

Washing THE Dust FROM OUR Souls

40-DAY LENT CALENDAR Daily reflections

S	M	T	W	Th	F	S
			14 <i>Ash Wednesday</i> Come back to me with all your heart. (Joel 2:12) Today we are marked with ash—a reminder of our mortality. “As you mourn for your sins and weaknesses this Ash Wednesday through fasting, mourning and weeping, may you be truly transformed from your heart.” —John Tribes	15 If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. (Lk 9:23) Today, I allow myself to share the cross I am carrying with Jesus, the faithful companion who journeys with me to the cross and beyond.	16 Participate in the ancient tradition of fasting on Fridays in Lent. We fast to remind ourselves that food alone does not satisfy the restlessness of the human condition. <i>Seek good and not evil so that you may live, and the Lord will be with you. (Am 5:14)</i>	17 Support Caritas Australia’s annual Lenten fundraising and awareness-raising appeal and participate in <i>Project Compassion</i> . Our contributions can help people build better lives for themselves, their families and their communities.
18 <i>First Sunday of Lent</i> Take the words of today’s Collect into your heart: <i>Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son Who lives and reigns with you in the unity of the Holy Spirit. One God, for ever and ever.</i>	19 <i>I tell you solemnly, in so far as you neglected to do this to one of the least to these, you neglected to do it to me. (Mt 25:45)</i> Today I think about my life and seek forgiveness for the times when I have not been attentive...	20 <i>So you should pray like this: Our Father in heaven, May your name be held holy, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we have forgiven those who are in debt to us. And do not put us to the test, but save us from the evil one. (Mt 6: 8-13)</i>	21 <i>A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. (Ps 51:10-12)</i>	22 <i>The Chair of St Peter Apostle</i> Celebrated since the 4 th century, this feast is dedicated to Peter, a fisherman from Galilee from upon whose faith the Church draws inspiration. <i>So now I say to you: You are Peter and on this rock I will build my Church. (Mt 16: 18-19)</i>	23 <i>Day of penance.</i> When I think about my life, is there anyone with whom I need to make peace?	24 <i>The law of the Lord is perfect; it revives the soul. The decrees of the Lord are steadfast; they give wisdom to the simple. (Ps 18:8)</i>
25 <i>Second Sunday of Lent</i> Jesus is transfigured on the mountain. He is seen in a new light and the journey becomes clear. Jesus is the Beloved Son of God, listen to him. <i>“This Sunday is for courage, blessing, encouragement, and a moment of prayer.”</i> —Megan McKenna from <i>Lent: Reflections and Stories</i>	26 Jesus said to his disciples: <i>“Be compassionate as your Father is compassionate.”</i> What can I do to orientate my life and to live out of a compassionate heart?	27 Sit with a quiet heart and hear today’s Prayer over the People: <i>“Graciously hear the cries of your faithful, O Lord, and relieve the weariness of their souls, that, having received your forgiveness, they may ever rejoice in your blessing. Through Christ our Lord.”</i>	28 What does it mean to serve? Are there times when I am grudgingly at the service of my family and friends? Today, I sit with these times and ask the steadfast love of God to be me.	01 MARCH Take today’s gospel acclamation into your heart: <i>Happy are they who have kept the word with a generous heart and yield through perseverance!</i> (Lk 8:15)	02 <i>Autumn Ember Day</i> “Although the life of a person is in a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God.” —Pope Francis	03 “Lent comes providentially to reawaken us, to shake us from our lethargy.” —Pope Francis
04 <i>Third Sunday of Lent</i> As we journey with the disciples we grow with them in our understanding that God is present in Jesus: What do I want to ask of Jesus at this moment in my life? What is welling up from deep within that I can bring to prayer this week?	05 <i>My soul is thirsting for the living God: when shall I see him face to face? (Ps 41)</i> For what does my soul long?	06 Today I think about forgiveness and about how readily I forgive those who have trespassed against me.	07 Sit with today’s Communion Antiphon: <i>You will show me the path of life, the fullness of joy in your presence, O Lord. (Ps 15:11)</i>	08 Today’s psalm response is: <i>If today you hear his voice, harden not your hearts. (Ps 95:8)</i> Is there anything that is causing me to be hard of heart? I ask God to soften my heart.	09 “Fasting is the soul of prayer; mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God’s ear to yourself.” —St Peter Chrysologus	10 <i>God, be merciful to me, a sinner! ... For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted. (cf. Lk 18:13-24)</i>
11 <i>Fourth Sunday of Lent</i> God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to lie with Christ ... (Eph 2:4) What does this ancient text awaken in me today?	12 The man in today’s gospel believes that God is present in Jesus. Where do I see God’s presence in my life today?	13 Today I take the words of the gospel acclamation to my heart: <i>Create a clean heart in me, O God; give back to me the joy of your salvation. (Ps 50: 12, 14)</i>	14 <i>“The Lord is kind and merciful.”</i> In April 2017 Pope Francis said: “Let us never forget that mercy is the keystone of the life of faith, and concrete way with which we give visibility to the Resurrection of Jesus.”	15 “Lent is like a long ‘retreat’ during which we can turn back into ourselves and listen to the voice of God ... It is a period of spiritual ‘combat’ which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance.” —Pope Benedict XVI	16 “Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the good Samaritan, who bent down to his brother in need and took care of him.” —Pope Francis	17 <i>St Patrick’s Day</i> <i>Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me.</i>
18 <i>Fifth Sunday of Lent</i> Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. (Ps 50)	19 <i>Jacob was the father of Joseph, the husband of Mary. Of her was born Jesus who is called the Christ. (Lk 1:16)</i>	20 When life seems too much for us, when the serpents are biting at our heels, we need to call upon the divine presence within us to lift us up and give us healing and new life. —Fr Lawrence E. Mick	21 Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance. (Lk 8:15)	22 <i>If today you hear his voice, harden not your hearts. (Ps 95:8)</i> An opportunity today to open our hearts to God’s whisperings.	23 “The philosophy of fasting calls upon us to know ourselves, to master ourselves, and to discipline ourselves the better to free ourselves. To fast is to identify our dependencies, and free ourselves from them.” —Tariq Ramadan, Swiss philosopher	24 <i>Now the Passover of the Jews was near, and many went up from the country to Jerusalem before Passover to purify themselves. They looked for Jesus and said to one another as they were in the temple area, “What do you think? That he will not come to the feast?” (Jn 11:55-56)</i>
25 <i>Passion / Palm Sunday</i> After Jesus is arrested he is, in effect, entering hospice, palliative care. And from there, from the place of his dying, he is able to give us something that he could not give through all of his previous activities. This is a mystery, a gift inside passivity, which many of us have experienced as intangible grace flowing from the beds of our loved ones as they lay dying. Passivity and dying can potentially contain a great gift to others.” —Fr Ron Rolheiser	26 <i>Only a little while now, a very little while, and the one that is coming will have come, he will not delay. The righteous man will live by faith, but if he draws back, my soul will take no pleasure in him. You and I are not the sort of people who draw back, and are lost by it; we are the sort who keep faithful until our souls are saved. (Heb 10:37-39)</i>	27 “The death and resurrection of the Lord is not a past event we re-enact through the tableaux of Holy Week. Rather, it is a dynamic mystery that plays out in the holy chaos of our lives... Life is Holy Week, in all its unpredictability.” —Fr Edward Foley	28 <i>One of the Twelve, who was called Judas Iscariot, went to the chief priests and said, “What are you willing to give me if I hand him over to you?” They paid him thirty pieces of silver and from that time on he looked for an opportunity to hand him over. (Mt 26:14-15)</i>	29 <i>Holy Thursday</i> We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered. (Gal 6:14)	30 <i>Good Friday</i> This is the message of Good Friday: God is with us in our sufferings, “Into your hands, I commend my spirit.”	

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