



Archdiocese of New Orleans

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To: Clergy, Principals, Parish Catechetical Leaders, and Youth Leaders in the Archdiocese of New Orleans

Dear Sisters and Brothers in Christ:

As we prepare for Lent, we have a few “Prayer Aids.”

The archdiocesan offices of Religious Education and Evangelization have developed some practical and pastoral resources to assist you in leading those entrusted to your pastoral care for this Lenten season. Enclosed you will find the following three items:

① **The Three Pillars of Lent:** Prayer, Fasting, and Almsgiving

This offers a concise overview of the traditional Lenten practices of prayer, fasting, and almsgiving, including the Church’s official regulations concerning fasting and abstinence.

② **“Listen to Him” Lenten Journey Tri-fold:** an opportunity to reflect on the Sunday Gospels of Lent

This short, yet significant resource can be used on one’s own during Lent; for families to discuss at table following a Sunday meal; for faculties to use each week among themselves and/or in the classroom to guide prayer and discussion; for pastors with their parish staff; and for PCLs with their catechists; etc. This resource is provided to you in three formats: with a color background for color printing; with no background for printing on colored paper; and in a mobile format for viewing on one’s phone or tablet.

③ **Lent 2020 “Car Visor”:** a great reminder and Lenten resource for families/individuals on the go

Fold and attach this to your car visor as a great discussion starter to assist you in reflecting on how you are growing in your relationship with Christ.

I encourage you to use these resources to help your people have a blessed Lenten journey toward Easter.

Wishing you God’s blessings, I am

Sincerely in Christ,

Most Reverend Gregory M. Aymond
Archbishop of New Orleans

Attachments: 5 [Three Pillars of Lent (1); “Listen to Him” Tri-fold (3); Lent 2020 “Car Visor” (1)]