

LENT 2024 at Holy Family

Ash Wednesday 14th February
Masses at 9.30am and 7.00pm

Tuesdays in Lent ~ Parish Mass 7.00pm

Thursdays in Lent ~ Stations of the Cross 7.00pm

Wednesday 6th March
Diocesan Lenten Penitential Service with Bishop Declan
7.00pm ~ Holy Family Church, Patchway.

Tuesday 26th March
Parish Mass 9.30am
PASTORAL AREA PENITENTIAL SERVICE 7.00pm
Holy Family Church

Wednesday 27th March ~ CHRISM MASS 11am
(No Parish Mass today)

Thursday 28th March ~ Maundy Thursday
MASS OF THE LORD'S SUPPER 8.00pm

Friday 29th March ~ Good Friday
Patchway Churches Act of Witness 10am
Family Stations of the Cross 11.15am
THE LORD'S PASSION LITURGY 3.00pm
Solemn Stations of the Cross 7.00pm

Saturday 30th March ~ Holy Saturday
(No 6pm Mass today)
EASTER VIGIL 9.00pm

Sunday 31st March ~ Easter Sunday
Sunrise Service 6.30am
Easter Masses 9.30am and 11.00am

Holy Family Parish Patchway, Bristol.



LENT BOOKLET

Year of Prayer 2024



Dear Parishioners and friends,

Today is Monday, 1st of January 2024, I am looking out on what is a rainy dark day after celebrating a wonderful Mass to Mary the Mother of God, with a large congregation! You may be wondering what this has to do with Lent and Easter! Well, we can't have one without the other. This year, Lent starts on Wednesday 14th February, a day associated with Love ~ well, that's what society and the commercial world would like you to think. St Valentine is a 'valid' saint, but is NOT celebrated by the Church on the 14th February, this date in the Church calendar is dedicated to the brothers Ss Cyril and Methodius, translators of liturgical texts into the Slavonic languages and possibly created the Cyrillic alphabet. Ash Wednesday takes president to these saints and the date of Ash Wednesday is determined by first of all setting the date of Easter Sunday, which is the first full moon on or after the spring equinox which according to our Gregorian calendar falls on or after 21st March. This means Easter Sunday always falls between March 22nd and April 25th. So, Ash Wednesday is 6 weeks and 4 days prior to Easter Sunday, which this year will be Sunday 31st March 2024, one of the earliest dates it can be! That was a long winded way of explaining why on the 1st of January I am working on our Lenten booklet!

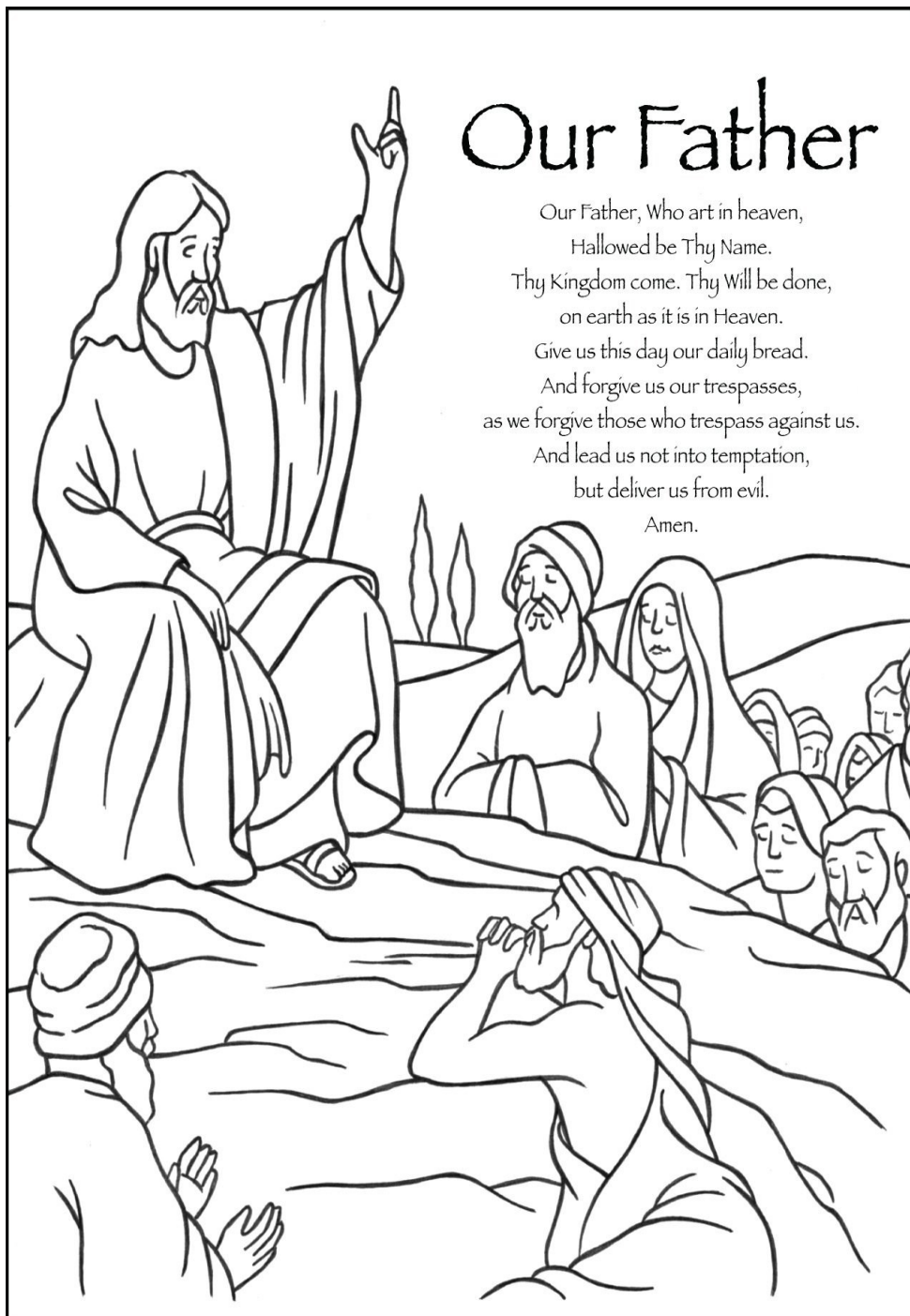
As I get older, I seem to like more and more things to be 'ordered' in life, I suppose a bit of OCD has something to do with it! There are only 45 days between 1st January and 14th February. The Crib has hardly been packed away for another year and already we are looking towards Holy Week and Easter. A couple of people mentioned to me recently, that on Facebook, people were commenting that we are still celebrating the birth of Christ and in the shops, they are preparing for his Death and Resurrection with their displays of Easter Eggs! In an 'ideal' world order, Christmas would be 6 months away from Easter and Easter 6 months away from Christmas! But, we are not living in an ideal world, and so many other variables have to be taken into account.

For us Christians and followers of Christ, we have to celebrate all the events of Christ's birth, death, resurrection and ascension, with all the significant events that surround it in one year! So whether we like it or not Lent is on our doorstep and we are encouraged to embrace it and celebrate it both in our liturgical (Church) lives and our personal lives. Every Lent is different to each one of us, because our lives have moved on from our last celebration of Lent in 2023. I always tell people that I am not a believer of New Year Resolutions, we sometimes set ourselves goals that are extremely hard to achieve and many are usually the same as previous years and like other years often fall by the

Books of the Old Testament

R	A	N	M	X	N	B	L	S	E	L	C	I	N	O	R	H	C	U	J	D	C	R	J	C	V
S	I	H	N	Y	B	O	R	S	C	H	J	S	A	M	U	E	L	W	K	D	S	O	R	A	A
U	H	E	B	M	B	R	O	C	Y	R	S	J	E	A	W	H	A	I	N	A	H	P	E	Z	A
N	K	X	P	O	A	T	Q	L	F	O	Q	X	R	N	U	M	B	E	R	S	T	O	D	Q	T
P	U	O	W	N	Z	R	G	V	Y	S	F	Z	X	E	J	M	E	S	S	S	B	M	N	D	X
F	K	D	F	O	I	A	H	N	S	O	E	E	U	Y	Y	O	I	K	P	A	L	V	J	H	L
N	C	U	A	R	S	G	N	I	K	N	S	E	O	D	R	I	N	T	V	K	Y	U	Z	I	L
Z	U	S	E	E	D	I	J	I	O	G	N	E	F	Y	N	B	S	A	P	F	D	G	S	M	C
J	H	V	M	T	I	K	G	P	L	O	B	L	J	S	T	L	O	M	H	G	Z	R	Q	A	N
K	O	R	Y	U	N	C	W	A	N	F	Y	R	F	I	D	E	R	H	E	U	J	I	D	L	E
I	W	S	L	E	S	K	R	L	A	S	D	H	Y	S	O	V	M	S	C	N	N	N	J	A	H
S	J	G	H	D	G	T	G	V	H	O	U	A	E	E	C	I	X	M	X	A	H	I	P	C	E
W	R	Z	W	U	Q	J	I	T	U	L	H	B	H	N	L	T	H	V	N	A	A	X	L	H	M
Z	U	Q	N	H	A	C	I	M	M	O	S	Z	O	E	T	I	I	G	X	W	I	B	Y	I	I
O	S	R	I	R	Q	B	P	L	L	M	I	C	S	G	J	C	U	Y	L	P	D	M	N	J	A
V	Z	O	M	C	U	Q	E	U	E	O	F	C	E	R	P	U	X	A	R	S	A	K	C	R	H
P	Z	Y	M	J	D	N	S	N	O	N	Q	F	A	G	X	S	M	E	T	J	B	U	O	P	K
G	X	B	K	A	S	L	Y	N	J	W	Y	Z	W	T	C	E	H	O	E	J	O	K	V	P	H
X	A	E	K	M	U	R	S	V	A	E	A	S	E	E	N	T	H	L	M	E	I	K	C	X	A
Z	G	O	L	N	F	K	A	E	B	V	T	P	Z	T	S	F	E	B	S	R	A	A	E	I	I
Y	T	A	V	S	B	R	E	V	O	R	P	E	A	E	N	D	O	D	Y	E	G	B	T	K	R
I	S	T	K	R	X	F	L	B	F	E	K	T	W	R	K	J	C	M	Q	M	G	A	R	A	A
P	L	N	T	F	R	U	T	H	H	I	I	J	K	Y	J	U	T	O	M	I	A	H	T	O	H
Q	R	W	I	S	A	I	A	H	E	O	F	P	C	N	J	B	X	E	U	A	H	U	S	C	C
X	D	A	N	I	E	L	V	L	N	C	C	S	A	J	X	B	N	S	O	H	Y	C	B	X	E
G	C	P	E	U	S	E	T	S	A	I	S	E	L	C	C	E	L	P	T	T	Q	I	D	R	Z

Genesis	Exodus	Leviticus	Numbers
Deuteronomy	Joshua	Judges	Ruth
Samuel	Kings	Chronicles	Ezra
Nehemiah	Esther	Job	Psalms
Proverbs	Ecclesiastes	Song Of Solomon	Isaiah
Jeremiah	Lamentations	Ezekiel	Daniel
Hosea	Joel	Amos	Obadiah
Jonah	Micah	Nahum	Habakkuk
Zephaniah	Haggai	Zechariah	Malachi



Our Father

Our Father, Who art in heaven,
 Hallowed be Thy Name.
 Thy Kingdom come. Thy Will be done,
 on earth as it is in Heaven.
 Give us this day our daily bread.
 And forgive us our trespasses,
 as we forgive those who trespass against us.
 And lead us not into temptation,
 but deliver us from evil.
 Amen.

wayside by the middle or end of January! What I am in favour of is setting goals with a meaningful purpose. Whereas a New Year seems to be a good time to make changes, it is in the middle of winter, we have just been celebrating the birth of Christ and the after effects could leave us with a void. That's why the commercial world have various events throughout the year to maintain sales and boost profits for the quiet times, such as summer holidays etc.

Celebrating Lent in the Spring gives us a positive momentum as the earth begins to come to life after the death of winter. Plants start to show signs of life, flowers and trees blossom and even the weather 'should' improve as the days start to get longer. People will often use this time to 'Spring Clean' to clear away the old rubbish to make way for the new and brighter future. The same is true of our lives and the season of Lent. It is a time for change and a time to make way for the focus on the important events crucial to our salvation. Lent is a beautiful season, because it focuses on our personal lives (Penance), on the lives of others (Almsgiving), and on the life, death and resurrection of Jesus Christ (Salvation and God's love for us). To truly enter into the spirit of Lent, we need to make a 'resolution' to embrace it and change our lives to make room to receive the grace of the season. That is why we have extra Masses, celebrations of the Stations of the Cross, Sacrament of Reconciliation, Penitential Services, and the opportunity to help others through Almsgiving (Fasting) . Prayer ~ Penance ~ Almsgiving.

This booklet will help you, it will give you prayers and meditations you can use each day of Lent, so, even if you fall off the 'Lent wagon' at any time, you can pick-up again and carry on. Lent shouldn't be a struggle, it should be something we embrace thinking of not only of our celebration at Easter, but also our celebration of Easter when the Lord comes again in judgment at the end of time. It is an investment in our faith both now and in the future. This booklet will also give you some 'tools' to help your children to be involved in the season also. We have to invest in them as the future of the Church and as followers of Christ continuing to pass on the faith to their children and their children's children.

Lent is also part of the process known as the Journey in Faith (Rite of Christian Initiation of Adults) where those who began enquiring about the Catholic Faith and who have decided to continue to the process to Baptism or Reception into Full Communion with the Catholic Church will be receiving their final lessons in preparation of Holy Saturday and the Easter Vigil. This is happening all over our Diocese and throughout the world, with, please God, many becoming Catholics, or at least having a better understanding of the Catholic Faith. It is through our faith that others come to know about us and what we believe and become to the Good News to others.

Because Lent lasts a lot longer than Advent, it's hard to keep the pace moving and not to give up and 'just' celebrate Easter when it comes. That's why we have an evening Mass on a Tuesday at 7.00pm on each of the Tuesdays of Lent. Also, there will be celebrations of the Stations of the Cross on Thursdays at 7.00pm. If you have never been to the celebration of the Stations of the Cross in Church, I would encourage you to try and make it. The mediations are focused on the fateful journey of Jesus from being condemned to death by liars to his death and burial in the tomb, in anticipation of the resurrection. Some of these Services will be live-streamed. There will also be various copies of the Stations of the Cross at the back of the Church, so you can celebrate them by yourself either before or after Mass. Please remember to return them after use. I will also put a version of the parish website (www.holyfamilyrcchurchpatchway.co.uk) for you to use and download.

This booklet will also include an examination of conscience and the method used to celebrate the Sacrament of Reconciliation, which can be used when you are ready to come to Reconciliation on a Saturday morning (11am ~ 11.30am) *Check the weekly Parish Newsletter to confirm they are taking place.*

Where in Advent, we collect items to build hampers for the less fortunate and sailors, in Lent, tradition seems to be to 'give something up'. So that the monies saved from not buying the item you have given up, can be given as Alms. Which will be given to charity to provide to those who cannot provide for themselves. This Lent, we will be raising funds for the humanitarian care of the Christians displaced in Gaza, through the Friends of the Holy Land.

I hope that together, we will be able to celebrate Lent, Holy Week and Easter Sunday in a new and refreshed state of grace. Truly appreciating what God did for us by sending his Son, Jesus Christ, to be condemned to death, die the shameful death of the Cross, to be buried in a human grave and rise from the death for the salvation of all.

God Bless

Fr Eugene

oregano, chopped rosemary and lemon zest. Rub the marinade all over the lamb, massaging it well into the cuts.

Heat oven to 200C/180C fan/gas 6. Put the garlic, chilli, potatoes, fennel and remaining rosemary into a large roasting tin, pour over some olive oil and toss together. Season the lamb generously, then lay it on top of the veg. Roast for 45 mins until the lamb is starting to brown, then pour in the wine and stock. Continue cooking for 30 mins for rare (55C on a cooking thermometer), 35-40 mins for medium rare (60C) or 45 mins for cooked through (70C).

Remove the lamb and rest for up to 30 mins. Turn oven down to 160C/140C fan/gas 3, cover the veg with foil and, while the lamb rests, put back in the oven until braised in the roasting juices. Scatter the fennel fronds over the veg, place the lamb back on top and bring the whole tin to the table to serve.

Easter Biscuits.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Makes about 30 biscuits

Make Easter biscuits the Mary Berry way: use half of the dough to make traditional Easter fruit biscuit, and half to make iced Easter biscuits in seasonal shapes.

Ingredients:

For the Dough.

200g/7oz softened [butter](#), plus extra for greasing

150g/5½oz [caster sugar](#)

2 large free-range [egg yolks](#)

400g/14oz [plain flour](#), plus extra for dusting

1 level tsp ground [mixed spice](#)

1 level tsp ground [cinnamon](#)

2-4 tbsp [milk](#)

For the traditional currant biscuits

100g/3½oz [currants](#)

[caster sugar](#), for sprinkling

For the iced biscuits

1-2 tsp [lemon juice](#)

250g/9oz [icing sugar](#)

different [food colourings](#)

Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Lightly grease two baking trays lined with baking paper.

2. Measure the butter and sugar into a bowl and beat together until light and fluffy. Beat in the egg yolk. Sieve in the flour and spices and add enough milk to make a fairly soft dough. Bring together, using your hands, to make a soft dough.

3. Halve the mixture and set half to one side.

4. For the traditional currant biscuits, add the currants to half of the mixture and knead lightly on a lightly floured work surface. Roll out to a thickness of about 5mm/¼in. Cut into rounds using a circular cutter. Place on the prepared baking trays. Sprinkle with caster sugar.

5. Bake in the preheated oven for 15 minutes, or until pale golden brown. Keep a careful eye on the biscuits – it doesn't matter if you open the oven door to check. Sprinkle with more caster sugar and lift onto a wire rack to cool. Store in an airtight container.

6. For the iced biscuits, knead the remaining half of the biscuit dough lightly on a lightly floured work surface. Roll out to a thickness of 5mm/¼in. Cut out Easter biscuits using an assortment of shaped cutters, such as bunnies, Easter eggs, chicks or spring flowers.

7. Lightly grease two baking trays lined with baking paper.

8. Place the biscuit shapes on the prepared baking trays and bake in the preheated oven for 10-15 minutes. Remove from the oven and lift onto a wire rack to cool.

9. To make the icing, pass one teaspoon of lemon juice through a fine sieve, to remove any pips or bits. Mix the icing sugar with the lemon juice and then add about two tablespoons of cold water, adding it little by little until you have a relatively stiff but smooth icing. Add a splash more sieved lemon juice if necessary.

10. Divide the icing into separate bowls and mix in food colourings of your choice into the separate bowls of icing, until you achieve the desired shade.

11. Spoon a little icing into a piping bag and pipe your decorations onto the biscuits. For a smooth finish, you can pipe the outline of your design in the firmer icing, then slacken it down a bit by mixing in a little more water, giving the icing more of a runny consistency, and use this to fill in the designs.



suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love. *As a child, sometimes I treat others better when they're sad or in pain. When somebody dies, I become very gentle and kind. I notice the good and kind things people say about those who have died.* As an adult, I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love them, while I still have the opportunity to do so. Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me. **O Mary, Mother most sorrowful, the sword of grief pierced thy soul when thou didst see Jesus lying lifeless on thy bosom; obtain for me hatred of sin because sin slew thy Son and wounded thine own heart, and grace to live a Christian life and save my soul.**

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Fourteenth Station ~ Jesus is laid in the tomb
Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people. *As a child, sometimes I try to keep everything for myself. I find it hard to share my things with my brothers or sisters and with my friends.* As an adult, I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else. Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave

him his own tomb. **My Jesus, beside Thy body in the tomb I, too, would lie dead; but if I live, let it be for Thee, so as one day to enjoy with Thee in heaven the fruits of Thy passion and Thy bitter death.**

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Our Father.... Hail Mary..... Glory be to the Father.... for the Pope's Intentions.

One Pan Easter Lamb.

Nutrition: per serving
 Nutrient Unit

kcal	752
fat	38g
saturates	11g
carbs	46g
sugars	5g
fibre	9g
protein	46g
salt	0.4g

Prep 20 Mins ~

Cooking 2 hours 15mins.

Serves 6.

A miracle one-pan lamb recipe that's as easy as popping a pan in the oven. Rosemary, garlic, white wine and seasonal veg make this a show stopping family meal.

Ingredients

1.6kg bone-in leg of lamb

50ml olive oil, plus a splash

3 oregano sprigs, leaves picked and roughly chopped

4 rosemary sprigs, leaves of 2 picked and roughly chopped

1 lemon, zested (save the juice for the spring greens, see goes well with)

1 garlic bulb, cloves lightly smashed

1 red chilli, pierced

1kg potatoes, skins on, cut into thick wedges

3 fennel bulbs, cut into quarters lengthways, tops removed, green fronds reserved

• **250ml white wine**

250ml good-quality chicken stock

Method

Take the lamb out of the fridge 1 hr before cooking it and use a sharp knife to make small incisions all over the meat. Mix the oil with the



Foreword to WE DARE TO SAY

At every moment of every day, somewhere in the world, Christians are praying the prayer that Jesus taught his disciples.

When said in liturgy or in devotional prayer, together or privately, the Lord's Prayer is a like a gentle, multilingual hum of heartfelt praise and petition.

St Thomas Aquinas once wrote that 'The Lord's Prayer is the most perfect of prayers... In it we ask, not only for all the things we can rightly desire, but also the sequence that they should be desired. This prayer not only teaches us to ask for things, but also in what order we should desire them.

Pope Francis has asked us, as part of our preparation for the Holy Year in 2025, to make this year into a time for refreshing our prayer, and especially our appreciation and use of the Our Father.

I am pleased, then, to commend to you We Dare To Say, a five-week faith sharing resource on the familiar and powerful words of the Our Father. May you come to a deeper appreciation of what the Lord Jesus himself has given us in response to the disciples' request 'Lord, teach us to pray'.

And please remember me in your prayers.

+ Vincent Nichols

Cardinal Vincent Nichols

Archbishop of Westminster

Copies of "We Dare to Say" are available at the back of the Church ~ £1 per copy.

Our Father in Welsh

Gweddi'r Arglwydd

Ein Tad, yr hwn wyt yn y nefoedd,

Sancteiddier dy enw,

Deled dy deymas,

Gwneler dy ewyllys, megis yn y nef,

Felly ar y ddacae hefyd.

Dyro i ni heddiw ein bara beunyddiol,

A maddau i ni dyledion,
Fel y maddeuwn ninnau i'n dyledwyr.
Ac nac arwain ni i brofedigaeth,
Eithr gwared ni rhag drwg.

Our Father in English

Our Father,

Who art in heaven, hallowed be Thy name;

Thy kingdom come; Thy will be done on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Amen

Help to pray: [Pray as you go - Pray as you go \(pray-as-you-go.org\)](http://pray-as-you-go.org) (Daily Prayer)

A Meditation on the Our Father by St Francis of Assisi.

O Most Holy Our Father: Creator, Redeemer, Consoler and Our Savior.

Who art in Heaven:

in the Angels and in the Saints; enlightening them unto knowledge, because Thou, Lord, art Light, inflaming them unto love, because Thou, Lord, art Love; indwelling and filling them unto blessedness, because Thou, Lord, art the Highest Good, the Eternal One, from whom is every good, without whom nothing is good.

Hallowed be Thy Name:

may the knowledge of Thee in us be made bright, so that we may know, what is the breadth of Thy benefactions, the length of Thy promises, the sublimity of Thy Majesty

and the depth of Thy judgments.

Thy Kingdom come:

so that Thou may reign in us by grace
and make us come unto Thy Kingdom,
where vision of Thee is made manifest,
love of Thee made perfect,
company with Thee blessed,
enjoyment of Thee everlasting.

Thy Will be done on Earth as it is in Heaven:

so that we may love Thee with our
whole heart
by thinking of Thee always,
with our whole soul by desiring Thee
always,
with our whole mind directing unto
Thee all our intentions,
by seeking Thy honour in all things
and with all our strength
by expending all our strength
and sense of soul and body in
submission to Thy love and not in
anything else;
and may we love our neighbours even
as our very selves
by drawing all to Thy love to the extent
of our strength,
by rejoicing over the good things of
others
just as over our own and by
compassionating them in evils
and by giving offense to no one.

**Give us this day,
Thy Beloved Son,
Our Lord Jesus Christ,
Our Daily Bread:**

to remember and understand and
reverence the love,
which He had for us,
and those things,
which He said, did, or endured on our
behalf.

And forgive us our debts:

by Thy ineffable Mercy,

and through the virtue of the Passion of
Thy Beloved son

and by the merits and intercession of
the Blessed Virgin and all Thy elect.

As we also forgive our debtors:

and what we do not fully forgive,
Lord, make us fully forgive,
so that we may truly love our enemies
for the sake of Thee

and intercede devoutly on their behalf
with Thee,

rendering to none evil for evil

and striving in all things to advance
unto Thee. Amen.

*Pope Francis invites believers to prepare
to celebrate the paschal mystery with
mind and heart renewed:*

**Fasting, that is, learning to change our
attitude towards others and all of
creation, turning away from the
temptation to “devour” everything to
satisfy our voracity and being ready to
suffer for love, which can fill the
emptiness of our hearts. Prayer, which
teaches us to abandon idolatry and the
self-sufficiency of our ego, and to
acknowledge our need of the Lord
and his mercy. Almsgiving, whereby
we escape from the insanity of
hoarding everything for ourselves in
the illusory belief that we can secure a
future that does not belong to us. And
thus to rediscover the joy of God’s
plan for creation and for each of us,
which is to love him, our brothers and
sisters, and the entire world, and to
find in this love our true happiness.**

**Let us not allow this season of
grace to pass in vain! Let us ask God
to help us set out on a path of true
conversion. Let us leave behind our
selfishness and self-absorption, and
turn to Jesus’ Pasch. Let us stand**

that are not clean. Sometimes I give the young
people around me a bad example to follow. Help
me to keep myself pure and clean. Help me say
things that build up the people around me. Help
me overcome worldly desires that I may become
more like Jesus. Help me set a good example for
others to follow. **My Jesus, stripped of Thy
garments and drenched with gall, strip me of
love for things of earth, and make me loathe all
that savours of the world and sin.**

**Our Father.... Hail Mary.... Glory be to the
Father....**

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed,
through the mercy of God, Rest in peace.

All: Amen.

Eleventh Station ~ Jesus is nailed to the Cross

*You are stretched out on the cross you have carried so
far. The soldiers take big nails and drive them into your
hands and feet. You feel abandoned by the people you
loved so much. People seem to have gone mad. You
have done nothing but good, yet they drive nails
through your hands and feet.*

Leader: We adore you, O Christ, and we praise
you.

All: Because by your holy cross You have
redeemed the world.

You are stretched out on the cross you have
carried so far. The soldiers take big nails and
drive them into your hands and feet. You feel
abandoned by the people you loved so much.
People seem to have gone mad. You have done
nothing but good, yet they drive nails through
your hands and feet. *As a child, sometimes I hurt
others. Sometimes I join with friends and decide not
to like another. We gang up against another and
cause them hurt and pain. Sometimes I say or do
hurtful things to my brothers and sisters. I can
wonder what they’d think about themselves if they
believed everything I told them about themselves.*

As an adult, sometimes I discriminate against
others. Even without thinking, I judge others
because of their colour, intelligence, income level
or name. I forget that I am to live as a brother or
sister to all people. Sometimes I use harsh words
when I speak to my children and family
members. I can find it easy to look for something
that isn’t very important and make it very
important. Help me look again at the people
around me. Help me see the hurt and pain I have
caused in others. Be with me to help me make
amends for the harm I have done. **My Jesus, by**

**Thine agony when the cruel nails pierced Thy
tender hands and feet and fixed them to the
cross, make me crucify my flesh by Christian
penance.**

**Our Father.... Hail Mary.... Glory be to the
Father....**

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed,
through the mercy of God, Rest in peace.

All: Amen.

Twelfth Station ~ Jesus dies on the Cross

*As Jesus hung on the cross, he forgave the soldiers who
had crucified him, and prayed for his mother and
friends. Jesus wanted all of us to be able to live forever
with God, so he gave all he had for us.*

Leader: We adore you, O Christ, and we praise
you.

All: Because by your holy cross You have
redeemed the world.

As Jesus hung on the cross, he forgave the
soldiers who had crucified him, and prayed for
his mother and friends. Jesus wanted all of us to
be able to live forever with God, so he gave all he
had for us. *Jesus, let me take a few moments now to
consider your love for me. Help me thank you for
your willingness to go to your death for me. Help me
express my love for you!* **My Jesus, three hours
didst Thou hang in agony, and then die for me;
let me die before I sin, and if I live, live for Thy
love and faithful service.**

**Our Father.... Hail Mary.... Glory be to the
Father....**

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed,
through the mercy of God, Rest in peace.

All: Amen.

**Thirteenth Station ~ Jesus is taken down from
the Cross**

*Jesus, how brutally you were put to death. How gently
you are taken from the cross. Your suffering and pain
are ended, and you are put in the lap of your mother.
The dirt and blood are wiped away. You are treated
with love.*

Leader: We adore you, O Christ, and we praise
you.

All: Because by your holy cross You have
redeemed the world.

Jesus, how brutally you were put to death. How
gently you are taken from the cross. Your

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.
All: Amen.

Eighth Station ~ Jesus meets the women of Jerusalem

Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them. *As a child, sometimes I think a lot about myself. I think about what I want and would like people to spend their lives pleasing me.* As an adult, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs. Help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems. **My Jesus, Who didst comfort the pious women of Jerusalem who wept to see Thee bruised and torn, comfort my soul with Thy tender pity, for in Thy pity lies my trust. May my heart ever answer Thine. Our Father.... Hail Mary.... Glory be to the Father....**

Leader: Jesus Christ Crucified.

All: Have Mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Ninth Station ~ Jesus falls the third time

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going. As a child, sometimes I fail time and time again. *I find it hard to get along with my sisters and brothers, sometimes I'm not honest, sometimes I'm lazy. I'm tempted to stop trying. It's just too hard sometimes.* As an adult, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed. Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well. **My Jesus, by all the bitter woes Thou didst endure when for the third time the heavy cross bowed Thee to the earth, never, I beseech Thee, let me fall again into sin. Ah, my Jesus, rather let me die than ever offend Thee again. Our Father.... Hail Mary.... Glory be to the Father....**

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in Peace.

All: Amen.

Tenth Station ~ Jesus is stripped of his clothes

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all! *As a child, sometimes I'm tempted to repeat stories I know are unclean and disrespectful. I sometimes try to act grown up by using crude and bad words.* As an adult, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts

beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.
- Pope Francis' 2019 Lenten Message

PRAYING WITH AN ALZHEIMER'S PATIENT

Prayer, like music, can often reach the deepest part of a person's soul.

It is no different for someone with Alzheimer's Disease.

Long after many abilities have slipped away, music and prayer can sometimes remain. Both are learned early in life and have so many repetitions in the years that follow, that a person even in the later stages of Alzheimer's can spontaneously participate.

How do we pray with someone who has Alzheimer's? Familiarity with the prayer a key element for an Alzheimer's patient.

For example, for a Catholic with Alzheimer's the Rosary can be a comforting prayer simply because it uses three familiar prayers that are central to Catholics: the Our Father, Hail Mary and Glory Be. The Rosary is a prayer form that can be effective in any Christian tradition, but it could be difficult for an Alzheimer's patient to learn the Hail Mary.

What religious tradition does an person with Alzheimer's come from? What might she/he have prayed as a child? Older patients whose childhoods were spent reading Bible might find great comfort in scriptures, Gospels or Psalms.

Perhaps there is an old childhood

prayer book around that is marked with favourite prayers. They might offer some assurance or peace, especially if read by a familiar voice.

Touch is also an important part of praying with an Alzheimer's patient, especially as communication becomes more difficult. If we place a chair next to the bed while praying, we can hold a hand, squeeze a shoulder or caress a face. Touch can be a "doorway" for letting words through when someone can't concentrate for long. Religious imagery can be a powerful tool for those who are have a debilitating disease. A family member might stare or simply cling to a religious image. Sacred objects can give a "spiritual" context to a conversation or time together. It can be anything from holy water we bless ourselves with, blessed palm branches we hold or fold into crosses, a medal or scapular we wear or pin on, a crucifix or cross we place before us. Holy cards, with images of Jesus, Mary or the saints can be important objects to take out or hold. They might already be in our loved one's prayer book.

In the right setting, a lit candle or even incense can draw people deep into the faith memory of many people. As long as safe.

Beginning and ending a "prayer time" with any of these "sacramental" acts or symbols can signify, deep in ones spiritual memory, that something holy is beginning or ending.

"Take Lord, and receive all my liberty, my memory, my understanding, my entire will... Give me only your love

February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 St Agatha	6 St Paul Mkt 9.30am Mass	7 Feria 9.15am Mass St Joseph's Centre, BS32 8EJ	8 Feria 9.30am Mass	9 Feria 9.30am Mass	10 11-11.30am Reconciliation 6.00pm 6th Sunday Blessing of Throws	11 6th Sunday 9.30am Mass 11.00am Mass World Day of Prayer for the Sick
12 Feria	13 5th Sunday Shrove Tuesday 9.30am Mass	14 ASH WEDNESDAY 9.30am Mass 7.00pm Mass	15 Thursday after Ash Wednesday 9.30am Mass 7.00pm Stations of the Cross	16 Friday after Ash Wednesday 9.30am Mass	17 11-11.30am Reconciliation 6.00pm 1st Lent	18 1st Lent 'B' 9.30am Mass 11am Mass
19 Weekday of Lent	20 Weekday of Lent 7.00pm Mass	21 Weekday of Lent 9.30am Mass	22 The Chair of St. Peter 9.30am Mass 7.00pm Stations of the Cross	23 Weekday of Lent CAFOD FAST DAY 9.30am Mass	24 11-11.30am Reconciliation 6.00pm 2nd Lent	25 2nd Lent 'B' 9.30am Mass 11am Mass
26 Weekday of Lent	27 Weekday of Lent 7.00pm Mass	28 Weekday of Lent 9.30am Mass	29 Weekday of Lent 9.30am Mass 7.00pm Stations of the Cross			

he is helping you carry your cross.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross. *As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.* As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy. **My Jesus, blest, thrice blest was he who aided Thee to bear the cross. Blest too shall I be if I aid Thee to bear the cross, by patiently bowing my neck to the crosses Thou shalt send me during life. My Jesus, give me grace to do so.**
Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Sixth Station ~ Veronica wipes the face of Jesus

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers *what little help she can*.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can. *As a child, sometimes I know someone could use a little help and understanding. They may be picked on or teased by others, or just sad or lonely.*

Sometimes I feel bad that others don't step in to help, but I don't help either. As an adult, I notice the needs around me. Sometimes my own family members crave my attention, and I don't even seem to notice. Sometimes a co-worker, friend, or family member could use help or understanding, but I don't reach out to help lest I be criticized, or that they demand more of me than I'd like to give. **My tender Jesus, Who didst deign to print Thy sacred face upon the cloth with which Veronica wiped the sweat from off Thy brow, print in my soul deep, I pray Thee, the lasting memory of Thy bitter pains. Our Father.... Hail Mary.... Glory be to the Father....**

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Seventh Station ~ Jesus falls the second time

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.
Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up. *As a child, sometimes things get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.* As an adult, sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things, and sometimes I do. Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others. **My Jesus, often have I sinned and often, by sin, beaten Thee to the ground beneath the cross. Help me to use the efficacious means of grace that I may never fall again.**

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: Have Mercy on Us.

solve them for me. Sometimes I become upset and crabby when I'm asked to do even the smallest thing to help others. As an adult I sometimes feel like I'm not appreciated. Sometimes I feel as if I accept more responsibility that I need to. I can feel sorry for myself, even though the crosses others carry are much larger than my own. In my self-pity, I don't reach out to help. **My Jesus, Who by Thine own will didst take on Thee the most heavy cross I made for Thee by my sins, oh, make me feel their heavy weight, and weep for them ever while I live.**

Our Father.... Hail Mary.... Glory Be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Third Station ~ Jesus falls the first time

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again. *As a child, sometimes I start to do something, but then get tired of it. I hurry to get finished and sometimes don't do my work well. Sometimes I don't pay attention to what I should be doing. When things get hard for me, sometimes I give up.* As an adult, I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can. **My Jesus, the heavy burden of my sins is on Thee, and bears Thee down beneath the cross. I loathe them, I detest them; I call on Thee to pardon them; may Thy grace aid me never more to commit them.**

Our Father.... Hail Mary.... Glory Be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Fourth Station ~ Jesus meets his mother

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care. *As a child, sometimes I feel like too many things are going on. Sometimes other kids pick on me and call me names. I need to look around me for a friendly face, and for the help I need. I need to share my troubles with those who truly care about me.* As an adult I sometimes feel overwhelmed by many things. Life is so competitive, and I worry so much about my future and those who have some control over it. I need to remember that being an adult does not mean having to solve every problem all by myself. I need to look around me for a friendly face, for the help I need.

Jesus most suffering, Mary Mother most sorrowful, if, by my sins, I caused you pain and anguish in the past, by God's assisting grace it shall be so no more; rather be you my love henceforth till death.

Our Father.... Hail Mary.... Glory be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Fifth Station ~ Simon of Cyrene helps Jesus carry his cross

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4 Weekday of Lent	5 Weekday of Lent 7:00pm Mass	6 Weekday of Lent 9:15am Mass 7:00pm DIOCESAN PENITENTIAL SERVICE WITH BISHOP DECLAN	7 Weekday of Lent 9:30am Mass 7:00pm Stations of the Cross	8 Weekday of Lent 9:30am Mass	9 11-11:30am Reconciliation 6:00pm 4th Lent 'B'	10 4th Lent 'B' 9:30am Mass 11:00am Mass
11 Weekday of Lent	12 Weekday of Lent 7:00pm Mass	13 Weekday of Lent 9:15am Mass	14 Weekday of Lent 9:30am Mass 7:00pm Stations of the Cross	15 Weekday of Lent 9:30am Mass	16 11-11:30am Reconciliation 6:00pm 5th Lent 'B'	17 5th Lent 'B' 9:30am Mass 11:00am Mass
18 Weekday of Lent	19 St Joseph 7:00pm Mass	20 Weekday of Lent 9:15am Mass	21 Weekday of Lent 9:30am Mass 7:00pm Stations of the Cross	22 Weekday of Lent 9:30am Mass	23 11-11:30am Reconciliation 6:00pm Palm Sunday	24 PALM SUNDAY 9:30am Mass 11:00am Mass
25 Monday of Holy Week	26 Tuesday of Holy Week 9:30am Mass 7:00pm Penitential Service.	27 Wednesday of Holy Week No Mass in the Parish 11:00am CHRISM MASS	28 HOLY THURSDAY 8:00pm MASS OF THE LORD'S SUPPER.	29 GOOD FRIDAY 10am Act of Witness 11:15am Children's Stations of the Cross 3:00pm THE LORD'S PASSION LITURGY 7:00pm Solemn Stations of the Cross	30 HOLY SATURDAY 9:00pm EASTER VIGIL	31 EASTER SUNDAY 9:30am Mass 11:00am Mass

and your grace and that is enough for me." Ignatius of Loyola

Loving God,
Please bless every mother and father who has Alzheimer's disease.
He was with us children as we learned to walk.
-- Guide his uncertain steps today as his balance fails him.
She taught us to cross streets and be safe.
-- Help her not to get lost, even in her familiar surroundings.
He held us close in the terrors of the darkest nightmares.
-- May he not be frightened today by the reality of his life, which is strange and totally out of his control.
She cooked thousands of meals over decades of time.
-- Please allow her to accept the caring hand that now feeds her.
She changed nappies, Lord, and served you each time she did.
-- Please give her now the humility and grace to be served in this way.
Loving God, the familiar eyes of my mother now respond with a blank stare.
She is unable to carry on a conversation,
to ask about her family
or to serve in the central role she has in our family.
Help my beloved father accept the surrender of his life these days.
Open his prayerful heart and fading mind
to be aware of your presence with him,
perhaps now closer than ever.

Give us, the family, the patience,
courage and acceptance

to love her as she is and to support him, in his daily needs.
Amen.

Returning to the Sacrament of Reconciliation.

Celebrating and receiving the Sacrament of Reconciliation can be among the most blessed of human experiences. Yet, there are a number of reasons why we don't take advantage of this Sacrament or we don't celebrate it well. Fear, shame, bad experiences of the past, a long time since the last reception of the Sacrament or bad habits in celebrating it now are all possible reasons for struggles with this Sacrament. The solution is so simple. A simple understanding of the Sacrament and a small encouragement to give it a new try, with a new expectation, can literally change our lives and will certainly renew our faith. The Sacrament of Reconciliation is



God's gift to us. In the story of the Prodigal Son, Jesus tries to tell us that God is simply waiting for us to "come home." In the story, the

father is not only waiting, he is out by the road longing for the wayward son to return. And when the son begins to give his practiced speech of repentance, the father interrupts him and shouts orders to begin the celebration. Jesus is telling us that this is how God feels about our reconciliation. It isn't about our having to shame ourselves or face being scolded. It is all about letting ourselves

us for what we have done and what we have failed to do. We are heartily sorry. We trust in your promises that we who are holy shall live again with you and the son, for ever and ever. Amen.

ACT:

Today I will spend time in meditation. I will ensure I have confessed my sins and apologized to those I've wronged. I will express my sorrow to God. I will make sure I am spiritually prepared to greet the risen Christ tomorrow!

EASTER SUNDAY

PRAY:

"The Lord is truly risen. alleluia! To him be the glory and power for all the ages of eternity, alleluia, alleluia!"

ATTEND MASS

LET US PRAY:

Lord, I welcome your return on this holiest of days. Thank you for keeping your promises to me! I pledge to follow you by loving you, my neighbour, and myself as you love me.

ACTION:

Spend today with or family or with others around you. Celebrate and enjoy the day, Our Lord is Risen!

STATIONS OF THE CROSS

Opening Prayer

ACT OF CONTRITION

O my God, my Redeemer, behold me here at Thy feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended Thee, Who art infinitely good. I will die rather than offend thee again. Amen.

First Station ~ Jesus is condemned to death

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your

entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

Leader: We adore Thee, O Christ, and bless Thee.

All: Because by Thy holy cross Thou hast redeemed the world.

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death. *As a child, sometimes I feel alone. Sometimes I feel that others don't stand up for me and defend me when I am afraid. Sometimes I don't feel like I am treated fairly, especially if I am scolded or corrected.* As an adult, sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work. Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me. **My Jesus, often have I signed the death warrant by my sins; save me by Thy death from that eternal death which I have so often deserved.**

Our Father.... Hail Mary.... Glory Be to the Father....

Leader: Jesus Christ Crucified.

All: Have mercy on Us.

Leader: May the souls of the faithful departed, through the mercy of God, Rest in peace.

All: Amen.

Second Station ~ Jesus takes up his Cross

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross You have redeemed the world.

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same. *As a child, sometimes I don't like the problems that come my way. Sometimes I try to get others to take care of them or*

accordingly.

MEDITATION:

Jesus served others to teach us how we ought to be. We too are called to a life of service. When we serve others in a spirit of love, we keep Christ's commandment.

LET US PRAY:

Lord, give me a spirit of humility and love, so I may serve others as your son, Jesus Christ, has served me.

ACT:

I will find a way to serve someone or some others today. I will perform this service with a spirit of love and humility.

GOOD FRIDAY

PRAY:

"But he was pierced for our offenses, crushed for our sins; upon him was the chastisement that makes us whole, by his stripes we were healed." (Isaiah 52:5)

READING: John 18:25-27

As Simon Peter stood there warming himself, someone said to him, 'Aren't you another of his disciples?' He denied it saying, 'I am not.' One of the high priest's servants, a relation of the man whose ear Peter had cut off, said, 'Didn't I see you in the garden with him?' Again Peter denied it; and at once a cock crowed.

MEDITATION:

This is the day of Our Lord's crucifixion. How many times have we crucified Jesus though our sins? Too many to count. Let me examine my heart and ensure I am sorry for my sins and all I have done to offend my Lord.

LET US PRAY:

Lord, I am heartily sorry for all my sins. Please accept my apology. I desire to change my ways and to sin no more. I pray to enter the kingdom to be with you. Please examine my heart, and find within me my love for you.

ACT:

Spend time in prayer and private reflection. Understand that our sins have wounded our Lord, but that his precious

blood saves us. Believe that this day, *Jesus died to save you.*

HOLY SATURDAY

PRAY:

"Alleluia, alleluia, alleluia. The stone the builders rejected has become the cornerstone. By the Lord has this been done; it is wonderful in our eyes." (Psalm 118:22-23)

READING: Matthew 28:1-10

After the Sabbath, and towards dawn on the first day of the week, Mary of Magdala and the other Mary went to visit the sepulchre. And suddenly there was a violent earthquake, for an angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken by fear of him that they were like dead men. But the angel spoke; and he said to the women, 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, "He has risen from the dead and now he is going ahead of you to Galilee; that is where you will see him." Look! I have told you.' Filled with awe and great joy the women came quickly away from the tomb and ran to tell his disciples. And suddenly, coming to meet them, was Jesus. 'Greetings,' he said. And the women came up to him and, clasping his feet, they did him homage. Then Jesus said to them, 'Do not be afraid; go and tell my brothers that they must leave for Galilee; there they will see me.'

MEDITATION:

On this day, Christ laid in the tomb, waiting to fulfil the prophecy that he should rise from the dead. There is no greater love than for Jesus to lay down his life for us. It is time to prepare for his triumphant return!

LET US PRAY:

Lord, you sent us your only begotten son to die to take away the sins of the world. Have mercy on us! Pardon us for our sins, forgive

receive the merciful and healing love and peace that only God's love can give us.

What does serious sin look like? How do I examine my conscience?

First of all, let's consider what serious sin is. According to the teaching that many of us learned in our catechisms or religious education, there are serious sins and less serious sins. A serious sin is called a "mortal" sin because it mortally wounds our relationship with God. To say it another way, when we see what a mortal sin is, it will become clear to us that it is a choice which involves turning my back on my relationship with God, freely and deliberately. Less serious sins, called "venial sins," involve weakness and patterns of sin in our lives. They are sins, for sure, and involve "missing the mark" of what it means to be a follower of Jesus, but, as we will see clearly, they don't involve a free and deliberate choice to turn our backs completely on our relationship with God.

For something to be a mortal sin, **three things are required.** All three of them are necessary. It must be something quite seriously wrong. It must be something I do, knowing its seriousness and knowing that it is wrong. And, it must be something I do deliberately, that is, freely. So, for something to be a mortal sin, I have to understand that something is serious enough to ruin my relationship with God and freely choose to do it anyway. When we examine our consciences, we are looking primarily for things like that. And, we are looking for them in two areas: in what I've done and in what I've failed to do. For example, I might never have abused my children,

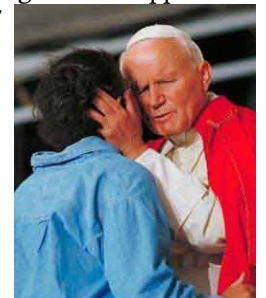
verbally or physically, but I might examine my conscience and recognize that I failed in my responsibility to raise them in the faith - the commitment I made at the time of my marriage and at their baptisms. However, I might judge that, though it is a serious matter, I didn't do it deliberately and intentionally. In that case, I might examine this situation in terms of my overall selfishness or failure to live my commitments - perhaps venial sins in the area of what I've failed to do, but for which I can ask for forgiveness and healing so I can do this better in the future, or receive our Lord's peace, even if I can't fix the past.

Our Sins Are Forgiven

We must never forget what happens in the Sacrament of Reconciliation.

Our sins are forgiven! They are taken away. The slate is wiped clean. We

have a new beginning - a fresh start. We receive God's mercy and are filled with God's peace. And, once this total and complete forgiveness happens, deep and lasting healing can happen as well. So, it's a great idea to return to the Sacrament of Reconciliation and to receive a fresh start and to let the grace of healing begin. Most of us are ready to do that because we really miss communion with our God. We really don't like division, conflict, selfishness, negativity, disorder, injustice or dishonesty. We long for integrity and a love which nothing but this Sacrament can offer us.



Considering Four Sets of



Circumstances

Every single one of us is completely unique. All our situations bear the unique circumstances that make up our lives. These four hypothetical examples considered here are made up to allow us to understand four types of situations which might prevent us from coming to the Sacrament of Reconciliation. They don't represent any real persons or actual situations, but all of us will recognize why circumstances like these might keep us from celebrating the Sacrament. These examples will then help us consider how to choose to act on the invitation to come back to the Sacrament, if our situation is even remotely similar to these made up circumstances.

1: "It's been a long time and a long list of big sins are frightening me."

"I suppose my last confession was 20 or 30 years ago - the last time I had to go with my parents, when I was in high school. I haven't gone mostly because I'm ashamed of my past. And, when I get right down to it, I'm really embarrassed to tell a priest I've been going to Communion all those years. I figured people would see through me and see what a major sinner I am, if I didn't go to Communion. I know I shouldn't have done that, but I did. I was promiscuous in high school and

college. I experimented with drugs and risked the lives of others while driving drunk or stoned many times. I lied and created all kinds of fictions to cover-up my activities. The worst thing I've done is when I was a sophomore in college, I got pregnant. [or, if the person is male: the girl I was going with got pregnant] I was so terrified that I panicked and had an abortion. [or, if the person is a male: I was so terrified, and so was she, so I paid for her to have an abortion]. When I was engaged, before I got married, my spouse and I slept together the whole time and we eventually moved in together to save money. All during that time, and after we were married, we practiced birth control. I can't even tell you the number of times I've lied. I'm ashamed that I stole something at work. It was stupid, but I did. I've cheated a little on filling out my taxes for years, but I figured that everybody else does, too. I have impure thoughts and I sometimes masturbate. And, I have all the flaws other people do: I'm impatient and judgmental. Of course, we sometimes missed Mass on Sunday and Holy Days and I didn't confess those. So, you can see why it is hard for me to go to Confession and actually tell all this to a priest."

Our Lord's message to anyone remotely carrying baggage like this imaginary person is a message full of great news. First of all, this is what the Sacrament of Reconciliation is all about. It is an invitation to give ourselves a chance to experience the incredible freedom of forgiveness and a new beginning. No one is going to judge us. We won't get interrogated.

We tire of asking for forgiveness, or we assume we are not worthy. What a terrible assumption that is, because God sent his only son to die for our forgiveness! He would not have done this if we were unworthy.

LET US PRAY:

Lord, I am worthy of your forgiveness. You created me to live with you forever. Please forgive my sins. I am truly sorry for what I have done and what I have failed to do. I ask you to forgive me, as I prepare for the return of your Son.

ACT:

I will make an effort to attend confession one last time before Easter.

Note: Confessions can be heard on Holy Saturday, but many parish priests are very busy from Holy Thursday to Easter, making it difficult for them to offer the sacrament of reconciliation. It is important to seek confession as soon as possible. Pastoral Area Penitential Service ~ Tuesday 26th March ~ 7.00pm ~ Holy Family Church.

WEDNESDAY OF HOLY WEEK

PRAY:

"I will praise the name of God in song, and I will glorify him with thanksgiving: ... For the Lord hears the poor, and his own who are in bonds he spurns not." (Psalm 69:31, 34)

READING: Matthew 26:17-19

Now on the first day of Unleavened Bread the disciples came to Jesus to say, 'Where do you want us to make the preparations for you to eat the Passover?' He said, 'Go to a certain man in the city and say to him, "The Master says: My time is near. It is at your house that I am keeping Passover with my disciples." ' The disciples did what Jesus told them and prepared the Passover.

MEDITATION:

Today is the last official day of Lent, but we do not yet break our fasts. Indeed, the holiest days are now upon us. From sundown on Thursday to Easter morning, we will mourn the passing of Christ from

this world. We are comforted knowing this is only for a short time. Today is a day of preparation. The holy days are upon us. Let us make ourselves ready.

LET US PRAY:

Lord, I am heartily sorry for my sins. I beg your forgiveness. Please accept my humble sacrifices, my fasting and my abstinence. Fill me with your grace. My heart is only whole with you inside it. Come quickly! Pardon my sins and fill my heart with love.

ACT:

I will make an extra effort to give something up and to give something to others today. I will make an additional donation or give something I have to someone in need. I can give to a family member, my Church, or someone in my community. Just as the certain man, without question, opened his room to Jesus and the disciples for the Passover feast, I must also give without question.

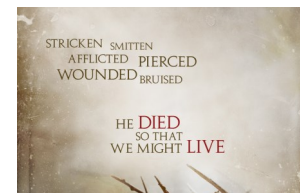
MAUNDY THURSDAY

PRAY:

"I give you a new commandment, says the Lord: love one another as I have loved you." (John 13:34)

READING: John 13:12-17

When he had washed their feet and put on his outer garments again he went back to the table. 'Do you understand', he said, 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you must wash each other's feet. I have given you an example so that you may copy what I have done to you. 'In all truth I tell you, no servant is greater than his master, no messenger is greater than the one who sent him. 'Now that you know this, blessed are you if you behave



brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was filled with the scent of the ointment. Then Judas Iscariot -- one of his disciples, the man who was to betray him--said, 'Why was this ointment not sold for three hundred denarii and the money given to the poor?' He said this, not because he cared about the poor, but because he was a thief; he was in charge of the common fund and used to help himself to the contents. So Jesus said, 'Leave her alone; let her keep it for the day of my burial. You have the poor with you always, you will not always have me.' Meanwhile a large number of Jews heard that he was there and came not only on account of Jesus but also to see Lazarus whom he had raised from the dead. Then the chief priests decided to kill Lazarus as well, since it was on his account that many of the Jews were leaving them and believing in Jesus.

MEDITATION:

Jesus invites us to choose the "better part" of our lives. We all draw closer to Christ by deepening our prayer life, strengthening our service and completing both with great joy.

LET US PRAY:

Loving God, help me to deepen my prayer life and strengthen my service which flow from my love for you. Free me from trying to be someone I am not. Amen.

ACT:

I will spend at least 15 minutes in prayerful reflection.

TUESDAY OF HOLY WEEK

PRAY:

"In you, O Lord, I take refuge; let me never be put to shame. In your justice rescue me, and deliver me; incline your ear to me, and save me." (Psalm 71:1-2)

READING: John 13:21-38

Having said this, Jesus was deeply disturbed and declared, 'In all truth I tell you, one of you is going to betray me.' The disciples looked at each other, wondering

whom he meant. The disciple Jesus loved was reclining next to Jesus; Simon Peter signed to him and said, 'Ask who it is he means,' so leaning back close to Jesus' chest he said, 'Who is it, Lord?' Jesus answered, 'It is the one to whom I give the piece of bread that I dip in the dish.' And when he had dipped the piece of bread he gave it to Judas son of Simon Iscariot. At that instant, after Judas had taken the bread, Satan entered him. Jesus then said, 'What you are going to do, do quickly.' None of the others at table understood why he said this. Since Judas had charge of the common fund, some of them thought Jesus was telling him, 'Buy what we need for the festival,' or telling him to give something to the poor. As soon as Judas had taken the piece of bread he went out. It was night. When he had gone, Jesus said: Now has the Son of man been glorified, and in him God has been glorified. If God has been glorified in him, God will in turn glorify him in himself, and will glorify him very soon. Little children, I shall be with you only a little longer. You will look for me, and, as I told the Jews, where I am going, you cannot come. I give you a new commandment: love one another; you must love one another just as I have loved you. It is by your love for one another, that everyone will recognise you as my disciples. Simon Peter said, 'Lord, where are you going?' Jesus replied, 'Now you cannot follow me where I am going, but later you shall follow me.' Peter said to him, 'Why can I not follow you now? I will lay down my life for you.' 'Lay down your life for me?' answered Jesus. 'In all truth I tell you, before the cock crows you will have disowned me three times.'

MEDITATION:

Peter would deny Jesus three times, yet he would be forgiven. He would even go on to become the first pope of Jesus' Church. Had Judas asked for forgiveness, he too would have been forgiven! As Pope Francis said, "The Lord never tires of forgiving us." The truth is, we are the ones who grow tired.

We'll experience God's mercy, as we never imagined. We don't need to hold on to all this stuff any more. And, once this is all out of the way, and we are no longer holding on to the guilt of it all, we can begin again to live the adult life of a follower of our Lord. So much healing will follow the forgiveness.

2: "It's been a long time, but I don't think I do that much wrong."

"I suppose my last confession was eight or ten years ago. I sort of got out of the habit. I used to confess the same small sins over and over and I just said, 'What's the use?' I don't commit big sins. I go to Mass every Sunday. I know I'm not perfect. The people I live with and work with would be the first to tell you that. I think I try to do good for my neighbour. I just got away from going to Confession. I just tell the Lord I'm sorry and that's that."

The message our Lord has for this set of circumstances is an encouragement to enjoy the benefits of the Sacrament of Reconciliation more frequently, as a means to grow in our Lord's grace and his peace. More frequent confession will often lead to a better examination of conscience. It may be the case that we won't have any serious sins to confess - even when we consider what we have failed to do. However, examining how we have fallen short in a variety of areas will usually result in our discovering places we need forgiveness and healing. We can ask for God's grace to shine in our hearts and to free us to love more generously and selflessly. The results are often wonderful: we have a personal experience of renewal that begins a new relationship with our Lord and a

daily pattern of prayer with him.

3: "I go frequently, but I confess the same serious things over and over again."

"I celebrate the Sacrament at least once a month, and sometimes weekly. It's a bit embarrassing because I keep confessing the same pattern over and over again. [Anger and fighting with a spouse or particular person; an ongoing affair; a pattern of pornography use with masturbation; etc.] I know that I intend to have a 'firm purpose of amendment,' but I can't seem to change and I keep coming to Confession because I want to keep going to Communion, but I wonder if I should."

It is so important to keep coming to the Sacrament. We need God's grace and mercy. Without it, our efforts to stay close to the Lord are even more handicapped. The issue for us is to change our patterns. Some of our patterns might be deeply embedded habits and may require a genuine commitment and the help of others. Others may have become addictions which require therapy or a 12 step program. What starts to change our hearts is to focus on leaving the celebration of the Sacrament with deeper and deeper gratitude. The more we thank our Lord for his love and mercy is easier it is to resist temptation. Secondly, it is very important to put a pattern of prayer in place in our lives so that, throughout the day, we are saying "Loving, Father, my life is in your hands," or "Thank you for your grace today, Lord," or "I trust you will be with me in this challenging situation I

face this afternoon." These kinds of "amendments" to our lives will make our celebration of Sacrament lead to effective healing.

4: "I go frequently, but I confess the same venial sins over and over again."

"I celebrate the Sacrament at least once a month, and sometimes weekly, but I often begin by telling Father that I have no mortal sins to confess. It is usually just confessing my impatience and my tendency to judge others. I often confess my pride and my envy of others who have more than I do. And more and more I've been just confessing I can't concentrate on my prayer or when I'm at Mass. I don't know if going to Confession is helping me any more."

The enemy of our human nature, the Evil Spirit, would love to have us just quit trying and would love even more to separate us from the Sacrament of God's mercy and peace. We can first of all make sure that we are examining our conscience on what we might have failed to do. Have we been as charitable and generous as we could have been? Have we fed the hungry, clothed the naked, visited the sick or imprisoned, in whatever ways we've heard our Lord's call to do those things? Have we exercised our civic responsibility and formed our consciences to hear the cry of the poor and follow the teachings of the Church regarding our role in the world and civil society? There are many ways we can come to a renewed sense of repentance, after years of confessing only the same things. After making sure we have not missed some serious sin in our examination, we can

celebrate the Sacrament by being deeply grateful that our Lord has kept us from serious sin. We can then ask his grace to help us with the deep patterns, like impatience or judging others, for example. Offering us the grace of healing can be such a help to our being a witness to holiness and to our service of others.

Preparing, planning and celebrating

The greatest fruit in the Sacrament of Reconciliation will come if we take the time to prepare well. It takes real prayer and grace to come to this Sacrament well. It takes planning to say what we want to say well. This is all part of the time of grace that allows God to work in us and prepare us for a grace filled encounter. Finally, it is so important to come to the Sacrament as a celebration. This is an occasion for great joy and deep peace. It is a time of sincere expectation of grace to be given to us. Whatever Penance the priest offers us - "as a remedy for the healing desired" - we can all come forth from the Sacrament, giving thanks and praise for this experience of power of the Incarnation, Life, Death and Resurrection of Jesus touching my heart this day. This was all for me and it was for this moment. When we say "Amen" to this grace and open our hands and hearts to then receive the Eucharist and say "Amen" again, we experience the full meaning of the Communion with Jesus given to us in these two Sacraments together.

A REMINDER HOW TO GO TO RECONCILIATION / CONFESSION.
God's special gift of forgiveness.

"My dwelling shall be with them; I will be their God, and they shall be my people." (Ezekiel 37:27)

READING: John 11:45-56

Many of the Jews who had come to visit Mary, and had seen what he did, believed in him, but some of them went to the Pharisees to tell them what Jesus had done. Then the chief priests and Pharisees called a meeting. 'Here is this man working all these signs,' they said, 'and what action are we taking? If we let him go on in this way everybody will believe in him, and the Romans will come and suppress the Holy Place and our nation.' One of them, Caiaphas, the high priest that year, said, 'You do not seem to have grasped the situation at all; you fail to see that it is to your advantage that one man should die for the people, rather than that the whole nation should perish.' He did not speak in his own person, but as high priest of that year he was prophesying that Jesus was to die for the nation- and not for the nation only, but also to gather together into one the scattered children of God. From that day onwards they were determined to kill him. So Jesus no longer went about openly among the Jews, but left the district for a town called Ephraim, in the country bordering on the desert, and stayed there with his disciples. The Jewish Passover was drawing near, and many of the country people who had gone up to Jerusalem before the Passover to purify themselves were looking out for Jesus, saying to one another as they stood about in the Temple, 'What do you think? Will he come to the festival or not?'

MEDITATION:

Jesus faced danger when he preached. The more prominent he became, the greater the danger. Eventually, some of the more powerful people in Jerusalem decided to kill him. Despite this danger, Jesus continued his ministry. He was not foolish, and he knew eventually he would face arrest. But he found prudent ways to continue his ministry until the time of the

Passover feast. Like Jesus, we may sense danger. Our danger may not be deadly, but we may sense the danger of embarrassment, harassment, or persecution when we live the Gospel and show love towards others. Many people who serve the poor and disenfranchised report troubles. But like Jesus, we are called to show courage in the face of danger. Let us be courageous and act with faith. God protects those who do his will, we have nothing to fear.

LET US PRAY:

Lord, make my heart stout and strong as I seek to do your will. Even though I experience fear, give me the courage I need to finish your work.

ACTION:

I will not allow fear to keep me from doing God's work. I will seek a safe, reasonable way to do a kindness, even if doing the deed is outside of my comfort zone.

PALM SUNDAY

PRAY:

Lord, your return is near, I praise you in your glory!

ATTEND MASS

LET US PRAY:

Lord, I praise your triumphant arrival, for you have come to free my soul from sin.

ACTION:

Spend an hour in private solitude. Take joy in knowing Christ will return in triumph.

MONDAY OF HOLY WEEK

PRAY:

"Here is my servant whom I uphold, my chosen one with whom I am pleased, upon whom I have put my spirit; he shall bring justice to the nations." (Isaiah 42: 1,6b-7)

READING: John 12:1-11

Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. They gave a dinner for him there; Martha waited on them and Lazarus was among those at table. Mary

free, you will indeed be free.

MEDITATION:

Anyone who commits sin is a slave. The only way to escape slavery is through Jesus Christ. If we follow Jesus' way, and keep his word, then we will be set free. The truth sets us free. Now, the time has come to ask, am I free or am I a slave? Do I have unhealthy attachments or misplaced priorities that enslave me? What excuses keep me from Mass? What are the sins that bind me?

LET US PRAY:

Lord, give me your light that I may plainly see the sins that bind me. Help me find the courage to strike off these chains. I pray for the truth to set me free.

ACTION:

I will meditate for awhile, thinking about the sins that keep me from Jesus. What excuse do I have to skip Mass, to refuse to help others, or to be selfish? I will work to break these chains.

THURSDAY 5th WEEK OF LENT

PRAY:

"If today you hear his voice, harden not your hearts." (Psalm 95:8)

READING: John 8:51-59

In all truth I tell you, whoever keeps my word will never see death. The Jews said, 'Now we know that you are possessed. Abraham is dead, and the prophets are dead, and yet you say, "Whoever keeps my word will never know the taste of death." Are you greater than our father Abraham, who is dead? The prophets are dead too. Who are you claiming to be?' Jesus answered: If I were to seek my own glory my glory would be worth nothing; in fact, my glory is conferred by the Father, by the one of whom you say, 'He is our God,' although you do not know him. But I know him, and if I were to say, 'I do not know him,' I should be a liar, as you yourselves are. But I do know him, and I keep his word. Your father Abraham rejoiced to think that he would see my Day; he saw it and was glad. The Jews then said, 'You are not fifty yet, and you have seen Abraham!'

Jesus replied: In all truth I tell you, before Abraham ever was, I am. At this they picked up stones to throw at him; but Jesus hid himself and left the Temple.

MEDITATION:

Jesus has always been, and he has always been with the Father. Likewise, he is always with us. It can be difficult for unbelievers to see this. But we see it plainly.

LET US PRAY:

Lord, let me see that you are always with me. Let me see you everywhere I go, in the hearts of the people I meet, and in the wonders of the world around me. You keep your promises. Thank you, Amen.

ACTION:

I will be attentive to the presence of God all around me as I go today.

FRIDAY 5th WEEK OF LENT

PRAY:

I love you, O Lord, my strength, O Lord, my rock, my fortress, my deliverer." (Psalm 18:2-3)

READING: John 10:37-38

If I am not doing my Father's work, there is no need to believe me; but if I am doing it, then even if you refuse to believe in me, at least believe in the work I do; then you will know for certain that the Father is in me and I am in the Father.

MEDITATION:

Despite the his words, many people still did not believe Jesus. When they asked for proof, Jesus pointed to the good works he did as proof he was from God. Can people point at the works we do and agree we are followers of Christ?

LET US PRAY

Lord, help me to follow you more closely. I pray that your love for your creation shines through me. When people see the deeds I do, I pray they feel your presence.

ACTION:

I will do a good deed for someone in my family today.

SATURDAY 5th WEEK OF LENT

PRAY:

God our Father knows we are not good all the time. We sometimes argue, fight, tell lies, refuse to do what we are asked to do and that makes him unhappy. So what we have to do is be strong enough to know when we have done something that is wrong and to say sorry. That is why Jesus gave to his disciples the gift of forgiveness. He said, 'for those whose sins you forgive, they are forgiven.' and the disciples have passed that power to forgive down through time to every priest including Fr Eugene! So, when you go to the Sacrament of Reconciliation, you are remembering the things you have done wrong, that you are sorry for them and that you are going to try to be a better person. That is what God wants us to do. The priest will ask you to do something to say sorry for your sins, it could be to say a prayer, or do something for the person you have sinned against. **That is called 'a Penance'.** When the priest has told you what he wants you to do, to say sorry for your sins, you will then get to say your 'Sorry Prayer' (*Act of Contrition*) as a way of showing God through the priest that you are really sorry for your sins. Then the priest will say a special prayer over you asking God to forgive you. It's called the '**the Prayer of Absolution**'. When this prayer is finished your sins will be forgiven and you will be able to go and do whatever **Penance** the priest gave you to do, to show you are sorry for your sins. **That is going to the Sacrament of Reconciliation - it's easy!**

Here is what to do:-

- **When you know you are going to**

the Sacrament of Reconciliation, spend sometime thinking about what you want to say sorry for - make a list if you want - you don't have to show anyone, but you can bring it with you to the Sacrament.

- **When you arrive in the Church,** kneel or sit quietly, thinking about what you are going to say sorry to God for.
- **When it is your turn to go to the Sacrament of Reconciliation,** don't be frightened! the Priest will help you. Go to the Confession Box and kneel down and he will welcome you.

Then you will both **Make the Sign of the Cross saying 'In the name of the Father and of the Son and of the Holy Spirit. Amen.'**

Then you say, 'Bless me Father, it has been _____ since my last confession, and this is what I would like to say sorry for.....' then you tell the priest your list of sins.

When you have finished your list you say, 'I am sorry for them and would like God's forgiveness.'

The priest will then talk to you and tell you what he would like you to do as a **Penance**, to say sorry for your sins.

He will then ask you to say your 'Sorry Prayer.'

'O my God, because you are so good, I am very sorry that I have sinned against you, and with your help I will try not to sin again. Amen.'

The priest will then say a prayer with his right hand out over your head.

God the Father of mercies, through the death and resurrection of his Son, has

reconciled the world to himself. By the ministry of the Church, may God grant you pardon and peace and I absolve you from your sins in the name of the Father ☩ and of the Son and of the Holy Spirit. Amen.

He will then say,

‘The Lord has forgiven you your sins, go in peace.’

You then say thank you to the priest and leave the box or the altar and go and kneel down in the Church.

When you get back to your seat, kneel down and say your Penance and a prayer thanking God for helping you to make a good Confession. If he asked you to do something else, don't forget to do it or you will not have said sorry for your sins!

Doing Lent – As a Family

No two families are the same. We differ in age, size, preferences, comfort levels, spiritual experience. Yet, we are a family. Whether we work at it or not, we will experience Lent as a family – even if there are just two of us or there are large group of us. We see, and are affected by what we are doing during Lent – as individuals. If someone else in my family is clearly doing something in Lent that is making a difference in his or her life, that will affect me. And, if someone is not doing anything special during Lent, that will affect me. So, why not talk about what we are each planning to do? For a couple this could be simple: “Here’s what I’m going to do.” For a family with younger children, the adults can help make it something that individual children will do and possibly something that all of us can do.

If I’m a single person or a person whose family is not in the same city, I could get together with several friends and talk about our Lent.

So, how do we make this work?

We are looking for support and accountability. With the perspective of doing Lent as family, we are looking at how each of us – and therefore all of us – might grow in our relationship with our Lord and our relationships with each other. And, who can keep us honest better than the people who know us best?

Some sample sharing, to get things going

I might say, “You know that I often struggle with impatience and a short temper. And, when I’m feeling threatened or insecure, I’ll start to raise my voice and get defensive. (Everyone nods.) Well, I’m going to try during Lent to ask for the grace to let go of that stuff and develop a new habit of thinking about your needs first, or imagine what you are struggling with first, and then turn to the Lord and say a prayer for you.”

Others: “Wow. That’s wonderful. How can we help you?”

Me: “I suppose you can pray for me. I’d really appreciate that. Beyond that, I’d love it if you saw my tightening up and you just came closer to me and put a hand on my shoulder, or give me a hug. It might be awkward at first, but I’d bet we’d get the hang of it.” “How about the rest of you?”

A Spouse: “I’ve been thinking about how I come home from work, carrying it into the house

When they heard this they went away one by one, beginning with the eldest, until the last one had gone and Jesus was left alone with the woman, who remained in the middle. Jesus again straightened up and said, ‘Woman, where are they? Has no one condemned you?’ ‘No one, sir,’ she replied. ‘Neither do I condemn you,’ said Jesus. ‘Go away, and from this moment sin no more.’

MEDITATION:

What was Jesus writing on the ground? Nobody is certain, for it was not written in the Gospel. But some scholars suspect he was writing the names of the scribes and Pharisees and their adulterous lovers. This is what would embarrass them enough to cause them all to leave. It is common to sin. We all ought to be ashamed of the sins we have committed. We cannot stand against the accusation of sin, all we can do is ask forgiveness of Christ. The good news, the Gospel is, He forgives us and saves us! Let us remember that as God forgives us and saves us, we too should not judge others. Instead, we must pardon them and spare them too. We are not without sin, we have no purpose throwing stones.

LET US PRAY:

Lord, make me aware of my sins so I may appreciate that I am imperfect. Help me to be mindful so I will not repeat them. Build up mercy in my heart so I do not condemn others, but rather forgive. Help me to sin no more.

ACTION:

I will think of a time I condemned someone when I myself was tainted with sin. I will pardon them, and ask forgiveness for my sins. I will work to avoid judging others.

TUESDAY 5th WEEK OF LENT

PRAY:

"O Lord, hear my prayer, and let my cry come to you. Hide not your face from me on the day of my distress. Incline your ear to me; in the day when I call, answer me speedily." (Psalm 102:2-3)

READING: John 8:28-30

So Jesus said: When you have lifted up the

Son of man, then you will know that I am He and that I do nothing of my own accord. What I say is what the Father has taught me; he who sent me is with me, and has not left me to myself, for I always do what pleases him. As he was saying this, many came to believe in him.

MEDITATION:

Jesus was sent by God to preach the Gospel and to die for the sins of all. By accepting Jesus as saviour, we accept the gift of salvation, offered by God. We must recognize that Jesus is Lord, that his commandments are we should love God and one another as ourselves. When we live according to these beliefs, we show God that we accept his gift.

LET US PRAY:

Lord, help me to live as to show you I accept your gift. Many times I have said I accept, but it is better to show you I accept through my prayers and actions.

ACTION:

I will seek to attend Good Friday Mass next week, and to learn about Good Friday and the Mass before I attend. I will rearrange my schedule if needed. I will demonstrate to God that I accept his gift by my presence.

WEDNESDAY 5th WEEK OF LENT

PRAY:

"Blessed are they who have kept the word with a generous heart and yield a harvest though perseverance." (John 14:6)

READING: John 8:31-36

To the Jews who believed in him Jesus said: If you make my word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free. They answered, 'We are descended from Abraham and we have never been the slaves of anyone; what do you mean, "You will be set free?"' Jesus replied: In all truth I tell you, everyone who commits sin is a slave. Now a slave has no permanent standing in the household, but a son belongs to it for ever. So if the Son sets you

there were many who wished to kill him. But God willed that Jesus should go and preach, and be offered as a sacrifice for the sins of all mankind. Knowing what his fate would be, Jesus still preached openly next to the temple. We too are called to be courageous witnesses of God, in spite of our fears.

LET US PRAY:

Lord, give me the courage to remain faithful in spite of peer pressure and the fear of embarrassment. Let me follow you, even when society suggests I should not.

ACTION:

I will make an effort to remember to always be a witness to Christ, and a faithful Catholic. I will remain steadfast, even when others suggest I should deny my faith and follow another path.

SATURDAY 4th WEEK OF LENT

PRAY:

"Do me justice, O Lord, because I am just, and because of the innocence that is mine. Let the malice of the wicked come to an end, but sustain the just, O searcher of heart and soul, O just God." (Psalm 7:9-10)

READING: John 7:40-44

Some of the crowd who had been listening said, 'He is indeed the prophet,' and some said, 'He is the Christ,' but others said, 'Would the Christ come from Galilee? Does not scripture say that the Christ must be descended from David and come from Bethlehem, the village where David was?' So the people could not agree about him. Some wanted to arrest him, but no one actually laid a hand on him.

MEDITATION:

The Pharisees were surprised that common people did not see that Jesus wasn't the messiah. They believed Jesus was from Galilee, and he was a false prophet. But they were wrong. Jesus was not from Galilee, and he was indeed the Son of God. We must be on our guard, not to be like the Pharisees.

LET US PRAY:

Lord, help me hold my tongue when I wish

to judge others because they are different from me.

ACTION:

I will reflect and think of a time I judged someone unfairly because they were different from me. I will humbly ask God to forgive me. I will do my best to avoid doing such a thing again.

FIFTH SUNDAY OF LENT

PRAY:

Lord, you are the resurrection and the life. We who believe in you will live, even though we die.

ATTEND MASS

LET US PRAY:

Lord, let us remember that you are the way to salvation. You are my resurrection.

ACTION:

Spend an hour in private solitude. Pray and welcome the gift of salvation given to us by Jesus Christ.

MONDAY 5th WEEK OF LENT

PRAY:

"Even though I walk in the dark valley I will fear no evil; for you are at my side..."

READING: John 8:2-11

At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them. The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in the middle they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and in the Law Moses has ordered us to stone women of this kind. What have you got to say?' They asked him this as a test, looking for an accusation to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he straightened up and said, 'Let the one among you who is guiltless be the first to throw a stone at her.' Then he bent down and continued writing on the ground.

and how I'm not very good at shifting gears, so I'm thinking that I tend to push each of you away. It's not because I don't love you, but I didn't transition well. I didn't let go of work and I didn't prepare to be at home with my family. And, I really haven't asked myself, 'How do I come into this house in a loving, caring way?' So, I'm going to be asking for the grace to do that better during Lent. I'm going to ask for the grace to transition home and to be thinking about how I can ask how each of you are doing and look like I really care to know. You know I do, but I don't always show it."

Others: "That would be incredible! How can we help you?"

Spouse: "I certainly will find it easier to do this if I know you are praying for me, and on my side in getting better at this. Concretely, be conscious that I've come from a hard day. You can ask me about it, but let's all get better at listening and asking each other how our days went. I think the key is that, if each of us is more eager to support the other than to be supported, we will all have a fabulous Lent. I love the idea of turning to Jesus and saying something. So, I might try saying, 'Lord, let me listen to my spouse right now. Let me be sure to express my gratitude, support, my affection, and let me offer to help in some way.' I

like the hand on the shoulder or the hug. I need to do that more. And, if I'm not doing this well, when we have our check in sessions, each week, feel free to tell me. How about you kids?"

Youngest: "I want to give up being so bossy. I sometimes don't do what I'm told and I don't always go to bed at the right time. I'm going to work on that. But if you (looking at the next oldest sibling) would stop taking my things and deliberately bugging me, we'd all be a lot happier. And, I sure would."

Next oldest sibling: "You're right. I don't know why I bug you. I just do. I'm sorry. I guess I should try to stop doing that for Lent. And, the thing about fighting to get my way. I just get really frustrated when I don't get my way. And, the thing about not doing what I'm asked to do. There's a lot of that. I know that's why you guys yell at me. So how do we do this?"

I might say, "Both of you are so special and so loved by us and you are being really honest. Why don't you pray to ask the Lord to be with you each day and to help you feel more loved during Lent so you'll feel more peaceful. As far as fighting with each other, you can try to practice thanking each other for something good you see the other do and you can try to affirm something you

appreciate in the other. Lent is a good time to just practice doing things we don't want to do, because most of the time, simple chores or going to bed on time are things that help the whole family. And, we'll try to help you do that, and we talk it through each week in our update sessions."

Adapting to our situation

Each of us can get where this kind of exercise would lead, in our situation, with our family. We might already be thinking of how we'd present it and try it.

The key is to believe that the Lord who inspires us to try something like this will surely bless it. We don't have to do it perfectly. We just do the best we can. We know the rules. If each one of us stays with our own desires and needs for grace, that'll keep us from accusations and characterizations of each other. We're trying to build bridges.

How will this help us with Lent?

A family experience of Lent is a deeper step from each of us giving up candy or beer or whatever. It is an opportunity for each of us to grow, to be more self-sacrificing, to be more loving. And, from this opening to grace, it will be easier, as we keep talking and keep growing deeper, to help each other pray better, offer ourselves to help each other more genuinely, experience more compassion and forgiveness. It will change the way we can celebrate the Eucharist together, how we'll celebrate the Sacrament of Reconciliation together, and how we might get to the topic of what we – as a family – might do in terms of Almsgiving, or at least

offering something in solidarity and support for those who are much needier than we are.

When we get to the final days of preparation for Easter, we'll enter into the Foot-washing on Holy Thursday much more deeply. We will look up at the Cross on Good Friday more gratefully, and we will celebrate the new life of renewing our Baptism at the Vigil or at Easter Sunday more joyfully.

40 DAILY MEDITATIONS FOR LENT. ASH WEDNESDAY

PRAY:

Lord, purify my heart and cleanse my soul, that I may forever remain close beside you.

READING: Joel 2:12-1812

'But now -- declares Yahweh- come back to me with all your heart, fasting, weeping, mourning.' Tear your hearts and not your clothes, and come back to Yahweh your God, for he is gracious and compassionate, slow to anger, rich in faithful love, and he relents about inflicting disaster. Who knows if he will not come back, relent and leave a blessing behind him, a cereal offering and a libation to be presented to Yahweh your God? Blow the ram's-horn in Zion! Order a fast, proclaim a solemn assembly, call the people together, summon the community, assemble the elders, gather the children, even infants at the breast! Call the bridegroom from his bedroom and the bride from her bower! Let the priests, the ministers of Yahweh, stand weeping between portico and altar, saying, 'Spare your people, Yahweh! Do not expose your heritage to the contempt, to the sarcasm of the nations! Why give the peoples cause to say, "Where is their God?"' Then, becoming jealous over his country, Yahweh took pity on his people.

MEDITATION:

Today is Ash Wednesday, the day we receive ashes on our forehead in the shape

you." (Isaiah 49:15)

READING: John 5:21-24

Thus, as the Father raises the dead and gives them life, so the Son gives life to anyone he chooses; for the Father judges no one; he has entrusted all judgement to the Son, so that all may honour the Son as they honour the Father. Whoever refuses honour to the Son refuses honour to the Father who sent him. In all truth I tell you, whoever listens to my words, and believes in the one who sent me, has eternal life; without being brought to judgement such a person has passed from death to life.

MEDITATION:

In yesterday's reading, Jesus healed a man who had been sick for 38 years. Jesus was criticized for healing the man because he healed him on the Sabbath. His critics accused him of breaking the letter of the law. By criticism him, they revealed it was they who did not understand the law. The purpose of the law was not to restrict work so much as to ensure people kept God as the focus of their day. When one is focused on God, acts of charity do not count as work so much as they are service rendered to honour God and His commandment to love one another. Indeed, these are the two greatest commandments.

LET US PRAY:

Let me understand that when I love my neighbour, I am honouring your two greatest commandments! I love you, O Lord, and I love my neighbour. Open my eyes to those in need of my love.

ACTION:

I will seek to perform an act of charity today.

THURSDAY 4th WEEK OF LENT

PRAY:

God so loved the world that he gave his only begotten Son, so that everyone who believes in him might have eternal life." (John 3:16)

READING: John 5:31-36

Were I to testify on my own behalf, my testimony would not be true; but there is

another witness who speaks on my behalf, and I know that his testimony is true. You sent messengers to John, and he gave his testimony to the truth- not that I depend on human testimony; no, it is for your salvation that I mention it. John was a lamp lit and shining and for a time you were content to enjoy the light that he gave. But my testimony is greater than John's: the deeds my Father has given me to perform, these same deeds of mine testify that the Father has sent me.

MEDITATION:

Jesus was sent by God to redeem us. Jesus did more than tell us how we ought to live. He showed us. How closely can we follow Christ's life? It is difficult in the modern world with its distractions and secular values. But we can live a Christlike life, if we try. We must meditate, pray, fast, and seek to emulate Christ in all we do.

LET US PRAY:

Lord, be with me as I work to live as you lived. Let me break attachments to things that are unimportant. In place of these attachments, let me renew my attachment to you.

ACTION:

I will call to mind someone I have written off as not living the life I feel they should live. I will look for the presence of Christ in their life.

FRIDAY 4th WEEK OF LENT

PRAY:

"The Lord is close to the broken-hearted; and those who are crushed in spirit he saves. Many are the troubles of the just man, but out of them all the Lord delivers him." (Psalm 34:19-20)

READING: John 7:25-26

Meanwhile some of the people of Jerusalem were saying, 'Isn't this the man they want to kill? And here he is, speaking openly, and they have nothing to say to him! Can it be true the authorities have recognised that he is the Christ?'

MEDITATION:

When Jesus went to Jerusalem, he knew

God. I will be grateful for what He has given me.

MONDAY 4th WEEK OF LENT

PRAY:

"Hear O Lord, and have pity on me; O Lord, be my helper. You changed my mourning into dancing; O Lord my God, forever I will give you thanks." (Psalm 30:111-113)

READING: John 4:48-51

Jesus said to him, 'Unless you see signs and portents you will not believe!' 'Sir,' answered the official, 'come down before my child dies.' 'Go home,' said Jesus, 'your son will live.' The man believed what Jesus had said and went on his way home; and while he was still on the way his servants met him with the news that his boy was alive.

MEDITATION:

Signs help us believe, but it is better to believe without the need for a sign. When people who already believe see a sign, it only serves to increase their faith. Yet, there are some will not believe, no matter what signs and evidence they see. What person am I? Am I one who believes when I see signs? Do I need signs to believe?

LET US PRAY:

Lord, your handiwork is visible in the snowflake and the sprout. It is evident in the sunrise, and can be seen among the stars. Open my eyes to the miracle of your creation, let me appreciate the day you have made.

ACTION:

Today, I will look around me to marvel at the wonders of creation. All creation is a sign of God's perfect work. I will look for God in all I see.

TUESDAY 4th WEEK OF LENT

PRAY:

"God is our refuge and our strength, an ever present help in distress. Therefore we fear not, though the earth be shaken and mountains plunge into the depths of the sea." (Psalm 26:2-3)

READING: John 5:2-9

Now in Jerusalem next to the Sheep Pool there is a pool called Bethesda in Hebrew, which has five porticos; and under these were crowds of sick people, blind, lame, paralysed. For at intervals the angel of the Lord came down into the pool, and the water was disturbed, and the first person to enter the water after this disturbance was cured of any ailment he suffered from. One man there had an illness which had lasted thirty-eight years, and when Jesus saw him lying there and knew he had been in that condition for a long time, he said, 'Do you want to be well again?' 'Sir,' replied the sick man, 'I have no one to put me into the pool when the water is disturbed; and while I am still on the way, someone else gets down there before me.' Jesus said, 'Get up, pick up your sleeping-mat and walk around.' The man was cured at once, and he picked up his mat and started to walk around.

MEDITATION:

The man by the pool waited there for 38 years. He had perfected his excuse for why he was still not healed. What excuses have we perfected for not healing ourselves? When we refrain from attending Mass, or receiving the Sacrament of Reconciliation, we are making excuses for ourselves. We can end up going for long periods of time without healing. What excuses do I make for myself?

LET US PRAY:

Lord, we know I have often made excuses for myself when I have been unwilling to try. Please pardon my excuses. Please grant me the healing I seek.

ACTION:

I will attend reconciliation and Mass as soon as I am able, and I will not make excuses for myself. I will avail myself of the healing offered by Christ.

WEDNESDAY 4th WEEK OF LENT

PRAY:

"Can a mother forget her infant? be without tenderness for the child of her womb? Even should she forget, I will never forget

of a cross. Why do we do this and what does it mean? The ashes are a symbol of our human mortality, the fact that we will die and our only survival is through Christ. Indeed, when the priest puts the ashes on our forehead, tracing the sign of the cross with his finger, he speaks the words, "Turn away from sin and believe in the Gospel" This does not seem like a very nice thing for a person to say, because it is a reminder that we must die.

But it isn't a curse at all. Instead, it is a gentle reminder that we live only due to the will of God, and we will live again, only through the deliverance of Jesus Christ. God created us from dust. Even science has demonstrated that we are all made of atoms created at the beginning of the universe. Although our bodies will return to dust, our immortal souls will live again, thanks to Christ's sacrifice, hence the sign of the cross. Today is a day of repentance, prayer and fasting. After receiving our ashes, we should not go out, but rather go home to pray and meditate on this simple truth: Our bodies come from dust, and to dust they shall return, but our souls will live forever thanks to the sacrifice of Jesus Christ on the cross.

LET US PRAY:

Lord, give me a quiet, humble heart and a clean soul so I will be ready to listen to your word.

ACTION:

Rather than going out in public, spend what time you can in prayer and contemplation. Keep up your appearance. Do not show off your ashes, or appear hungry in public. Make no public display other than to be humble and kind whatever you do.

THURSDAY AFTER ASH WEDNESDAY

PRAY:

"Choose life, then, so that you and your descendants may live." (Deuteronomy 30:19).

READING: Luke 9:22-25

He said, 'The Son of man is destined to

suffer grievously, to be rejected by the elders and chief priests and scribes and to be put to death, and to be raised up on the third day.' Then, speaking to all, he said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, will save it. What benefit is it to anyone to win the whole world and forfeit or lose his very self?

MEDITATION:

Jesus Christ gave his life so we might live again. This is the ultimate act of charity and it changed both Christ and us. We too must give freely and entirely of ourselves. We must lose our lives so we can find new lives in Christ. Let us lose ourselves today so we may love one another.

LET US PRAY:

Lord Jesus, please give me the strength and the heart to sacrifice my preferences to meet another's needs. Open my eyes to see the needs of the people around me. I will do my best to serve others as you have served me.

ACTION:

Perform an act of charity today by giving to someone in need, or performing an exceptionally good deed. Perform this deed anonymously, if possible. This deed should cost you something. Our charity must cost something, although it does not always have to be money, in order to change us.

FRIDAY AFTER ASH WEDNESDAY

PRAY:

Holy Father, I pray to share my blessings with others. When I see the hungry, I will share my bread. When I encounter the poor, I will share my money. When I find the unclothed, I will share my cloak.

READING: Matthew 9:14-15

Then John's disciples came to him and said, 'Why is it that we and the Pharisees fast, but your disciples do not?' Jesus replied, 'Surely the bridegroom's attendants cannot mourn as long as the bridegroom is still with them? But the time will come when

the bridegroom is taken away from them, and then they will fast.

MEDITATION:

On Fridays during Lent, we fast according to our means. For most people, that means refraining from meat. But we should do more than that if we want to supercharge our spiritual growth. The purpose of fasting is to release anything that has control over us. When we choose something to give up, then we should choose what is difficult to sacrifice, not what is easy. For some people, this is food. For others it can be social media, or some other vice. Whatever we sacrifice, it should come at a cost to us. Only by practicing the release of things that control us can we free ourselves to serve God. If money controls us, we should give up money. If it is food, then we should give up food. Social media, television, the internet, whatever it is that compels us each day but isn't God, we should sacrifice it. When we feel the urge to take up our vice, let us turn those urges into prayers. Use those moments to remember the sacrifice of Jesus on the cross. Isn't He worth our trouble?

LET US PRAY:

Lord God, keep me strong as I fast and begin my Lenten sacrifice. Give me the strength to keep my fast, and to think of you when I feel the urge to break it.

ACTION:

I will carefully consider what I have given up for Lent. Is my sacrifice truly enough? Will this help me to hear the voice of the Lord in my heart?

SATURDAY AFTER ASH WEDNESDAY

PRAY:

Lord, renew me like a watered garden, a fresh spring flowing with water, sweet to taste.

READING: Luke 5:27-32

When he went out after this, he noticed a tax collector, Levi by name, sitting at the tax office, and said to him, 'Follow me.' And leaving everything Levi got up and

followed him. In his honour Levi held a great reception in his house, and with them at table was a large gathering of tax collectors and others. The Pharisees and their scribes complained to his disciples and said, 'Why do you eat and drink with tax collectors and sinners?' Jesus said to them in reply, 'It is not those that are well who need the doctor, but the sick. I have come to call not the upright but sinners to repentance.'

MEDITATION:

Jesus is the ultimate physician, curing what ails our souls. His prescription is simple, "Follow me." Jesus calls every person to follow him, especially those most in need of his mercy. It is the sick, not the well, who need the physician. Ask yourself, "In what ways have I shown signs of spiritual sickness?"

LET US PRAY:

Lord, heal me of my sickness and make me well. Use me as your assistant, delivering your medicine to others.

ACTION:

Deliver the love of Christ to someone in need. Find someone who is depressed or lonely, or who needs help and simply spend time with them. The goal is not to preach, but rather to help them with their needs, simply in the name of kindness and asking nothing in return.

FIRST SUNDAY OF LENT ATTEND MASS

PRAY:

Lord, today is a day of celebration for we commemorate your resurrection and triumph over death. Today we break our Lenten fast, and we rest from our journey, but we do not forget. I pledge in the week ahead to keep my sacrifice and my devotion and to empty myself so I may fill myself with your grace.

MEDITATION:

Tonight, meditate on your Lenten journey so far. What difference do I hope to see in myself as a result of my journey? Write

seeing how wisely he had spoken, said, 'You are not far from the kingdom of God.' And after that no one dared to question him any more.

MEDITATION:

The greatest commandments are to love God and to love one another. Our obedience is seen by how we treat others around us, especially those who are most different from us. Those who have done us wrong, those who are unfamiliar, these are the people we are called to love.

LET US PRAY:

Lord, open my eyes to the opportunities to love others. Give me the strength and the courage to love others, even when in my mind, they do not deserve it. For you love us, even when we are unworthy. May I love others the way you love me.

ACTION:

I will demonstrate my love for others by performing an act of love. Perhaps it will be my spouse, or a loved one whom I might neglect, or a stranger who has not seen kindness for a long time?

SATURDAY 3rd WEEK OF LENT

PRAY:

"Here I am Lord; I come to do your will."

READING: Luke 1:26-38

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, you who enjoy God's favour! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Look! You are to conceive in your womb and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come

about, since I have no knowledge of man?' The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. And I tell you this too: your cousin Elizabeth also, in her old age, has conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.' Mary said, 'You see before you the Lord's servant, let it happen to me as you have said.'

MEDITATION:

Many of our struggles in faith come from our reluctance to surrender to God's will. Often we are worried what others will think. Mary had the same concern, but she also knew God would solve any difficulties that might develop. Giving her cares to God, Mary answered Gabriel, "You see before you the Lord's servant, let it happen to me as you have said." We are called to be like Mary, and to let God's will happen as He has said.

LET US PRAY:

Lord God, let thy will be done. Give me the patience to listen for your words. Give me understanding, and give me the strength to do your will. I trust Lord, you will guide me and protect me as long as I keep your ways.

ACTION:

Practice letting others have their way. I will find a reasonable desire, contrary to my preferences, and accept it without challenge.

FOURTH SUNDAY OF LENT

PRAY:

The Lord is my shepherd, I shall not want.

ATTEND MASS

LET US PRAY:

Lord, I thank you for what you provide. You have given me all I need to follow you, sustain me as I go.

ACTION:

I will seek an hour of solitude to listen to

WEDNESDAY 3rd WEEK OF LENT

PRAY:

"Your words, Lord, are Spirit and life; you have the words of everlasting life."

READING: Matthew 5:17-19

17 'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them. In truth I tell you, till heaven and earth disappear, not one dot, not one little stroke, is to disappear from the Law until all its purpose is achieved. Therefore, anyone who infringes even one of the least of these commandments and teaches others to do the same will be considered the least in the kingdom of Heaven; but the person who keeps them and teaches them will be considered great in the kingdom of Heaven.

MEDITATION:

Jesus told us that he came to fulfil the law, not abolish it. He also gave us the Gospel, to deepen our understanding of God's will for us. When the Word of God is taken as a whole, mercy, justice, love, and faithfulness are placed at the centre of our devotion.

LET US PRAY:

Lord, make me humble and obedient. Help me to grow in understanding your words and help me to live them fully.

ACTION:

I will say a kind word to a stranger today.

THURSDAY 3rd WEEK OF LENT

PRAY:

"Oh, that today you would hear his voice: 'Do not harden your hearts...' (Psalm 95:7-8)

READING: Luke 11:19-23

19 Now if it is through Beelzebul that I drive devils out, through whom do your own sons drive them out? They shall be your judges, then. But if it is through the finger of God that I drive devils out, then the kingdom of God has indeed caught you unawares. So long as a strong man fully armed guards his own home, his goods are undisturbed; but when someone stronger than himself attacks and defeats him, the

stronger man takes away all the weapons he relied on and shares out his spoil. 'Anyone who is not with me is against me; and anyone who does not gather in with me throws away.

MEDITATION:

We must always be ready for God to come into our lives. What good is our effort if God is not with us? We can do anything through God, but without God we cannot accomplish anything good.

LET US PRAY:

Lord, I am open to you and ready to receive you in my life. I know I have done things against you, but I repent! I pledge to follow a new path, the way you have shown me.

ACTION:

I will examine the choices I am making in my life. I will answer, 'Am I on the path God desires for me?'

FRIDAY 3rd WEEK OF LENT

PRAY:

"If only my people would hear me, and Israel walk in my ways, I would feed them with the best of wheat, and with honey from the rock I would fill them." (Psalm 81:17)

READING: Mark 12:28-34

One of the scribes who had listened to them debating appreciated that Jesus had given a good answer and put a further question to him, 'Which is the first of all the commandments?' Jesus replied, 'This is the first: Listen, Israel, the Lord our God is the one, only Lord, and you must love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.' The scribe said to him, 'Well spoken, Master; what you have said is true, that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any burnt offering or sacrifice.' Jesus,

your response in a journal so you may refer to it later.

ACTION:

Prayer without action is useless. Today we will act by calling or spending time with a friend or family member. We will not speak of our sacrifice, but instead of things that interest our friend or family member. Let us spread joy by behaving humbly, and of good cheer.

MONDAY 1st WEEK OF LENT

PRAY:

"Let the words of my mouth and the thought of my heart find favour before you, O Lord, my rock and my redeemer." (Psalm 19:15)

READING: Matthew 25:45

"Amen I say to you, what you did not do for one of these least ones, you did not do for me."

MEDITATION:

When we practice Lent, we often practice for ourselves. We give things up that are difficult or inconvenient and we feel we have made a good sacrifice. But we often forget to consider how our sacrifice affects others. How often do our sacrifices also inconvenience others? Or what if our sacrifice does nothing to others at all? Neither situation is best. The best is a sacrifice that actually helps others. We can put ashes on our heads, pray and fast, and mourn, but how does this make the world a better place? Who is served by these deeds? We may be serving ourselves, but are we serving others? This Lent, look for a way to turn your sacrifice into service to others. How much better it is to sacrifice in such a way that others benefit.

LET US PRAY:

Lord, give me the grace to think of others I encounter during my Lenten journey. Give me the strength to do what's needed.

ACTION:

Find a way to convert your sacrifice into something for others. Or, if you must make a new sacrifice. Do one thing today that truly helps a person in need. Remember, it

must cost you something significant so it can change you, pocket change or a few minutes of passing time are not enough.

TUESDAY 1st WEEK OF LENT

PRAY:

"Glorify the Lord with me; let us together extol his name. I sought the Lord and he answered me and delivered me from all my fears." (Psalm 19:15)

READING: Matthew 6:7-8

'In your prayers do not babble as the gentiles do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him.

MEDITATION:

Just as a parent knows what their child needs, be it food or medicine, our Father in heaven also knows what we need. The problem arrives when we think we know better than God does for our lives. Instead of worrying about things we cannot control, we must give these concerns to God. This is an exercise in humility. Turning our troubles over to God, particularly when we can do nothing about them is an act of faith. It demonstrates our trust and our belief that God will see us through every difficulty.

LET US PRAY:

Lord, here are the troubles that concern me. (list your worries) Please take the troubles from me that I may spend my energy not on worry, but on helping others.

ACTION:

Recognize that others have worries you can fix. It might be help with bills, babysitting or a meal. It can be as simple as covering for a coworker or helping a neighbour with a difficult chore. Let God deal with your worries and be the help someone needs for theirs. Find a way you can be someone's solution today.

WEDNESDAY 1st WEEK OF LENT

PRAY: "Create in me a clean heart, O God, and put a new and right spirit within me." (Psalm 51:10)

READING: Luke 11:29-30

The crowds got even bigger and he addressed them, 'This is an evil generation; it is asking for a sign. The only sign it will be given is the sign of Jonah. For just as Jonah became a sign to the people of Nineveh, so will the Son of man be a sign to this generation.

MEDITATION:

Lent is a call for us to repent and to turn away from habits and ways that displease God. In what ways do we sin and fail to meet God's expectations? How can we change our habits and routines to avoid sin? What new habits can we cultivate to make ourselves better?

LET US PRAY:

Lord, I have sinned in many ways, in what I have done and in what I have failed to do. I promise to amend my ways and to do that which is pleasing to you while avoiding that which you hate.

ACTION:

Make plans to receive the Sacrament of Reconciliation. In the meantime, consider the ways in which you have fallen short of the expectations God has for you. Think of something you can do to avoid old habits. Think of new practices that will make you a better person and strive to keep them.

THURSDAY 1st WEEK OF LENT**PRAY:**

"Lord, on the day I called for help, you answered me: you built up strength within me." (psalm 138:3)

READING: Matthew 7:7-8

'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. Everyone who asks receives; everyone who searches finds; everyone who knocks will have the door opened.

MEDITATION:

God is merciful, and it is his desire to grant mercy to all who ask for it. This is why Jesus calls us to knock so the door will be opened to us. If we seek God, we will find him. If we ask for mercy, it will be given. If

we wish for salvation, it will be granted. Let us humble ourselves and ask for pardon for our sins. Let us knock, and ask for Christ to enter our hearts.

LET US PRAY:

Lord create within me a heart of humility. I knock on your door of mercy, and beg permission to enter. Please answer quickly! I need your embrace.

ACTION:

If we wish for mercy, it is just for us to show mercy to others. Today, pardon someone even if in your mind, they do not deserve the pardon. Forgive someone who has committed an offense. This does not mean they shall be freed from all consequences, but that you will not shun them from the table you yourself hope to enjoy. Let your actions reflect your forgiveness in the hope that someday you too will be forgiven.

FRIDAY 1st WEEK OF LENT**PRAY:**

"If you, O Lord, mark iniquities, Lord, who can stand? But with you is forgiveness so that you may be revered." (Psalm 130: 1-4)

READING: Matthew 5:23-24

So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering.

MEDITATION:

Worship is important, but reconciliation and mercy are even more important. They are so much more important that the scriptures advise us to forgive and seek forgiveness even before worship. God is incredibly forgiving toward us. God is willing to forgive our sins, we only have to ask forgiveness in a spirit of genuine repentance. As God forgives us, we too are called to forgive others.

LET US PRAY:

God of Mercy and compassion, help soften my heart which I have hardened against those who've offended me. Help me to

him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.' Now all this took place to fulfil what the Lord had spoken through the prophet: Look! the virgin is with child and will give birth to a son whom they will call Immanuel, a name which means 'God-is-with-us'. When Joseph woke up he did what the angel of the Lord had told him to do: he took his wife to his home; he had not had intercourse with her when she gave birth to a son; and he named him Jesus.

MEDITATION:

An angel of the Lord asked Joseph not to condemn Mary, but to embrace her. Understanding this to be God's will, Joseph accepted Mary as his wife, even though she was already with child. Likewise, God asks us to be merciful toward others, for he is merciful to us.

LET US PRAY:

Lord, thank you for the mercy you show me every day. Grant me the wisdom and the strength to show the same mercy to those I encounter.

ACTION:

I will make an effort to show mercy to those around me, just as God shows me mercy.

TUESDAY 3rd WEEK OF LENT**PRAY:**

"Your ways, O Lord, make known to me; teach me your paths, Guide in me your truth and teach me, for you are God my saviour." (Psalm 25:4-5)

READING: Matthew 18:21-35

Then Peter went up to him and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times. 'And so the kingdom of Heaven may be compared to a king who decided to settle his accounts with his

servants. When the reckoning began, they brought him a man who owed ten thousand talents; he had no means of paying, so his master gave orders that he should be sold, together with his wife and children and all his possessions, to meet the debt. At this, the servant threw himself down at his master's feet, with the words, "Be patient with me and I will pay the whole sum." And the servant's master felt so sorry for him that he let him go and cancelled the debt. Now as this servant went out, he happened to meet a fellow-servant who owed him one hundred denarii; and he seized him by the throat and began to throttle him, saying, "Pay what you owe me." His fellow-servant fell at his feet and appealed to him, saying, "Be patient with me and I will pay you." But the other would not agree; on the contrary, he had him thrown into prison till he should pay the debt. His fellow-servants were deeply distressed when they saw what had happened, and they went to their master and reported the whole affair to him. Then the master sent for the man and said to him, "You wicked servant, I cancelled all that debt of yours when you appealed to me. Were you not bound, then, to have pity on your fellow-servant just as I had pity on you?" And in his anger the master handed him over to the torturers till he should pay all his debt. And that is how my heavenly Father will deal with you unless you each forgive your brother from your heart.'

MEDITATION:

I owe God a debt I can never repay, yet he cancels my debts and embraces me. Let me cancel the debts of those around me, as God has helped me, let me help others.

LET US PRAY:

Thank you, Lord, for cancelling the debt incurred by my sin. May I have the mercy to cancel the debts of those who owe me.

ACTION:

I will find a way to show mercy. I will cancel a debt, or pardon an injustice against me. I will find a way to forgive as I have been forgiven.

contemplate my present course in life. Is my life grounded in Christ or something else?

LET US PRAY:

Deal Lord, help me examine my life. Let me keep you as the cornerstone. By my foundation, my rock, my cornerstone.

ACTION:

I will examine my life to see if Jesus is the cornerstone in my life. If I find he is not, I will seek the way to make him so.

**SATURDAY 2nd WEEK OF LENT
PRAY:**

"He pardons all your iniquities, he heals all your ills. He redeems your life from destruction, he crowns you with kindness and compassion." (Psalm 103:3)

READING: Luke 15:20-32

So he left the place and went back to his father. 'While he was still a long way off, his father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him. Then his son said, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son." But the father said to his servants, "Quick! Bring out the best robe and put it on him; put a ring on his finger and sandals on his feet. Bring the calf we have been fattening, and kill it; we will celebrate by having a feast, because this son of mine was dead and has come back to life; he was lost and is found." And they began to celebrate. 'Now the elder son was out in the fields, and on his way back, as he drew near the house, he could hear music and dancing. Calling one of the servants he asked what it was all about. The servant told him, "Your brother has come, and your father has killed the calf we had been fattening because he has got him back safe and sound." He was angry then and refused to go in, and his father came out and began to urge him to come in; but he retorted to his father, "All these years I have slaved for you and never once disobeyed any orders of yours, yet you never offered me so much as a kid for me to celebrate with my friends.

But, for this son of yours, when he comes back after swallowing up your property -- he and his loose women -- you kill the calf we had been fattening." "The father said, "My son, you are with me always and all I have is yours. But it was only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found." '

MEDITATION:

I am like the prodigal son. How many times have I left God, forgetting his ways? How many times has he welcomed me back? No matter what happens, God loves me and welcomes me home.

LET US PRAY:

Lord, you have welcomed me back so many times! Thank you for the Sacrament of Reconciliation. Let me return to your embrace every day.

ACTION:

I will find my way back home to God. In what ways have I disappointed God? I will seek to amend these ways.

THIRD SUNDAY OF LENT

PRAY:

If today you hear his voice, harden not your heart.

ATTEND MASS

LET US PRAY:

Lord, open my ears and my heart to your word. I am ready to listen, let me hear your voice.

ACTION:

I will seek an hour of solitude to listen to God.

MONDAY 3rd WEEK OF LENT

PRAY:

"The promises of the Lord I will sing forever, though all generations my mouth shall proclaim your faithfulness." (Psalm 89:2)

READING: Matthew 1:20-25

He had made up his mind to do this when suddenly the angel of the Lord appeared to

forgive, even those who do not deserve forgiveness. Take from me the burden of anger and inspire compassion within my heart. Let me experience the freedom that comes from you though forgiveness.

ACTION:

I will examine my heart and seek the names of those I have not forgiven. I will ask God to help me forgive this person or people. As God has forgiven me, I will work to forgive others.

SATURDAY 1st WEEK OF LENT

PRAY:

Blessed are they whose way is blameless, who walk in the law of the Lord. Blessed are they who observe his decrees, who seek God with all their heart. (Psalm 119: 1-2)

READING: Matthew 5:46-48

For if you love those who love you, what reward will you get? Do not even the tax collectors do as much? And if you save your greetings for your brothers, are you doing anything exceptional? Do not even the gentiles do as much? You must therefore be perfect, just as your heavenly Father is perfect.'

MEDITATION:

In Jesus' time, tax collectors spent time with tax collectors, but they did not spend time with the common people. As a result, mistrust and hostility developed. The people came to hate tax collectors and the tax collectors often abused their power. There was no love or compassion. This is what happens when we make no effort to know others who are different from us. So our challenge as Christians is to get to know others even if they are different from us. They may belong to another religion, another race, or speak a different religion. Or they could be like us, but come from a different group of people. Think about the elderly, the homeless, the disenfranchised. We should make a greater effort to know these people, and in so doing we will find we are very much alike. We are all worthy of love.

LET US PRAY:

Heavenly Father, show me the opportunity to extend welcome and warmth to those who are different from me. Let me see your face in the face of strangers. Let me welcome these people the same as I would welcome you.

ACTION:

I will look to find someone who is different, with whom I would not normally associate. It may be a distant coworker, a shut-in neighbour or someone who is unlike me. I will make an effort to get to know this person and make them feel welcome.

**SECOND SUNDAY OF LENT
ATTEND MASS**

PRAY:

Lord, let me be transfigured like Christ, let me be your disciple and teach me humility and compassion.

LET US PRAY:

Lord, this Lenten season let me be transfigured. Take my life and make me your disciple. Let me learn from you by following your ways. Teach me humility, faith, and compassion. And should I fall short of your expectation Lord, please forgive me for in my heart I promise to try my best. I promise to forgive those who wrong me, just as you forgive me for my sins.

ACTION:

Sundays are an excellent day to rest and take stock of our journey. Today, I will try to find an hour for myself so I can sit quietly and meditate. I will visit the chapel, an outdoor space, or a quiet room. I will think about the path I am on and the path I prefer to walk. I will ask God to show me the changes I need to make. I will work hard to make a habit of those changes.

MONDAY 2nd WEEK OF LENT

PRAY:

"Remember not against us the iniquities of the past; may your compassion quickly come to us, for we are brought very low." (Psalm 79:8)

READING: Luke 6:33-38

And if you do good to those who do good to you, what credit can you expect? For even sinners do that much. And if you lend to those from whom you hope to get money back, what credit can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good to them, and lend without any hope of return. You will have a great reward, and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. 'Be compassionate just as your Father is compassionate. Do not judge, and you will not be judged; do not condemn, and you will not be condemned; forgive, and you will be forgiven. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and overflowing, will be poured into your lap; because the standard you use will be the standard used for you.'

MEDITATION:

If we think about it, we tend to judge others a lot. It's a human thing that we do, often without thinking. But we are not called to be merely human. We are also spiritual creatures and we are asked to strive for this higher calling.

Is it possible we judge too much? Is there a way we can change our thoughts and behaviours to be less judging of others? If we can accomplish this, let us remember Jesus promised we would be judged by the standard we use to judge others.

LET US PRAY:

Lord, give me the peace of mind to look into my heart. Help me to see how I judge others and help me to refrain from judging in the future.

ACTION:

Today, I will spend time in reflection and I will look for the ways I judge others. I will think about a way to do this less, and to love more.

TUESDAY 2nd WEEK OF LENT**PRAY:**

"Wash yourselves clean Put away your

misdeeds from before my eyes; cease doing evil; learn to do good. Make justice your aim: redress the wronged, hear the orphan's plea, defend the widow." (Isaiah 1:16-17)

READING: Matthew 23:1-12

Then addressing the crowds and his disciples Jesus said, 'The scribes and the Pharisees occupy the chair of Moses. You must therefore do and observe what they tell you; but do not be guided by what they do, since they do not practise what they preach. They tie up heavy burdens and lay them on people's shoulders, but will they lift a finger to move them? Not they! Everything they do is done to attract attention, like wearing broader headbands and longer tassels, like wanting to take the place of honour at banquets and the front seats in the synagogues, being greeted respectfully in the market squares and having people call them Rabbi. 'You, however, must not allow yourselves to be called Rabbi, since you have only one Master, and you are all brothers. You must call no one on earth your father, since you have only one Father, and he is in heaven. Nor must you allow yourselves to be called teachers, for you have only one Teacher, the Christ. The greatest among you must be your servant. Anyone who raises himself up will be humbled, and anyone who humbles himself will be raised up.'

MEDITATION:

A hypocrite is a person whose actions do not match their words. In what ways have my actions fallen short of my words?

LET US PRAY:

Lord, give me the humility to see within myself the times when I fall short of your expectations. Help me to see your within others, and to forgive as you have forgiven me.

ACTION:

I will seek within my heart to recall those times I have been hypocritical. I will confess these to my confessor and I will seek to amend my ways.

WEDNESDAY 2nd WEEK OF LENT**PRAY:**

"But my trust is in you, O Lord; I say, 'You are my God.' In your hands is my destiny..." (Psalm 31:15-16)

READING: Matthew 20:25-28

But Jesus called them to him and said, 'You know that among the gentiles the rulers lord it over them, and great men make their authority felt. Among you this is not to happen. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be your slave, just as the Son of man came not to be served but to serve, and to give his life as a ransom for many.'

MEDITATION:

A person who wishes to be truly great must first learn what it is like to be humble. We are promised greatness in heaven far beyond anything possible on Earth. But to attain that greatness we must humble ourselves now. Humility and service to others, especially those who we feel are lower, is the path to greatness. The truly great see themselves as servants of others. They do not seek to show off or lord their status over others. Instead, they seek opportunities to serve. This is how we are called to be.

LET US PRAY:

Lord, make me humble so I may achieve greatness. Open my eyes to the opportunities to be a servant to others.

ACTION:

I will find ways to serve those around me, especially anyone placed under me or in my care.

THURSDAY 2nd WEEK OF LENT**PRAY:**

"Such a one is like a tree planted near streams; it bears fruit in season and its leaves never wither, and every project succeeds." (Psalm 1:3)

READING: Luke 16:19-26

'There was a rich man who used to dress in purple and fine linen and feast magnificently every day. And at his gate there used to lie a poor man called Lazarus,

covered with sores, who longed to fill himself with what fell from the rich man's table. Even dogs came and licked his sores. Now it happened that the poor man died and was carried away by the angels into Abraham's embrace. The rich man also died and was buried. 'In his torment in Hades he looked up and saw Abraham a long way off with Lazarus in his embrace. So he cried out, "Father Abraham, pity me and send Lazarus to dip the tip of his finger in water and cool my tongue, for I am in agony in these flames." Abraham said, "My son, remember that during your life you had your fill of good things, just as Lazarus his fill of bad. Now he is being comforted here while you are in agony. But that is not all: between us and you a great gulf has been fixed, to prevent those who want to cross from our side to yours or from your side to ours."

MEDITATION:

God has warned us to show kindness and charity to those less fortunate than us. We have been given good things, am I willing to share them with those who have less?

LET US PRAY:

Lord, help me recognize the gifts I have been given and show me how to share them with those in need.

ACTION:

I will seek those with less than what I have. Without judging them, I will find some way to respectfully share what I have.

FRIDAY 2nd WEEK OF LENT**PRAY:**

"God so loved the world that he gave his only begotten Son; so that everyone who believes in him might have eternal life." (John 3:16)

READING: Matthew 21:42

Jesus said to them, 'Have you never read in the scriptures: The stone which the builders rejected has become the cornerstone; this is the Lord's doing and we marvel at it'

MEDITATION:

Jesus is supposed to be the cornerstone in our life. Does he occupy that place? I will