Prayer, Hymn- Crown Him with Many Crowns (listen here)
Wednesday Music	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Music: Reflect of the hymn of the week, Crown Him with Many Crowns (listen here) or other music selection (ex. St. Matthew Passion) and contemplate together. Benediction: Prayer- Hymn- Crown Him with Many Crowns (listen here)
Thursday Sacred Art	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Tradition: April 4- St. Isidore of Seville Sacred Art: Incredulity of Saint Thomas, Caravaggio , (Learn more here.) Benediction: Prayer- Hymn- Crown Him with Many Crowns (listen here)
Friday Narration & Recitation	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Narration and Recitation from this week's selections (prayer/hymn/poem). Benediction: Prayer, Hymn- Crown Him with Many Crowns (listen here)
Saturday Narration & Recitation	Reflection: "Further Up and Further In: A Lenten Journey through Narnia", weekly reflection from Junius Johnson Academics. (+audio format) Narration and Recitation from this week's selections (prayer/hymn/poem) Benediction: Prayer, Hymn- Crown Him with Many Crowns (listen here)

Eastern Calendar notes

Eastern Calendar Notes:

Reflection: Refer to the previous “Daily Schedule” for the corresponding weeks of Lent.
Note additional options for: Prayers, Music, Poetry, Sacred Art, and Booklists located after the Eastern & Western Calendar Resource
Additional resources from [Ascetic Life of Motherhood](#), [Holy Week Guide](#)

Easter Week (Western Calendar) through Great & Holy Pascha (Eastern Calendar) - Resources

Hymn

Crown Him with Many Crowns ([listen here](#))

Crown him with many crowns,
the Lamb upon his throne.
Hark! how the heavenly anthem drowns
all music but its own.
Awake, my soul, and sing
of him who died for thee,
and hail him as thy matchless king
through all eternity.

Crown him the Lord of life,
who triumphed o'er the grave,
and rose victorious in the strife
for those he came to save;
his glories now we sing
who died and rose on high,
who died eternal life to bring,
and lives that death may die.

Crown him the Lord of love;
behold his hands and side,
rich wounds, yet visible above,
in beauty glorified;
no angels in the sky
can fully bear that sight,
but downward bends their burning eye
at mysteries so bright.

Crown him the Lord of years,
the potentate of time,
creator of the rolling spheres,
ineffably sublime.
All hail, Redeemer, hail!
for thou hast died for me;
thy praise shall never, never fail
throughout eternity.

Poems

Amoretti LXVIII: Most Glorious Lord of Life

BY EDMUND SPENSER

Most glorious Lord of life, that on this day,
Didst make thy triumph over death and sin:
And having harrow'd hell, didst bring away
Captivity thence captive, us to win:
This joyous day, dear Lord, with joy begin,
And grant that we for whom thou diddest die,
Being with thy dear blood clean wash'd from sin,
May live for ever in felicity.
And that thy love we weighing worthily,
May likewise love thee for the same again:
And for thy sake, that all like dear didst buy,
With love may one another entertain.
So let us love, dear love, like as we ought,
Love is the lesson which the Lord us taught.
t

Easter Wings

By George Herbert

Lord, who createdst man in wealth and store,
Though foolishly he lost the same,
Decaying more and more,
Till he became
Most poore:
With thee
O let me rise
As larks, harmoniously,
And sing this day thy victories:
Then shall the fall further the flight in me.
My tender age in sorrow did beginne
And still with sicknesses and shame.
Thou didst so punish sinne,
That I became
Most thinne.
With thee
Let me combine,
And feel thy victorie:
For, if I imp my wing on thine,
Affliction shall advance the flight in me.

Sacred Art:

Contemplate with the [Scholé Guide to Picture Study](#).



[Incredulity of Saint Thomas, Caravaggio, \(Learn more here.\)](#)

Tradition

March 31- [Easter Sunday](#)

March 31- [Sunday of St. Gregory Palamas](#) (Eastern Calendar)

April 4- [St. Isidore of Seville](#)

April 7- (3rd Sunday of Lent) [Sunday of the Precious and Life-Giving Cross](#) (Eastern Calendar)

April 14- (4th Sunday of Lent) [Sunday of St. John Climacus](#)

April 20- [5th Saturday of the Akathist to Mary: Akathist Icon/Akathist Hymn](#) (Eastern Calendar)

April 21- [Sunday of St. Mary of Egypt](#) (Eastern Calendar)

April 27- [Lazarus Saturday](#) (Eastern Calendar)

April 28- [Palm Sunday](#) (Eastern Calendar)

April 29- [Holy Monday](#) (Eastern Calendar)

April 30- [Holy Tuesday](#) (Eastern Calendar)

May 1- [Holy Wednesday](#) (Eastern Calendar)

May 2- [Holy Thursday](#) (Eastern Calendar)

May 3- [Holy Friday](#) (Eastern Calendar)

May 4- [Holy Saturday](#) (Eastern Calendar)

May 5- [Great and Holy Pascha](#) (Eastern Calendar)

May 6-11- [Bright Week](#) (Eastern Calendar)

Index of Resources

Eastern & Western Calendar- Feast and Saints

Date	Eastern Feasts & Saints	Date	Western Feasts & Saints
		2/13	Shrove Tuesday
		2/14	<u>Ash Wednesday</u> & <u>Chair of St. Peter the Apostle</u>
2/17	<u>Theodore the Tyro, Great Martyr</u>		
2/18	<u>Sunday of the Canaanite</u>	2/18	1st Sunday of Lent
2/23	<u>St. Polycarp</u>	2/23	<u>St. Polycarp</u>
2/25	<u>Sunday of the Publican and Pharisee: Triodion Begins</u>	2/25	2nd Sunday of Lent
3/3	<u>Sunday of the Prodigal Son</u>	3/3	3rd Sunday of Lent & <u>Katharine Drexel</u>
		3/7	<u>Sts. Perpetua & Felicity</u>
3/9	<u>Saturday of Souls</u>	3/9	<u>St. Frances of Rome</u>
3/10	<u>Judgment Sunday (Meatfare Sunday)</u> Matt 25:31-46 (Meatfare)	3/10	4th Sunday of Lent/ Laetare Sunday
3/17	<u>Forgiveness Sunday</u> / The Expulsion from Paradise (Cheesefare)/ <u>St. Patrick</u>	3/17	5th Sunday of Lent/ & <u>St. Patrick</u>
3/18	Beginning of Great Lent & <u>St. Cyril of Jerusalem</u>	3/18	<u>St. Cyril of Jerusalem</u>
		3/19	<u>St. Joseph</u>

3/23	<u>First Saturday of Lent: The Commemoration of the Miracle of Kollyva wrought by Saint Theodore the Tyro</u>	3/23	<u>St. Toribio of Mogrovejo</u>
3/24 (first Sunday of Lent)	<u>Sunday of Orthodoxy</u>	3/24	Palm Sunday
3/25	<u>Annunciation of the Theotokos</u>	3/25	<u>Annunciation of the Lord</u>
		3/28	Holy Thursday
		3/29	Good Friday
		3/30	Holy Saturday
3/31 (2nd Sunday)	<u>Sunday of St. Gregory Palamas</u>	3/31	Easter Sunday
4/4	<u>St. Isidore of Seville</u>	4/4	<u>St. Isidore of Seville</u>
4/7 (3rd Sunday)	<u>Sunday of the Precious and Life-Giving Cross</u>		
4/14 (4th Sunday)	<u>Sunday of St. John Climacus</u>		
4/20	<u>5th Saturday of the Akathist to Mary: Akathist Icon/Akathist Hymn</u>		
4/21 (5th Sunday)	<u>Sunday of St. Mary of Egypt</u>		
4/27	<u>Lazarus Saturday</u>		
4/28	<u>Palm Sunday</u>		
4/29	<u>Holy Monday</u>		
4/30	<u>Holy Tuesday</u>		
5/1	<u>Holy Wednesday</u>		
5/2	<u>Holy Thursday</u>		
5/3	<u>Holy Friday</u>		

5/4	<u>Holy Saturday</u>		
5/5	<u>Great and Holy Pascha</u>		
5/6 - 5/11	Bright Week		

Prayers

- Lenten Prayer of St. Ephrem
- Canticle of the Sun -St .Francis of Assisi
 - St. Francis and His Canticle of the Creatures -explained
- St. Patrick's Breastplate
- St Bridget's Prayer for Good Friday
- Divine Mercy Chaplet
- Book of Common Prayer
- The Valley of Vision
- The Stations of the Cross

Music

Hymns

- Alleluia, song of gladness (Anonymous)
- Lord, Who Throughout These Forty Days
- Forty Days and Forty Nights
- What Wondrous Love Is This
 - St. Olaf Choir - "What Wondrous Love"
- When I Survey the Wondrous Cross
- The Glory of These Forty Days
- Amazing Grace
- Lord Jesus, Think on Me
- Lift High The Cross
- How Deep the Father's Love for Us
- When I Survey the Wondrous Cross
- Stricken, Smitten, and Afflicted
- O Sacred Head, Now Wounded
- Were You There? The Vigil Project
- Mysteries (Sorrowful) Danielle Rose, Play on SoundCloud
- Crown Him with Many Crowns

Classical

- Schol  Collective- Liturgical Lent Playlist

- [A 40 Day Devotional for Worship - St. Matthew Passion](#)
- [St. Matthew's Passion \(YouTube\)](#)
 - [St. Matthew's Passion \(SoundCloud playlist\)](#)
- [A Guide to Bach's St Matthew Passion -James Gilchrist & King's College Choir](#)
- [Resurrection Letters Anthology](#) album by Andrew Peterson
- [Death, Be Not Proud](#) by Audrey Assad
- [The Light on the Hill](#) by Maire Brennan (about St. Patrick)
- [Glory to the Holy One](#) Sacred Music for the People of God
- [The Light on the Hill](#)(about St. Patrick) by Marie Brennan
- [Lent in Ephesus](#) -Benedictines of Mary, Queen of Apostles

Poetry

- [The Donkey](#), by G. K. Chesterton
- [Lent](#), by George Herbert
- [I Wake and Feel the Fell of Dark, Not Day](#), by Gerard Manley Hopkins
- [St Patrick's Day with Neil](#), by Thomas McCarthy
- [For Lent, 1966](#), by Madeleine L'Engle
- [Ash Wednesday](#), by T.S. Eliot
- [Lent](#), by Robert Herrick
- [Salvator Mundi: Via Crucis](#), by Denise Levertov
- [Lent](#), by Christina Rossetti
- [Lenten Communion](#), by Katherine Tynan
- [Fifth Sunday in Lent](#), by John Keble
- [Amoretti LXVIII: Most Glorious Lord of Life](#), by Edmund Spenser
- [Christ Has No Body. Teresa of Avila \(1515–1582\)](#)
- [Good Friday, 1613. Riding Westward.](#) John Donne
- [The Lenten Prayer of St. Ephraim of Syria. \(4th Century\)](#)
- [Easter Wings](#), by George Herbert
- [Lenten Prayers. Isaiah 58:6-9 \(NIV\)](#)
- [The Leaden Echo and The Golden Echo](#), Gerard Manley Hopkins
- [Poetry for the Season \(podcast\)](#)
 - [Poetry for the Season-Lent-1](#)
 - [Poetry for the Season-Lent-2](#)
 - [Poetry for the Season-Lent-3](#)
 - [Poetry for the Season-Lent-4](#)
 - [Poetry for the Season-Lent-5](#)
 - [Poetry for the Season-Lent-6](#)

Sacred Art

- **Fra Angelico**

- The Sermon on the Mount
- Transfiguration
- Annunciation c.1440 - 1442
- Annunciation c. 1435
- The Last Judgment
- Institution of the Eucharist
- The Kiss of Judas,
- The Mocking of Christ
- Crucifixion

- **Giotto**

- The Birth of St. John the Baptist and his father Zacharias writing his name
- Baptism of Christ
- The Last Judgement
- Entry into Jerusalem
- Christ Washing the Disciples' Feet
- Last Supper
- Last Supper
- Judas Receiving Payment for his Betrayal

- **Andrei Rublev**

- Transfiguration of Jesus
Andrei Rublev
- Baptism of Christ
- The Last Judgement

- **Caravaggio**

- The Flagellation of Christ
- Calling of St. Matthew
- Christ on the Mount of Olives
- Incredulity of Saint Thomas

- **Other**

- The Fight between Carnival and Lent, by Pieter Brugel the Elder

- Crucifixion with the Virgin, John the Evangelist, and Mary Magdalene
- Lamentation Over Christ
- Deposition from the Cross
- Entombment
- Resurrection of Christ and Women at the Tomb

- The Arrest of Christ
- Christ Before Caiaphas
- Crucifixion
- Crucifixion
- Crucifixion
- Lamentation
- Entombment

- Lord's entry into Jerusalem
- Deposition to the Tomb

- Christ before Caiaphas
- Conversion on the Way to Damascus
- Theology and Arts-Zacchaeus artwork
- Return of the Prodigal Son, Rembrandt

- The Last Judgement, Michelangelo
- The Last Judgment, Gustave Dore
- Christ's Baptism, Yov Kondzelevych
- Baptism of Christ, El Greco
- St. John the Baptist in Meditation, Hieronymus Bosch
- Triptych, Duccio
- Christ and the Samaritan Woman, Duccio di Buoninsegna
- Entry into Jerusalem, Pietro Lorenzetti
- Christ's triumphal entry into Jerusalem, Félix Louis Leullier
- Christ's Entry into Jerusalem, Albrecht Durer
- Good Thief, c. 1560
- Mary Magdalene with Oil Lamp, Georges de la Tour
- Transfiguration Scene, Byzantine Mosaics, c.549
- Transfiguration, Raphael
- The Transfiguration, 13th century illumination
- Angels Worshipping, Benozzo Gozzoli

Books & Blog

Blog

- [Scholé Communities- Lent Reflections with Junius Johnson Academics](#) -NEW:
Listen on the go!- read by Dr. Junius Johnson
 - **Week 1:** [The Purposes and Disciplines of Lent](#)
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- [CiRCE: In Defense of Lent](#)
- [George Herbert in Lent](#), by Timothy George; *First Things* 3-25-15

Picture Books

- [Pancakes for Breakfast](#), by Tomie de Paola
- [The Donkey that None Could Ride](#) by Anthony DeStefano
- [The Tale of the Three Trees](#) by Angela Elwell Hunt
- [The Transfiguration of Our Lord \(The Twelve Great Feasts for Children\)](#), by Mother Melania Salem
- [Petook: The Rooster Who Met Jesus](#) by Tomie DePaola
- [Patrick: Patron Saint of Ireland](#), by Tomie dePaola
 - [Listen Here](#)
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- [Rechenka's Eggs](#) by Patricia Polacco ([listen here](#))
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- [Little Colt's Palm Sunday](#) by Michelle Medlock Adams ([listen here](#))
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- [Into the Sea, Out of the Tomb: Jonah and Jesus](#), by Maura Roan McKeegan
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- [Rejoice, Panagia. Offering to Children: The Akathist Hymn](#)
- [Easter Eggs for Anya: A Ukrainian Celebration of New Life in Christ \(Traditions of Faith from Around the World\)](#), by Virginia Kroll
- [The Miracle of the Red Egg](#), by Elizabeth Crispina Johnson

Chapter Books & Short Stories

- [*The Chronicles of Narnia*](#), C. S. Lewis
- [*The Rule of St. Benedict*](#)
- [*Amon's Adventure*](#), Arnold Ytreeidel
- [*Grandpa's Box*](#), Starr Meade
- [*Pancakes-Paris*](#) by Claire Huchet Bishop, illustrated by Georges Schreiber
- [*A Man Born to be King*](#), Dorothy Sayers
 - [A Man Born to be King-Literature Guide](#)
- *Shrove Tuesday*, Anton Chekhov (see appendix A)

Devotionals

- **[Weekly Reflection & hymn from Junius Johnson Academics \(audio format\)](#)**
- [*Word in the Wilderness: A Poem a Day for Lent and Easter*](#), Malcom Guite
- [*Great Lent: Journey to Pascha*](#), Alexander Schmemmann
- [*The Doctrine of Repentance*](#) by Thomas Watson
 - in eBook format
- [*Plus, Minus, Multiply by Life Teen - A Catholic Lenten Book for Teens*](#)
- [*Heaven Meets Earth: Celebrating Pascha and the Twelve Feasts*](#)

Community & Tradition

- [*On Fasting and Almsgiving*](#), by St John Chrysostom, from The Pappas Patristic Institute
- [Orthodox Lent Guide](#), from Ascetic Life of Motherhood
- [*The Golden Legend*](#), by Jacobus de Voragine, 1275 (read here)

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- Holy Week Guide, Ascetic Life of Motherhood
- Tsougrisma -Egg Tapping Game, Lemon and Olives

Sacred Art Coloring Pages

Appendix A

Shrove Tuesday

By Anton Chekhov

PAVEL VASSILITCH!" cries Pelageya Ivanovna, waking her husband. "Pavel Vassilitch! You might go and help Styopa with his lessons, he is sitting crying over his book. He can't understand something again!"

Pavel Vassilitch gets up, makes the sign of the cross over his mouth as he yawns, and says softly: "In a minute, my love!"

The cat who has been asleep beside him gets up too, straightens out its tail, arches its spine, and half-shuts its eyes. There is stillness. . . . Mice can be heard scurrying behind the wall-paper. Putting on his boots and his dressing-gown, Pavel Vassilitch, crumpled and frowning from sleepiness, comes out of his bedroom into the dining-room; on his entrance another cat, engaged in sniffing a marinade of fish in the window, jumps down to the floor, and hides behind the cupboard.

"Who asked you to sniff that!" he says angrily, covering the fish with a sheet of newspaper. "You are a pig to do that, not a cat. . . ."

From the dining-room there is a door leading into the nursery. There, at a table covered with stains and deep scratches, sits Styopa, a high-school boy in the second class, with a peevish expression of face and tear-stained eyes. With his knees raised almost to his chin, and his hands clasped round them, he is swaying to and fro like a Chinese idol and looking crossly at a sum book.

"Are you working?" asks Pavel Vassilitch, sitting down to the table and yawning. "Yes, my boy. . . . We have enjoyed ourselves, slept, and eaten pancakes, and to-morrow comes Lenten fare, repentance, and going to work. Every period of time has its limits. Why are your eyes so red? Are you sick of learning your lessons? To be sure, after pancakes, lessons are nasty to swallow. That's about it."

"What are you laughing at the child for?" Pelageya Ivanovna calls from the next room. "You had better show him instead of laughing at him. He'll get a one again to-morrow, and make me miserable."

"What is it you don't understand?" Pavel Vassilitch asks Styopa.

"Why this . . . division of fractions," the boy answers crossly. "The division of fractions by fractions. . . ."

"H'm . . . queer boy! What is there in it? There's nothing to understand in it. Learn the rules, and that's all. . . . To divide a fraction by a fraction you must multiply the numerator of the first fraction by the denominator of the second, and that will be the numerator of the quotient. . . . In this case, the numerator of the first fraction. . . ."

"I know that without your telling me," Styopa interrupts him, flicking a walnut shell off the table. "Show me the proof."

"The proof? Very well, give me a pencil. Listen. . . . Suppose we want to divide seven eighths by two fifths. Well, the point of it is, my boy, that it's required to divide these fractions by each other. . . . Have they set the samovar?"

"I don't know."

"It's time for tea. . . . It's past seven. Well, now listen. We will look at it like this. . . . Suppose we want to divide seven eighths not by two fifths but by two, that is, by the numerator only. We divide it, what do we get?"

"Seven sixteenths."

"Right. Bravo! Well, the trick of it is, my boy, that if we . . . so if we have divided it by two then. . . . Wait a bit, I am getting muddled. I remember when I was at school, the teacher of arithmetic was called Sigismund Urbanitch, a Pole. He used to get into a muddle over every lesson. He would begin explaining some theory, get in a tangle, and turn crimson all over and race up and down the class-room as though someone were sticking an awl in his back, then he would blow his nose half a dozen times and begin to cry. But you know we were magnanimous to him, we pretended not to see it. 'What is it, Sigismund Urbanitch?' we used to ask him. 'Have you got toothache?' And what a set of young ruffians, regular cut-throats, we were, but yet we were magnanimous, you know! There weren't any boys like you in my day, they were all great hulking fellows, great strapping louts, one taller than another. For instance, in our third class, there was Mamahin. My goodness, he was a solid chap! You know, a regular maypole, seven feet high. When he moved, the floor shook; when he brought his great fist down on your back, he would knock the breath out of your body! Not only we boys, but even the teachers were afraid of him. So this Mamahin used to . . ."

Pelageya Ivanovna's footsteps are heard through the door. Pavel Vassilitch winks towards the door and says:

"There's mother coming. Let's get to work. Well, so you see, my boy," he says, raising his voice. "This fraction has to be multiplied by that one. Well, and to do that you have to take the numerator of the first fraction. . . ."

"Come to tea!" cries Pelageya Ivanovna. Pavel Vassilitch and his son abandon arithmetic and go in to tea. Pelageya Ivanovna is already sitting at the table with an aunt who never speaks, another aunt who is deaf and dumb, and Granny Markovna, a midwife who had helped Styopa into the world. The samovar is hissing and puffing out steam which throws

flickering shadows on the ceiling. The cats come in from the entry sleepy and melancholy with their tails in the air. . . .

"Have some jam with your tea, Markovna," says Pelageya Ivanovna, addressing the midwife.
"To-morrow the great fast begins. Eat well to-day."

Markovna takes a heaped spoonful of jam hesitatingly as though it were a powder, raises it to her lips, and with a sidelong look at Pavel Vassilitch, eats it; at once her face is overspread with a sweet smile, as sweet as the jam itself.

"The jam is particularly good," she says. "Did you make it yourself, Pelageya Ivanovna, ma'am?"

"Yes. Who else is there to do it? I do everything myself. Styopotchka, have I given you your tea too weak? Ah, you have drunk it already. Pass your cup, my angel; let me give you some more."

"So this Mamahin, my boy, could not bear the French master," Pavel Vassilitch goes on, addressing his son. " 'I am a nobleman,' he used to shout, 'and I won't allow a Frenchman to lord it over me! We beat the French in 1812!' Well, of course they used to thrash him for it . . . thrash him dre-ead-fully, and sometimes when he saw they were meaning to thrash him, he would jump out of window, and off he would go! Then for five or six days afterwards he would not show himself at the school. His mother would come to the head-master and beg him for God's sake: 'Be so kind, sir, as to find my Mishka, and flog him, the rascal!' And the head-master would say to her: 'Upon my word, madam, our five porters aren't a match for him!' "

"Good heavens, to think of such ruffians being born," whispers Pelageya Ivanovna, looking at her husband in horror. "What a trial for the poor mother!"

A silence follows. Styopa yawns loudly, and scrutinises the Chinaman on the tea-caddy whom he has seen a thousand times already. Markovna and the two aunts sip tea carefully out of their saucers. The air is still and stifling from the stove. . . . Faces and gestures betray the sloth and repletion that comes when the stomach is full, and yet one must go on eating. The samovar, the cups, and the table-cloth are cleared away, but still the family sits on at the table. . . . Pelageya Ivanovna is continually jumping up and, with an expression of alarm on her face, running off into the kitchen, to talk to the cook about the supper. The two aunts go on sitting in the same position immovably, with their arms folded across their bosoms and doze, staring with their pewtery little eyes at the lamp. Markovna hiccups every minute and asks:

"Why is it I have the hiccups? I don't think I have eaten anything to account for it . . . nor drunk anything either. . . . Hic!"

Pavel Vassilitch and Styopa sit side by side, with their heads touching, and, bending over the table, examine a volume of the "Neva" for 1878.

" 'The monument of Leonardo da Vinci, facing the gallery of Victor Emmanuel at Milan.' I say! . . . After the style of a triumphal arch. . . . A cavalier with his lady. . . . And there are little men in the distance. . . ."

"That little man is like a schoolfellow of mine called Niskubin," says Styopa.

"Turn over. . . 'The proboscis of the common house-fly seen under the microscope.' So that's a proboscis! I say -- a fly. Whatever would a bug look like under a microscope, my boy? Wouldn't it be horrid!"

The old-fashioned clock in the drawing-room does not strike, but coughs ten times huskily as though it had a cold. The cook, Anna, comes into the dining-room, and plumps down at the master's feet.

"Forgive me, for Christ's sake, Pavel Vassilitch!" she says, getting up, flushed all over.

"You forgive me, too, for Christ's sake," Pavel Vassilitch responds unconcernedly.

In the same manner, Anna goes up to the other members of the family, plumps down at their feet, and begs forgiveness. She only misses out Markovna to whom, not being one of the gentry, she does not feel it necessary to bow down.

Another half-hour passes in stillness and tranquillity. The "Neva" is by now lying on the sofa, and Pavel Vassilitch, holding up his finger, repeats by heart some Latin verses he has learned in his childhood. Styopa stares at the finger with the wedding ring, listens to the unintelligible words, and dozes; he rubs his eyelids with his fists, and they shut all the tighter.

"I am going to bed . . ." he says, stretching and yawning.

"What, to bed?" says Pelageya Ivanovna. "What about supper before the fast?"

"I don't want any."

"Are you crazy?" says his mother in alarm. "How can you go without your supper before the fast? You'll have nothing but Lenten food all through the fast!"

Pavel Vassilitch is scared too.

"Yes, yes, my boy," he says. "For seven weeks mother will give you nothing but Lenten food. You can't miss the last supper before the fast."

"Oh dear, I am sleepy," says Styopa peevishly.

"Since that is how it is, lay the supper quickly," Pavel Vassilitch cries in a fluster. "Anna, why are you sitting there, silly? Make haste and lay the table."

Pelageya Ivanovna clasps her hands and runs into the kitchen with an expression as though the house were on fire.

"Make haste, make haste," is heard all over the house. "Styopotchka is sleepy. Anna! Oh dear me, what is one to do? Make haste."

Five minutes later the table is laid. Again the cats, arching their spines, and stretching themselves with their tails in the air, come into the dining-room. . . . The family begin supper. . . . No one is hungry, everyone's stomach is overfull, but yet they must eat.

The Transfiguration

By Edwin Muir

So from the ground we felt that virtue branch
Through all our veins till we were whole, our wrists
As fresh and pure as water from a well,
Our hands made new to handle holy things,
The source of all our seeing rinsed and cleansed
Till earth and light and water entering there
Gave back to us the clear unfallen world.
We would have thrown our clothes away for lightness,
But that even they, though sour and travel stained,
Seemed, like our flesh, made of immortal substance,
And the soiled flax and wool lay light upon us
Like friendly wonders, flower and flock entwined
As in a morning field. Was it a vision?
Or did we see that day the unseeable
One glory of the everlasting world
Perpetually at work, though never seen
Since Eden locked the gate that's everywhere
And nowhere? Was the change in us alone,
And the enormous earth still left forlorn,
An exile or a prisoner? Yet the world
We saw that day made this unreal, for all
Was in its place. The painted animals

Assembled there in gentle congregations,
Or sought apart their leafy oratories,
Or walked in peace, the wild and tame together,
As if, also for them, the day had come.
The shepherds' hovels shone, for underneath
The soot we saw the stone clean at the heart
As on the starting-day. The refuse heaps
Were grained with that fine dust that made the world;
For he had said, 'To the pure all things are pure.'
And when we went into the town, he with us,
The lurkers under doorways, murderers,
With rags tied round their feet for silence, came
Out of themselves to us and were with us,
And those who hide within the labyrinth
Of their own loneliness and greatness came,
And those entangled in their own devices,
The silent and the garrulous liars, all
Stepped out of their dungeons and were free.
Reality or vision, this we have seen.
If it had lasted but another moment
It might have held for ever! But the world
Rolled back into its place, and we are here,
And all that radiant kingdom lies forlorn,
As if it had never stirred; no human voice
Is heard among its meadows, but it speaks
To itself alone, alone it flowers and shines
And blossoms for itself while time runs on.

But he will come again, it's said, though not
Unwanted and unsummoned; for all things,
Beasts of the field, and woods, and rocks, and seas,
And all mankind from end to end of the earth
Will call him with one voice. In our own time,
Some say, or at a time when time is ripe.
Then he will come, Christ the uncrucified,
Christ the discrucified, his death undone,
His agony unmade, his cross dismantled—
Glad to be so—and the tormented wood
Will cure its hurt and grow into a tree
In a green springing corner of young Eden,
And Judas damned take his long journey backward
From darkness into light and be a child
Beside his mother's knee, and the betrayal
Be quite undone and never more be done.

The Life of Saint Patrick

from The Golden Legend-Compiled by Jacobus de Voragine

Here followeth the Life of S. Patrick, and the interpretation of his name.

Patrick is as much to say as knowledge, for by the will of God he knew many of the secrets of heaven and of the joys there, and also he saw a part of the pains of hell.

Of S. Patrick.

S. Patrick was born in Britain, which is called England, and was learned at Rome and there flourished in virtues; and after departed out of the parts of Italy, where he had long dwelled, and came home into his country in Wales named Pendyac, and entered into a fair and joyous country

called the valley Rosine. To whom the angel of God appeared and said: O Patrick, this see ne bishopric God hath not provided to thee, but unto one not yet born, but shall thirty years hereafter be born, and so he left that country and sailed over into Ireland. And as Higden saith in Polycronicon the fourth book, the twenty-fourth chapter, that S. Patrick's father was named Caprum, which was a priest and a deacon's son which was called Fodum. And S. Patrick's mother was named Conchessa, Martin's sister of France. In his baptism he was named Sucate, and S. Germain called him Magonius, and Celestinus the pope named him Patrick. That is as much to say as father of the citizens.

S. Patrick on a day as he preached a sermon of the patience and sufferance of the passion of our Lord Jesu Christ to the king of the country, he leaned upon his crook or cross, and it happed by adventure that he set the end of the crook, or his staff, upon the king's foot, and pierced his foot with the pike, which was sharp beneath. The king had supposed that S. Patrick had done it wittingly, for to move him the sooner to patience and to the faith of God, but when S. Patrick perceived it he was much abashed, and by his prayers he healed the king. And furthermore he impetred and gat grace of our Lord that no venomous beast might live in all the country, and yet unto this day is no venomous beast in all Ireland.

After it happed on a time that a man of that country stole a sheep, which belonged to his neighbour, whereupon S. Patrick admonested the people that whomsoever had taken it should deliver it again within seven days. When all the people were assembled within the church, and the man which had stolen it made no semblant to render ne deliver again this sheep, then S. Patrick commanded, by the virtue of God, that the sheep should bleat and cry in the belly of him that had eaten it, and so happed it that, in the presence of all the people, the sheep cried and bleated in the belly of him that had stolen it. And the man that was culpable repented him of his trespass, and the others from then forthon kept them from stealing of sheep from any other man.

Also S. Patrick was wont for to worship and do reverence unto all the crosses devoutly that he might see, but on a time tofore the sepulchre of a paynim stood a fair cross, which he passed and went forth by as he had not seen it, and he was demanded of his fellows why he saw not that cross. And then he prayed to God he said for to know whose it was, and he said he heard a voice under the earth saying: Thou sawest it not because I am a paynim that am buried here, and am unworthy that the sign of the cross should stand there, wherefore he made the sign of the cross to be taken thence. On a time as S. Patrick preached in Ireland the faith of Jesu Christ, and did but little profit by his predication, for he could not convert the evil, rude and wild people, he prayed to our Lord Jesu Christ that he would show them some sign openly, fearful and ghastful, by which they might be converted and be repentant of their sins. Then, by the commandment of God, S. Patrick made in the earth a great circle with his staff, and anon the earth after the quantity of the circle opened and there appeared a great pit and a deep, and S. Patrick by the revelation of God understood that there was a place of purgatory, in to which whomsoever entered therein he should never have other penance ne feel none other pain, and there was showed to him that

many should enter which should never return ne come again. And they that should return should abide but from one morn to another, and no more, and many entered that came not again. As touching this pit or hole which is named S. Patrick's purgatory, some hold opinion that the second Patrick, which was an abbot and no bishop, that God showed to him this place of purgatory; but certainly such a place there is in Ireland wherein many men have been, and yet daily go in and come again, and some have had there marvellous visions and seen grisly and horrible pains, of whom there be books made as of Tundale and others. Then this holy man S. Patrick, the bishop, lived till he was one hundred and twenty-two years old, and was the first that was bishop in Ireland, and died in Aurelius Ambrose's time that was king of Britain. In his time was the Abbot Columba, otherwise named Colinkillus, and S. Bride whom S. Patrick professed and veiled, and she over-lived him forty years. All these three holy saints were buried in Ulster, in the city of Dunence, as it were in a cave with three chambers. Their bodies were found at the first coming of King John, King Harry the second's son, into Ireland. Upon whose tombs these verses following were written: Hic jacent in Duno qui tumulo tumulantur in uno, Brigida, Patricius atque Columba plus, which is for to say in English: In Duno these three be buried all in one sepulchre: Bride, Patrick, and Columba the mild.

Men say that this holy bishop, S. Patrick, did three great things. One is that he drove with his staff all the venomous beasts out of Ireland. The second, that he had grant of our Lord God that none Irish man shall abide the coming of Antichrist. The third wonder is read of his purgatory, which is more referred to the less S. Patrick, the Abbot. And this holy abbot, because he found the people of that land rebel, he went out of Ireland and came in to England in the Abbey of Glastonbury, where he died on a S. Bartholomew's day. He flourished about the year of our Lord eight hundred and fifty, and the holy bishop died the year of our Lord four hundred and ninety in the one hundred and twentysecond year of his age, to whom pray we that he pray for us.

Source: The GOLDEN LEGEND or LIVES of the SAINTS , Compiled by Jacobus de Voragine, Archbishop of Genoa, 1275 First Edition Published 1470 , ENGLISHED by WILLIAM CAXTON, First Edition 1483 , VOLUME THREE From the Temple Classics Edited by F.S. ELLIS First issue of this Edition, 1900 Reprinted 1922, 1931

AUDI, benigne Conditor,
nostras preces cum fletibus,
sacrata in abstinentia ¹
fusas quadragenaria.

Scrutator alme cordium,
infirmi tu scis virium;
ad te reversis exhibe
remissionis gratiam.

Multum quidem peccavimus,
sed parce confitentibus,
tuique laude nominis ²
confer medelam languidis.

Sic corpus extra conteri
dona per abstinentiam,
ieiunet ut mens sobria
a labe prorsus criminum. ³

Praesta, beata Trinitas,
concede, simplex Unitas,
ut fructuosa sint tuis
haec parcitatis munera. Amen.

Changes made by Pope Urban VIII in 1632 to the Roman
Breviary:

¹ in hoc sacro ieiunio.

² ad nominis laudem tui.

³ Concede nostrum conteri/ corpus per abstinentiam/
culpae ut relinquunt pabulum/ ieiuna corda criminum.

O merciful Creator, hear;
In tender pity bow Thine ear:
Accept the tearful prayer we raise
In this our fast of forty days.

Each heart is manifest to Thee;
Thou knowest our infirmity:
Repentant now we seek Thy face;
Impart to us Thy pardoning grace.

Our sins are manifold and sore,
But spare Thou them who sin deplore;
And for Thine own name's sake make
whole
The fainting and the weary soul.

Grant us to mortify each sense
By means of outward abstinence,
That so from every stain of sin
The soul may keep her fast within.

Blest Three in One, and One in Three
Almighty God, we pray to Thee,
That Thou wouldst now vouchsafe to
bless
Our fast with fruits of righteousness.
Amen.

—Translation: J. M. Neale

Saint Patrick's Breastplate (1890)
by Saint Patrick, translated by Kuno Meyer

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness
Of the Creator of Creation.

I arise today
Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgement of Doom.

I arise today
Through the strength of the love of the Cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of the resurrection to meet with reward,
In the prayers of patriarchs,
In prediction of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of holy virgins,
In deeds of righteous men.

I arise today
Through the strength of heaven;
Light of sun,
Radiance of moon,
Splendour of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise today
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak to me,

God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me,

From snares of devils,
From temptation of vices,
From every one who shall wish me ill,
Afar and anear,
Alone and in a multitude.

I summon today all these powers between me and those evils,
Against every cruel merciless power that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and wizards,
Against every knowledge that corrupts man's body and soul.

Christ to shield me today,
Against poisoning, against burning,
Against drowning, against wounding,
So there come to me abundance of reward.

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise, Christ in the heart of every man who thinks of me,
Christ in the mouth of every one who speaks of me,
Christ in the eye of every one who sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness
Of the Creator of Creation.

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