

Baptised and Sent in Lent with Sycamore

Preparation and Promotion

Gathering as a parish in prayer and conversation each week of Lent

INFORMATION FOR THE PARISH LEADERSHIP TEAM

This parish Lenten offering brings together *Baptised and Sent in Lent* with selected Sycamore videos to provide a simple, prayerful, and welcoming experience of faith. *Baptised and Sent in Lent* gives the overall grounding and structure, rooted in the Sunday Gospels of Lent and focused on renewing our baptismal identity — who we are as God's people, called to belong, to be healed, and to live faith in daily life.

Sycamore contributes short, accessible videos that open up these themes in everyday language. The videos are not the focus of the gathering; they simply support prayer, reflection, and conversation.

Each weekly gathering follows the same gentle pattern: opening prayer, Gospel reflection, a short video, time for quiet reflection and shared listening, and a simple invitation to respond in daily life. The emphasis is not teaching or discussion, but creating space — space for prayer, listening, and faith-sharing in a relaxed and welcoming parish setting.

These Lenten gatherings run for **five weeks of Lent** and are open and accessible to parishioners of all ages. No prior knowledge or preparation is required, and participants are free to attend as many or as few weeks as they wish.

RESOURCES FOR EACH GATHERING

Outline of each week of Lent:

Week	Gospel and Theme	Sycamore Film
Week 1	Baptism & Belonging	Session 5 – The Holy Spirit and the Church
Week 2	Encounter with Jesus	Session 4 – Who Is Jesus?
Week 3	Mission & Belonging	Session 6 – The Bible
Week 4	Healing & Freedom	Session 9 – Finding True Freedom
Week 5	New Life & Faith	Session 7 – The Gift of Faith

A guide for each week, including opening prayer and links to the Sunday Gospel, is available at: <https://derrydiocese.org/lent>

Sycamore videos can be accessed by registering at: <https://www.sycamore.fm/videos/>

SUNDAYS IN LENT 2026

22nd February 1st Sunday of Lent, Gospel Matthew 4:11

1 March 2nd Sunday of Lent, Gospel Matthew 17:1-9

8 March 3rd Sunday of Lent, Gospel John 4:5-42

15 March 4th Sunday of Lent, Gospel John 9:1-41

22 March 5th Sunday of Lent, Gospel John 11:1-45

Gospel readings - <https://universalis.com/europe.ireland/mass.htm>

PRACTICAL THINGS FOR LEADERS TO CONSIDER

- How will you invite people to take part?
- How many leaders are needed to support the gathering?
- Where will you meet and how will the space be arranged?

Consider setting up a **simple sacred space**, using some or all of the following:

- White or purple cloth
- Bowl of water
- Candle
- Cross
- Bible
- *Something that reflects the parish*

Above all, create a space of **welcome, warmth, and hospitality**, where people feel comfortable to listen, reflect, and share.

PARISH BULLETIN - Template

Have you thought about what you might do for Lent this year?

A Time in Lent for Prayer and Reflection – All Are Welcome

During Lent, the parish is offering a simple weekly gathering for anyone who would like space to pause, reflect, and share faith in a relaxed and welcoming setting. Each evening will include a short reflection, a brief video, time for prayer and conversation, and the chance to enjoy a cuppa together. The gatherings will run for five weeks of Lent, **week beginning [date] at [time], in [venue]**. No need to register — just come along.

SUPPORTING RESOURCES

Baptised & Sent in Lent with Sycamore - <https://derrydiocese.org/lent>

Sycamore videos - <https://www.sycamore.fm/videos/>

Daily readings - <https://universalis.com/europe.ireland/mass.htm>

GUIDANCE AND SUPPORT

If your Parish Leadership Team would like further assistance, please email

Tony Brennan, Diocesan Pastoral Coordinator, at tony.brennan@derrydiocese.org