



**UNCOVER THE MASKS IN YOUR LIFE –  
LEARN WHO YOU ARE IN THE EYES OF GOD!**  
(Your Real Self & Deeper Peace).

**THE PROGRAMME**

- Week 1** (Starts Mon 2<sup>nd</sup> March): The MASK of **POWER**
- Week 2** (Starts Mon 9<sup>th</sup> March): The MASK of **KNOWLEDGE**
- Week 3** (Starts Mon 16<sup>th</sup> March): The MASK of **CIRCUMSTANCE**
- Week 4** (Starts Mon 23<sup>rd</sup> March): The MASK of **IDENTITY**
- Week 5** (Starts Mon 30<sup>th</sup> March): The MASK of **DIFFERENCE**

**BACKGROUND ON THE IDEA OF MASKS**

Lent may be seen as a time for reflecting on the masks we wear and the reasons we do so! It is also an opportunity to reflect on Scripture and identify the masks worn by certain characters in an effort to examine both the motivation and the consequence of wearing masks. (The question of whether or not Jesus wore masks is one worthy of contemplation throughout this season of Lent).

Traditionally, Lent is a time for transformation and conversion. Lent provides the Sabbath time we need to stop, reflect and ponder life's mysteries – a time in fact, for entering the desert and there seeking God. Lent provides the breathing space for self-examination and for renewal.

One way to approach Lent is through the symbol of masks. Masks, like myths, both reveal and conceal realities. Masks can give the illusion of power and mystery. Masks can also empower by reducing self-consciousness through anonymity. Masks can provide a clear indication of a reality or they can distort that reality. MASKS are used to fulfil a variety of purposes:

- to cover up defects or inadequacies
- to disguise or hide emotions / feelings
- to show difference
- to portray a particular character or aspect of a character
- to conceal a true identity
- to create an element of mystery
- to exaggerate emotions
- to protect the body
- to make a non-verbal statement
- to celebrate a particular cultural or religious festivity



## SUGGESTED FORMAT FOR THE GROUP GATHERING:

What is provided by Campus Ministry is meant to assist, not dictate, how the Groups should run.

Please feel free to ask the Campus Minister or the Chaplain to assist with a group, or to help prepare.

A group should be between 4 and 8 people. This provides time for each person to participate.

The key is to open up ideas and get group members to reflect on their lives and work toward a “change of heart” as the Lenten season unfolds.

Music

Centring Prayer

Gospel Passage (*read it once and pause, then get someone else to read it again*).

Reflection Points/Topics

Personal Action/Challenge

Closing Prayer

Take away handout.

## Group Leader Reflection:

The following Gospel Passage comes just after the temptations of Jesus in the desert. It may be useful for the Group Leaders to reflect on as they prepare for each gathering. They are working for Jesus, and an “all care but no responsibility attitude” helps take away any fear of failure (ie. Leave room for God’s to move and act!).

**Luke 4:16-20** – <sup>16</sup>Jesus came to Nazareth, where he had been brought up, and went into the synagogue on the Sabbath day as he usually did. He stood up to read <sup>17</sup>and they handed him the scroll of the prophet Isaiah.

Unrolling the scroll he found the place where it is written:

<sup>18</sup>The spirit of the Lord has been given to me, for he has anointed me.

He has sent me to bring the good news to the poor,

to proclaim liberty to captives

and to the blind new sight,

to set the downtrodden free,

<sup>19</sup>to proclaim the Lord's year of favour.

<sup>20</sup>He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him.

**Acknowledgement** → this programme is a modified version of the work by:  
Rina Wintour, *Sacred Celebrations for Lent*, (Mountjoy Enterprises, Bris, 1999).  
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