



Strengthening the Spirituality of Lenten Repentance Based on Synodal Journey in Realizing the Transformation of the Life Orientation of Church Ministers in the Diocese of Bangka-Belitung

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Article Info	ABSTRACT
Corresponding Author Alfonsus Ara	Lent is a momentum of renewal that directs the people to change their orientation in life from self-interest to a deeper relationship with God, others, and the mission of the Church. This Community Service activity aims to strengthen the spirituality of Lent repentance based on synodal journeys for Church servants in the Diocese of Bangka-Belitung in the context of the Year of Thanksgiving of the Diocese of Pangkalpinang. The activity was held on Tuesday, March 14, 2023 in Parittiga, West Bangka Regency, Bangka-Belitung Islands, and was attended by 39 participants consisting of 27 diocesan priests, 3 religious priests, 1 deacon, and 8 brothers. The activity methods include theological-interactive presentations, personal reflection, synodal dialogue, deepening of ministry experiences, and worship. The validity of the implementation is verified through assignment letters, attendance lists, event minutes, and resource person certificates. The results at the process level show the availability of structured reflection space, the strengthening of the understanding of the relationship between metanoia and communion-participation-mission, and the strengthening of a more dialogical and responsible ministry orientation. This article does not use pre-test and post-test scores because the implementation document does not contain these instruments; Quantitative analysis is limited to verifiable attendance data. This model of recollection is relevant as a form of ongoing coaching because it integrates theological foundations, pastoral experiences, community dialogue, and follow-up recommendations. Keywords: Lent repentance; synodality; metanoia; life orientation; Bangka-Belitung Vicinity.

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INTRODUCTION

Lent does not stop at the practice of abstinence and fasting, but leads to metanoia, which is a change in the way of thinking, assessing, choosing, and acting. In the context of the life of the Church, repentance becomes real when a person renews his or her relationship with God, his or her neighbor, and the responsibility of service. Pope Francis affirmed that holiness is manifested in daily actions, faithfulness, patience, and courage to continually renew oneself (Francis, 2018). The need for such updates is getting stronger in

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the midst of individualism, materialism, digital culture changes, and weakening personal interactions. Church ministers can run regular spiritual and administrative routines, but they may not experience changes in listening, managing conflicts, building cooperation, or making room for the participation of the people. Therefore, Lent coaching needs to touch on the orientation of life and the quality of relationships, not just obedience to external practices.

Synodal spirituality provides a concrete framework for that renewal. Synodality is understood as the way the Church walks together through a process of listening, dialogue, participation, discernment, and mission. The International Theological Commission affirms that synodality is a constitutive dimension of the life and mission of the Church (International Theological Commission, 2018). This principle was then deepened in the 2021-2024 Synod process which placed communion, participation, and mission as the three axes of Church renewal (General Secretariat of the Synod of Bishops, 2021). In the synodal journey, personal repentance and community renewal are inseparable. A change of heart is the foundation for the ability to listen, accept correction, appreciate differences, and share responsibility. Fratelli Tutti emphasized that fraternity is built through a culture of encounter, dialogue, and openness to others (Francis, 2020). Thus, the synodal journey becomes a test room for whether repentance really produces social and ecclesial change.

The context of the Year of Thanksgiving of the Diocese of Pangkalpinang gives additional meaning to this activity. The celebration of the Church's history is not enough to be a ceremonial commemoration, but it needs to be an opportunity to reassess identity, togetherness, and mission direction. The Synod's continental stage document encourages the Church community to expand the space for participation and provide a space for diverse experiences for shared missions to be carried out (General Secretariat of the Synod of Bishops, 2022).

Recollection activities at Kevikepan Bangka-Belitung are designed to answer the need for a space for reflection that connects Lent, service experiences, synodality, and renewal of life orientation. The target of the activity includes diocesan priests, religious priests, deacons, and brothers involved in the pastoral dynamics of the vicarage. The activity is placed in the context of a joint meeting so that spiritual reflection can be the foundation for communication and coordination of services.

Approaches to Church ministers should value their experiences as a source of learning. Adult coaching becomes more meaningful when participants are able to process experiences, dialogue, and reassess actions based on their beliefs. Personal maturity is also related to the ability to see problems from various perspectives and make decisions wisely (Grossmann et al., 2017; Santrock, 2018).

Based on this description, PKM activities aim to deepen the meaning of repentance as a change in life orientation; connecting personal repentance with communion, participation, and mission; providing a space for reflection on the experience of service; and affirm the commitment to walk together in the life of the Bangka-Belitung Diocese. The practical novelty of the activity lies in the metanoia-synodal recollection model that integrates theological presentation, personal reflection, dialogue, worship, and follow-up.

IMPLEMENTATION METHOD

Location and Activity Partners

The activity was held on Tuesday, March 14, 2023 in Parittiga, West Bangka Regency, Bangka-Belitung Islands. The partner of the activity is the Bangka-Belitung Provincial Police. Based on the attendance list, the activity was attended by 39 participants consisting of 27 diocesan priests, 3 religious priests, 1 deacon, and 8 brothers. The activity was guided by Alfonsus Ara, Lic.S.Th. as a resource person for collection.

Approaches and Methods

The program uses a theological, reflective, participatory, dialogical, and contextual approach. The theological approach provides a foundation of faith; a reflective approach helps participants process experiences; a participatory and dialogical approach that opens up space for mutual listening; Meanwhile, the contextual approach connects themes with service dynamics. This model is in line with the synodal spirit that places participation and discernment as a shared process (General Secretariat of the Synod of Bishops, 2021, 2022). The methods used are summarized in Table 1.

Table 1. Method of Implementation of Activities

No.	Method	Description
1	Theological-interactive presentation	Deepening of Lenten repentance, synodality, communion, participation, and mission.
2	Personal reflection	Examination of life orientation, service motivation, obstacles, and renewal needs.
3	Dialogue sinodal	The exchange of experiences with a listening and non-judgmental attitude.
4	Contextual deepening	Connecting the theme with the dynamics of the Bangka-Belitung Provincial Ministry.
5	Worship and integration	Integrating material, prayer, togetherness, and personal commitment.
6	Documentary evaluation	Verify implementation through assignment letters, attendance lists, minutes of events, and certificates.

Stages of Implementation

The flow of activities is arranged from coordination to documentation and follow-up recommendations. The relationships between the stages are shown in Figure 1.

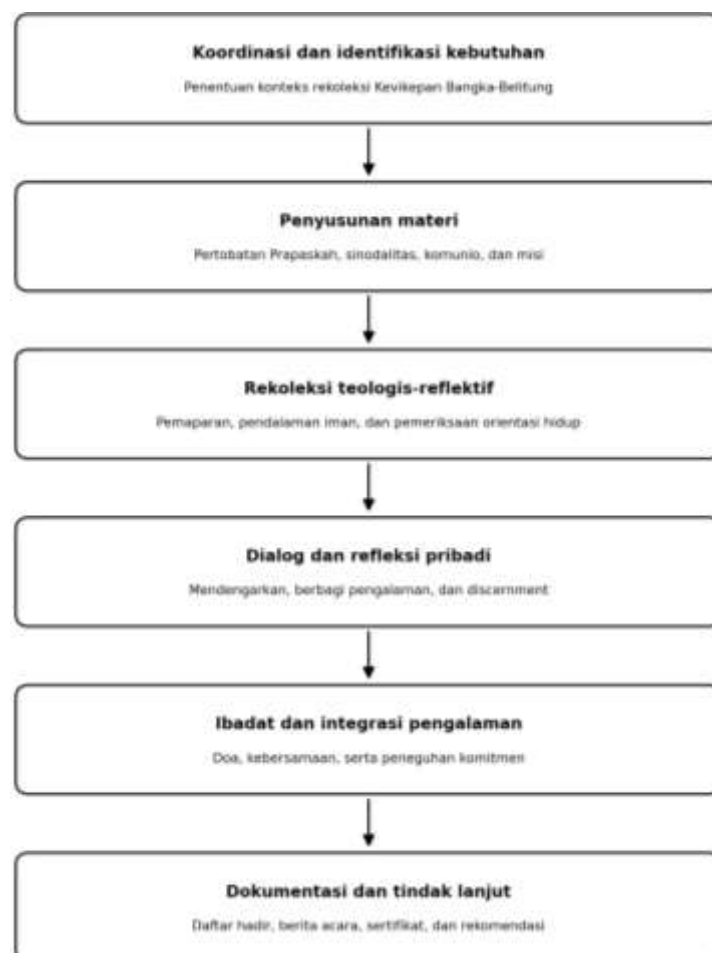


Figure 1. Flow of Implementation of Service Activities

Figure 1 shows that recollection is not only a matter of material transfer. The initial stage maps out needs and context, the core session integrates understanding and reflection, while the final stage ensures the accountability and sustainability of the program.

RESULTS OF ACTIVITIES AND DISCUSSIONS

Documentation of the Implementation of Activities

Administrative documentation is used to ensure the suitability of the article with actual execution. The four main documents available are assignment letters, attendance lists, event minutes, and resource person certificates. The document verifies the source, theme, time, location, participants, and partner endorsement. The summary is presented in Table 2.

Table 2. Administrative Documentation of PKM Activities

No.	Documents	Verification Function	Documentation
1	Assignment letter	Verify Alfonsus Ara's assignment, theme, location, and activity date.	

No.	Documents	Verification Function	Documentation
2	Attendance list	Verified 39 participants and attendance signatures.	
3	Minutes	Verify that the activity has been carried out and authorized by the partner.	
4	Certificate	Verify the award and the role of the resource person.	

Table 2 shows that administrative evidence is complementary. The assignment letter provides the basis for the assignment; the attendance list shows the range of participation; minutes confirming the implementation; Meanwhile, the certificate affirms the contribution of the speaker.

Implementation and Output of Activities

The recollection activity was carried out on March 14, 2023 with the theme of Lent repentance in a participatory-synodal journey. The material directs participants to examine the center of life orientation, how to build relationships, openness to correction, listening skills, and responsibility in shared service.

Personal reflection sessions provide space for participants to recognize service experiences that evoke joy and exhaustion. The synodal dialogue places listening as a spiritual act. After the main session, a series of worship and togetherness helped participants integrate the material with prayer and fraternal relations.

The output of the activity includes the implementation of thematic recollection, the availability of structured reflection space, involvement across service statuses, the strengthening of the common language regarding communion-participation-mission, and the completeness of administrative evidence. These outputs are presented in Table 3.

Table 3. Output and Activity Outcomes

Exterior	Evidence/Achievements	Meaning
Record, thematic	The activity was carried out on March 14, 2023 with the theme of Lent repentance and synodality.	Live orientation update room is available.
Cross-status participation	The activity was attended by diocesan priests, religious priests, deacons, and brothers.	Update messages reach both ordained and prospective servants.
Reflection and dialogue	Participants were directed to examine life orientation as well as experiential dialogue.	Repentance is associated with relationships and service.
Integration of spirituality and pastoral agenda	Recollection serves as the spiritual foundation of the visecon meeting.	The pastoral program is placed in the horizon of discernment.

Exterior	Evidence/Achievements	Meaning
Accountability of activities	Assignment letters, attendance lists, event minutes, and certificates are available.	Implementation can be objectively verified.

Attendance Quantitative Data

Quantifiable data that can be accounted for comes from the attendance list. The composition of the participants is presented in Table 4 and visualized in Figure 2.

Table 4. Composition of Participants Based on Attendance List

Participant Categories	Quantity	Percentage	Remarks
Diocesan priests	27	69,2%	Recorded on the attendance list
Imam religius	3	7,7%	Recorded on the attendance list
Deacon	1	2,6%	Recorded on the attendance list
Brother	8	20,5%	Recorded on the attendance list
Total	39	100%	All participants signed



Figure 2. Composition of Recollection Participants Based on Attendance List

The composition of the participants was dominated by diocesan priests as many as 27 people or 69.2%. If diocesan priests and religious priests are combined, the number of priests reaches 30 people or 76.9%. The presence of a deacon and eight brothers shows that the activity also has a formation dimension for prospective ordained ministers.

Discussion

The activity shows that Lenten repentance can be developed as a process of renewal of life orientation, not just a seasonal practice. The placement of the recollection in the vicarious meeting helps participants connect the spiritual life with pastoral coordination and responsibility. The relationship of repentance to synodality is evident in its emphasis on listening, dialogue, acceptance of correction, and shared responsibility. The International Theological Commission (2018) places synodality as a form of Church life that involves all people in a journey and discernment together. Therefore, a change of mind that does not change the pattern of relationships will lose its pastoral power.

The dialogical approach is relevant to Fratelli Tutti who affirms the importance of a culture of encounter and social fraternity (Francis, 2020). In the context of vocation, dialogue is not only a communication technique, but a means to cultivate differences in service backgrounds and build the same mission orientation. Experiential reflection also supports the development of practical wisdom. The ability to consider multiple perspectives, acknowledge limitations, and seek a balance of interests are all part of wise reasoning (Grossmann et al., 2017). This is important for the Church's servants who are faced with complex pastoral situations.

The synodal process demands the involvement of the participants as subjects. The preparatory document of the Synod emphasizes communion, participation, and mission as the framework of the Church's journey (General Secretariat of the Synod of Bishops, 2021). The continental-level document adds the need to expand the space so that diverse voices can be heard (General Secretariat of the Synod of Bishops, 2022).

The strength of the activity lies in the relevance of the theme, partner support, involvement across service statuses, and completeness of documents. The limitation is the lack of pre-test, post-test, written reflection, or follow-up questionnaire. Therefore, this article does not claim to increase knowledge scores or change in behavior that is not supported by data.

The sustainability of the program can be carried out through periodic recollection, evaluation of pastoral programs, reflection journals, follow-up interviews, and before-and-after measurement instruments. Practical indicators can include the quality of coordination, openness in evaluation, the ability to resolve differences, and the division of responsibilities.

CONCLUSION

The recollection activity to strengthen the spirituality of Lent repentance based on synodal travel was held on March 14, 2023 in Parittiga, West Bangka Regency, Bangka-Belitung Islands. The implementation was attended by 39 participants and could be verified through assignment letters, attendance lists, event minutes, and resource person certificates. The activity resulted in a structured reflection space that connected metanoia with communion, participation, and mission. The integration of theological exposition, dialogue, personal reflection, and worship helps to place spiritual renewal as the basis of ministry orientation. The next activity needs to be equipped with pre-test, post-test, written reflection, and follow-up evaluation instruments so that the impact can be measured more objectively.

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