



Dear Mary of Magdala Inclusive Catholic Community,

Here we are again, the beginning of Lent for another year. Traditionally Lent is a time of self-reflection, openness to the Spirit of God moving in our lives, and commitment to change for the better in ourselves and our world. The practices of prayer, fasting and almsgiving are intended to help us move along the journey of transformation to Oneness in Christ.

Lent opens with symbols of aridity on Ash Wednesday and the temptations of Jesus in the wilderness. Week by week we are led along a path deepening our awareness of the Divine presence at work within us and among us. We arrive at Easter at the font of Baptism and renew our faith in the Risen Christ and our commitment to the radical discipleship to which Christ calls us, individually and as community.

This year, our community is embracing the theme of “Drawing from Wisdom Wells.” Focusing attention on water as the most sustaining gift of Mother Earth and our own beings, we will seek wisdom from “Wells” in our community and from deep within ourselves. You will find our Schedule of Events and resources on our [Bulletin Board](#). It will be updated throughout the season.

We will visit these Wells and seek wisdom:

- Indigenous spirituality that teaches us to honour water, to love and respect this vital source of life.
- Friday evening devotions that offer us insight into some of the key women in the life of Jesus.
- The Liturgies of Lent that provide opportunity for community prayer and worship.
- Our own hearts in meditation and prayer, where Holy Wisdom dwells.



To focus your experience this Lent, I invite you to create a prayer centre that features a container for water that is symbolic of a well, a dish of earth or gravel/sand as might be found at the bottom of a dry well, a pitcher of water, some herbs with which to honour the well, and a plant cutting or a seedling, or a plant to water as we go through Lent. Add a candle, too, as you wish. We begin praying with our Wells as of our Ash Wednesday Liturgy, March 2 at 6:30 p.m. CST.

Water takes on the form of its container, or presents itself in the natural form of ice or snow, fog or mist, dewdrops or torrential rain. It takes the form of flow in rivers or containment in lakes and oceans. Springs and wells are used to draw water from sources that are beneath the surface of the earth. Similarly, each of us is a unique container for water. The sacred temple of our body is made up mostly of water. Approximately 85% of our brain, 80% of our blood and 70% of our muscle is water. Every cell in our body, like all creatures, needs water to live.

As we contemplate water in a variety of ways throughout this season, let us draw closer in understanding Divine Wisdom through indigenous ways, through the life of Jesus, and by plumbing the depths of our souls. Who knows where the water we draw from our wells will flow.

This Lent, Give it up for Water!

Jane