

Journey Through Lent – New Video Series Provides Reflections on the Season

Tuesday, February 16 2021

Following the success of the video series introduced in November 2020 entitled *Journey through Advent*, the Canadian Conference of Catholic Bishops (CCCB) is pleased to introduce ***Journey Through Lent***, a new video series that offers reflections on Gospel readings for each Sunday in Lent. As Canadian Catholic faithful continue to experience the pandemic's challenging realities, this series is meant to be a source of deep spiritual solace and insightful pastoral preparation for Easter.



Beginning with Ash Wednesday, 17 February 2021, and for each Sunday of the season, the videos will feature the Most Reverend Gerard Bergie, Bishop of St. Catharines and the Most Reverend Marcel Damphousse, Archbishop of Ottawa-Cornwall, who provide meaningful spiritual and pastoral reflections for individuals, families and communities as they prepare to celebrate the passion, death and resurrection of Jesus Christ.

The videos, a collaboration between the CCCB's *Office national de liturgie*, the National Liturgy Office, and the Office for Evangelization and Catechesis, will be available on the CCCB website and each Monday, the link for the upcoming Sunday celebration will be released (22 February, 1 March, 8 March, 15 March, and 22 March).

The CCCB offers several ways to follow the series and stay informed:

- **Bookmark** the home page of the CCCB website <https://www.cccb.ca/>
- **Subscribe** to the CCCB's e-mail news service <https://www.cccb.ca/news/subscribe/>
- **Subscribe** to the CCCB's YouTube channel <https://www.youtube.com/user/cccbadmin/>
- **Follow** the CCCB on Twitter @CCCB_CECC.