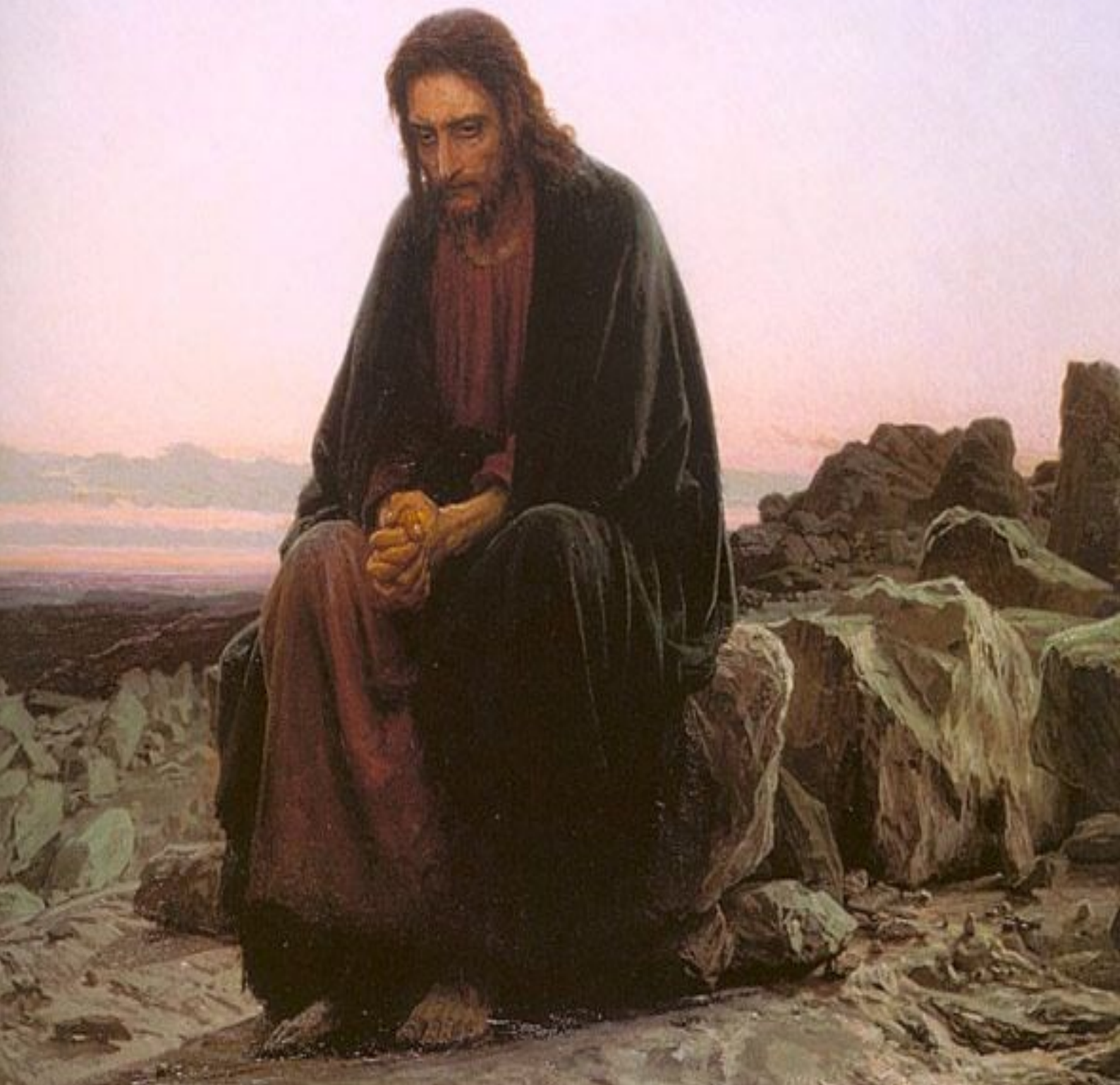


# INTO THE WILDERNESS

*A 40-Day Prayer Guide To Keep a Holy Lent*



A HOLY CROSS PARISH RESOURCE



# Into The Wilderness

## *A Lenten Journey!*

### INTRODUCTION

“Into the Wilderness” is a prayer guide designed to help the reader focus a short period of time each day to reflect and ponder on a scripture passage followed by praying a short reflection where we are encouraged to bring to mind our failings and reaffirm our love and devotion to our Lord Jesus Christ.

In addition to the daily scripture passages, “Into the Wilderness” includes beautiful images, reflective of the Gospel passage for that day and daily actions which we are all encouraged to take part in and include various devotions available here in our own parish. These actions help us to recognise that whilst we make our own individual sacrifices and penances, we must still come together in worship and devotion to our parish churches to strengthen and encourage each other as we walk these Lenten days, and ultimately Holy Week, with our Lord.

“Into the Wilderness” also includes ancient prayers such as the “Litany of the Holy Cross” and the “Seven Last Words of Christ.” It is hoped that you will prayer these prayers regularly within your home and with your families.

This resource is ideal for families, that may wish to pray together or for those who prefer some time in solitude and prayer to delve further into the readings and focus on the meaning of the Gospel for that day.

We hope this resource will be of value to you and commend it for your spiritual nourishment as we take this Lenten Journey together, seeking our Lord’s forgiveness and compassion while looking forward to the Paschal Mystery of our Lord’s Passion, Death and Resurrection.

By the help of the merciful Lord our God, the temptations of the world, the snares of the Devil, the suffering of the world, the enticement of the flesh, the surging waves of troubled times, and all corporal and spiritual adversities are to be overcome by almsgiving, fasting, and prayer.

These practices ought to glow throughout the entire life of a Christian, but especially as the Paschal solemnity approaches which stirs up our minds by its yearly return, renewing in them the salutary memory that our Lord, the only-begotten Son of God, showed mercy to us and fasted and prayed for us. Moreover, what mercy could be greater, so far as we poor wretches are concerned, than that which drew the Creator of the heavens down from heaven, clothed the Maker of the earth with earthly vesture, made Him, who in eternity remains equal to His Father, equal to us in mortality, and imposed on the Lord of the universe the form of a servant, so that He, our Bread, might hunger; that He, our Fulfillment, might thirst; that He, our Strength, might be weakened; that He, our Health, might be injured; that He, our Life, might die? And all this [He did] to satisfy our hunger, to moisten our dryness, to soothe our infirmity, to wipe out our iniquity, to enkindle our charity. What greater mercy could there be than that the Creator be created, the Ruler be served, the Redeemer be sold, the Exalted be humbled and the Reviver be killed.

*- Taken from Sermon 207 of St. Augustine of Hippo*

# Come Back to Me *With all your Heart!*

## THE HOLY SEASON OF LENT

*"Remember, man, thou art but dust,  
and unto dust thou shalt return."*

At the dawn of Lent, on Ash Wednesday, the Church, in her liturgy and with these words, places ashes on our foreheads, and bids us to absorb ourselves in contemplation of the eternal truths.

"In all things remember thy last end, and thou shalt never sin," says the Holy Spirit. Therefore, when the Holy Season of Lent approaches we should "redeem the time" so that our souls shall be prepared by Penance to face the inscrutable gaze of God in judgment.

The path to Heaven is by the way of Penance. "Unless you shall do Penance you shall all likewise perish," Our Lord warns; and elsewhere He says, "If any man will come after me let him deny himself and take up his cross and follow Me."

The cross is hard and heavy—the cares and duties of a life are often framed in the shadow of a cross. But if during these days of Lent, we cheerfully accept the penances and mortifications imposed by a benign and loving Mother, we shall look forward to the dawn when we shall meet Christ, and follow Him to the eternal home, where there shall be no more sorrow, no more sickness, no more death.

Adapted from an Article originally published in  
the Granville Catholic Church Record.  
February - March, 1938.

THE HOLY SEASON OF LENT BEGINS ON  
ASH WEDNESDAY AND ENDS ON THE  
WEDNESDAY OF HOLY WEEK,  
COMMONLY KNOWN AS SPY  
WEDNESDAY. THIS IS THEN FOLLOWED  
WITH THE SACRED TRIDUUM OF HOLY  
THURSDAY, GOOD FRIDAY AND EASTER  
SUNDAY.

Generally speaking, the following is a good aid:

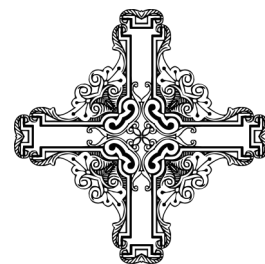
### **Those between 14 and 60 (not exempt)**

Every day is a Fast Day and you may wish to abstain meat on Friday. You may also wish to abstain meat on Wednesday.

### **Those under 14**

Restrict meat intake on Friday and give up something during Lent such as your favourite treat.

**All people regardless of age are advised to try  
mark the Holy Season in a special way by  
doing little penances of their own**



*"Nothing, how little so ever  
it be, if it is suffered for  
God's sake, can pass without  
merit in the sight of God."*

- Thomas A. Kempis



# Shrove Tuesday

## *The Burning of the Palms and Burial of the 'Alleluia'*

### Burning of Palms and Holy Oils

We stand on the cusp of Lent, the forty days we spend in the wilderness with Christ before His crucifixion on Good Friday. Tomorrow we will have our heads marked with ash. Now we prepare those ashes from the palm branches blessed last Palm Sunday and the Holy Oils blessed and consecrated by the Bishop. When the people rejoiced at Jesus' triumphal entrance to Jerusalem they celebrated His arrival by waving palm branches, little realising that He was coming to die for their sins. By using palms from Palm Sunday, it is a reminder that we must not only rejoice of Christ's coming but also regret the fact that our sins made it necessary for Him to die for us in order to save us from hell.

Just as the generations of men and women of the Old Testament marked the heads of others a sign of ownership so we mark our heads with the sign of the Cross, the mark that we are owned by Christ Himself. This is in imitation of the spiritual mark or seal that is put on a Christian in Baptism, when he is delivered from slavery to sin and the devil and made a slave of righteousness and Christ. It is also in imitation of the way the righteous are described in the book of the Apocalypse, where we read of the servants of God of whom it is said: 'Do not harm the earth or the sea or the trees, till we have sealed the servants of our God upon their foreheads' (Apoc. 7:3). The book of the Apocalypse is filled with references to the protection of those who bear the mark of God upon their heads. For example, it goes on to say: '[The demon locust] were told not to harm the grass of the earth or any green growth or any tree, but only those of mankind who have not the seal of God upon their foreheads' (Apoc. 9:4). And further on it says, 'Then I looked, and lo, on Mount Zion stood the Lamb, and with him a hundred and forty-four thousand who had his name and his Father's name written on their foreheads' (Apoc. 14:1). This mark of Christ that we wear on our foreheads stands against the mark of the followers of Satan who bear on their foreheads the number 666.

And the mark we bear is made from ash, itself a biblical symbol of mourning and penance. In ancient times it was the custom to fast, wear sackcloth, sit in dust and ashes, and put dust and ashes on the head. While we no longer normally wear sackcloth or sit in dust and ashes, the customs of fasting and putting ashes on one's forehead as a sign of mourning and penance have survived to this day. These are two of the key marks of Lent.

But the ashes also symbolise death and so remind us of our mortality. When the Priest uses his thumb to sign the faithful with the ashes, he says, 'Remember that you are dust and unto dust you shall return.' It is an echo of the creation of Adam from the dust of the earth and a forewarning of our death when at our burial the Priest will commend us to the earth for we are dust and unto dust we shall return.

### Burial of the Alleluia

In the language of prayer, some words need no translation. Amen is such a word, a Hebrew word of agreeing meaning 'so be it.' Similarly Alleluia is a word familiar to all Christendom, whether the language of the local Mass is Latin or Greek, Spanish or Ukrainian, Polish or Maltese. It is the Latinised form of the Hebrew word Hallelujah, meaning 'Praise the Lord'. The word 'Alleluia' is never spoken in Lent for it is a word that joyfully celebrates the Resurrection of Christ. So as we stand here on the eve of Lent the Church buries the Alleluia while we put on the ashes and sackcloth of penance. Just as our Lord was buried in the earth so we bury that great song of Alleluia that praises Him and await the day on Easter Sunday when He will rise again from the dead and the Alleluia will resound once more through the Church.

This burial of the Alleluia has been nicknamed the deposition, or 'the giving on deposit'. Just as we bury those who have been marked with the sign of faith and honour their body with holy water and incense so we honour this buried Alleluia in the same way. Because just as we have faith that those who have died in Christ and are buried in the earth will rise again so we await the resurrection of this Alleluia when we will rejoice again in our salvation at Easter.

Yet in this season of Lent, this time of preparation, we remain very aware of the mystery of sin and of our exile from the place where the song of Alleluia abounds. So until we return to the New Jerusalem, let us not forget the sin that continues to devastate our world and our mission to heal what has been broken until that holy vigil of Easter when the deacon will announce to the Bishop the same words spoken by the Angel to the women at the tomb on that Easter Sunday two thousand years ago, 'I announce to you a great joy: it is the Alleluia.'

*- Fervorinos by Fr. Andrew for the Burning of the Palms and Holy Oils and the Burial of the Alleluia.*



# Ash Wednesday



*Remember you are dust, and unto dust you shall return*

*You are merciful to all, O Lord, and despise nothing that you have made.  
You overlook people's sins, to bring them to repentance, and you spare them,  
for you are the Lord our God. (Wis 11:24,25,27)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 6:1-6. 16-18)**

Jesus said to his disciples:

'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them. I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

## **PRAYER REFLECTION**

Lord, it feels like we are embarking on a Lenten journey together, you and I.

The beautiful words in the today's prayer talk about the "quiet remembrance of our need for redemption."

That feels like what I am looking for—or what you are looking for in me.

I want to remember how much I need you in my life and how much my life needs redemption.

I want to remember it clearly and in the background of my day today and all through Lent.

On this special day, Ash Wednesday, may my small sacrifices in fasting be a way to clear away the clutter in my life to see you more clearly.

May my longing for meat and other food, help me to focus my life today more outside myself.

Let me be aware of those who are in so much more suffering than I am

and may I be aware of them as the brothers and sisters you have placed in my life.

Lord, I know there is darkness within me and around me.

Bless these days with your Word. Let your Light shine in the darkness.

Help me long for that Light until we celebrate it at the Vigil six weeks from now.

And most of all Lord, help me to honour this day with the ashes on my forehead.

They help me remember where I have come from and where I am going.

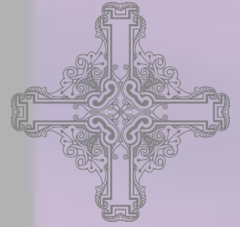
May I acknowledge to you my sins and my deep need for your loving forgiveness and grace.

I pray that this Lenten season will make me so much more aware of how much I need your healing in my life.

*We don't wear ashes to  
proclaim our holiness but  
to acknowledge that we  
are sinners who are in  
need of repentance  
and renewal.*



# Thursday after Ash Wednesday



*When I cried to the Lord, he heard my voice;  
he rescued me from those who attack me.  
Entrust your cares to the Lord, and he will support you. (Cf. Ps 54:17-20,23)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 9:22-25)**

Jesus said to his disciples: '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 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. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, that man will save it. What gain, then, is it for a man to have won the whole world and to have lost or ruined his very self?'

## **PRAYER REFLECTION**

Lord,

Let everything I do this day and in this season of Lent come from you, be inspired by you.

I long to be closer to you.

Help me to remember that nothing is important in my life  
unless it glorifies you in some way.

It's so easy to get caught up in the day to day of my life and keep saying,  
"Tomorrow, I will spend more time in prayer,"  
but now my longing meets your love and I want to do it now.  
Help me to rely on you for help.

The prayer asks you that I reach perfection.

Please, Lord, remind me that "perfection"  
isn't the crazy, "successful" way I try to live my life,  
but a perfection of my most authentic, real self.

My "perfection" might be holding my many flaws in my open hands,  
asking you to help me accept them.

Heal me, Lord, and help me to find you in the darkness of my life.

Let me reach out in this darkness and feel your hand and love there to guide me.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin: 6:00pm (Holy Trinity Church)**

# Friday after Ash Wednesday



*The Lord heard and had mercy on me;  
the Lord became my helper. (Ps 29:11)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 9:14-15)**

John's disciples came to Jesus and said, 'Why is it that we and the Pharisees fast, but your disciples do not?' Jesus replied, 'Surely the bridegroom's attendants would never think of mourning as long as the bridegroom is still with them? But the time will come for the bridegroom to be taken away from them, and then they will fast.'

## **PRAYER REFLECTION**

Lord,  
I know how much you love me.  
It's hard for me to feel it sometimes,  
but I know your love is always with me.

Help me to use your love as a way  
to persevere in my Lenten intentions.  
I am weak, but I know with your help,  
I can use these small sacrifices in my life  
to draw closer to you.

*We adore you O Christ and we bless you;  
For by Your Holy Cross You have redeemed the world!*

## **DAILY ACTION:**

**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND STATIONS OF THE CROSS**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm**



# Saturday after Ash Wednesday



*Answer us, Lord,  
for your mercy is kind;  
in the abundance of your mercies, look upon us. (Cf. Ps 68:17)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 5:27-32)**

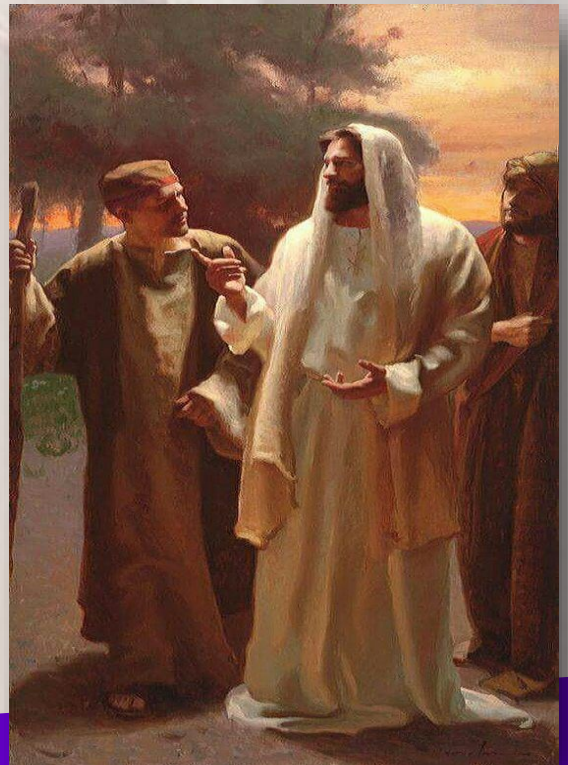
Jesus noticed a tax collector, Levi by name, sitting by the customs house, and said to him, 'Follow me.' And leaving everything he got up and followed him.

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 who are well who need the doctor, but the sick. I have not come to call the virtuous, but sinners to repentance.'

## **PRAYER REFLECTION**

Loving creator,  
I am not asking to overcome my weakness,  
but to use it in some way to glorify you.

Let me be aware of  
the many ways you reach out to help me today  
and let me stand in awe of the power  
that you use in such loving ways.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND CONFESSION**

**Holy Trinity Church: 10:00am to 10:30am**

# Sunday of the First Week of Lent



*When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days. (Cf. Ps 90:15-16)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 4:1-13)**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.'  
Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

## **PRAYER REFLECTION**

Lord God,  
you who breathed the spirit of life within me.  
Draw out of me the light and life you created.  
Help me to find my way back to you.  
Help me to use my life to reflect your glory  
and to serve others  
as your son Jesus did.

*Praise to you, Lord Jesus Christ!  
King of Endless Glory!*

## **DAILY ACTION:**

**ATTEND SUNDAY MASS**

**CHECK PARISH BULLETIN/WEBPAGE/  
SOCIAL MEDIA FOR TIMES**





# Monday of the First Week of Lent



*Like the eyes of slaves on the hand of their lords,  
so our eyes are on the Lord our God, till he shows us his mercy.  
Have mercy on us, Lord have mercy. (Cf. Ps 122:2-3)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 25:31-46)**

Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed you; or thirsty and give you a drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me". Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." And they will go away to eternal punishment, and the virtuous to eternal life.'

## **PRAYER REFLECTION**

Loving God,  
you call us back to you with all of our hearts.  
I feel your call for me deep in my heart  
and I know you want me back  
as much as I want to return.

Please, Lord,  
give me the wisdom to know how to return.  
Make my journey back to you this Lent  
one of grace, forgiveness and gentle love.



## **DAILY ACTION:**

**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**



# Tuesday of the First Week of Lent



*O Lord, you have been our refuge,  
from generation to generation;  
from age to age, you are. (Cf. Ps 89:1-2)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 6:7-15)**

Jesus said to his disciples: 'In your prayers do not babble as the pagans 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. 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.

'Yes, if you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either.'

## **PRAYER REFLECTION**

Father of my soul,  
Mother of my heart,  
I know your love for me is limitless beyond imagining.  
You care for me as a loving parent.

Through my smallest Lenten sacrifices,  
help me to become less selfish  
and more aware of your ways.  
Fan the flame of my desire  
to draw ever closer to you.  
Guide me to seek your love.

## **DAILY ACTION:**

**TAKE A MOMENT TO PRAY THE LORD'S PRAYER THROUGHOUT THE DAY**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am / Holy Trinity Church: 6:30pm**



# Wednesday of the First Week of Lent



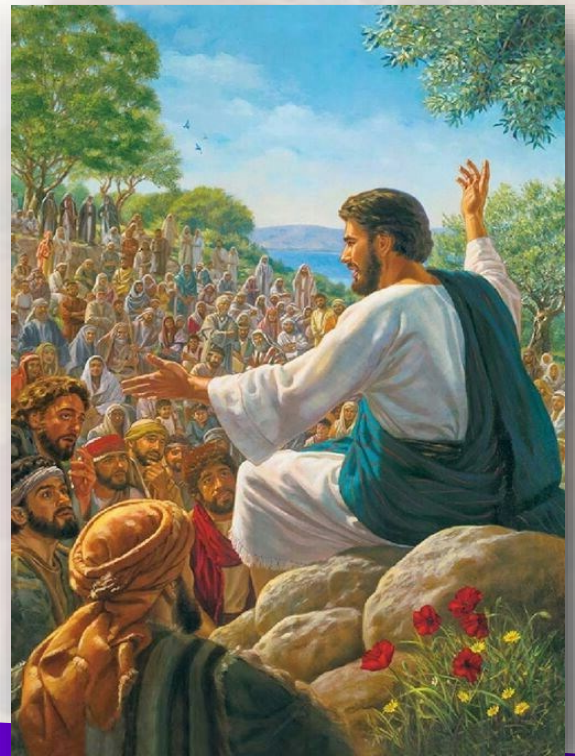
*Remember your compassion, O Lord,  
and your merciful love, for they are from of old.  
Let not our enemies exult over us.  
Redeem us, O God of Israel, from all our distress. (Cf. Ps 24:6,2,22)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 11:29-32)**

The crowds got even bigger and Jesus addressed them. 'This is a wicked 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 Ninevites, so will the Son of Man be to this generation. On Judgement day the Queen of the South will rise up with the men of this generation and condemn them, because she came from the ends of the earth to hear the wisdom of Solomon; and there is something greater than Solomon here. On Judgement day the men of Nineveh will stand up with this generation and condemn it, because when Jonah preached they repented; and there is something greater than Jonah here.'

## **PRAYER REFLECTION**

Dear Lord,  
I know you receive what is in my heart.  
Let me be inspired by your words  
and by the actions of your son, Jesus.  
Guide me to make sacrifices this Lent  
in the spirit of self-denial  
and with greater attention to you  
and to those around me.  
Help me to believe that you will grant me this  
because of the sacrifice Jesus made for me.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 6:00pm**

**ATTEND CONFESSION**

**Holy Family Church: 6:30pm-7:00pm**



# Thursday of the First Week of Lent



*To my words give ear, O Lord;  
give heed to my sighs.  
Attend to the sound of my cry,  
my King and my God. (Cf. Ps 5:2-3)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 7:7-12)**

Jesus said to his disciples: 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. Is there a man among you who would hand his son a stone when he asked for bread? Or would hand him a snake when he asked for a fish? If you, then, who are evil, know how to give your children what is good, how much more will your Father in heaven give good things to those who ask him!

'So always treat others as you would like them to treat you; that is the meaning of the Law and the Prophets.'



## **PRAYER REFLECTION**

Lord,  
I am not always eager to do your will.  
I would often much rather do my own will.  
Please be with me on this Lenten journey  
and help me to remember  
that your own spirit can guide me  
in the right direction.  
I want to fix my weaknesses  
but the task seems overwhelming.  
But I know that with your help,  
anything can be done.  
With a grateful heart,  
I acknowledge your love  
and know that without you,  
I can do nothing.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin 6:00pm (Holy Trinity Church)**



# Friday of the First Week of Lent



*Set me free from my distress, O Lord.  
See my lowliness and suffering.  
And take away all my sins. (Cf. Ps 24:17-18)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 5:20-26)**

Jesus said to his disciples: 'If your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.

'You have learnt how it was said to our ancestors: You must not kill, and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court; if a man calls his brother "Fool" he will answer for it before the Sanhedrin, and if a man calls him "Renegade" he will answer for it in hell fire. 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. Come to terms with your opponent in good time while you are still on the way to the court with him, or he may hand you over to the judge and the judge to the officer, and you will be thrown into prison. I tell you solemnly, you will not get out till you have paid the last penny.'

## **PRAYER REFLECTION**

Creator of my Life,  
renew me: bring me to new life in you.  
Touch me and make me feel whole again.  
Help me to see your love  
in the passion, death and resurrection of your son.  
Help me to observe Lent  
in a way that allows me to celebrate that love.  
Prepare me for these weeks of Lent  
as I feel both deep sorrow for my sins  
and your undying love for me.

*We adore you O Lord and we bless you!  
For by your Holy Cross You have redeemed the world.*



## **DAILY ACTION:**

**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND STATIONS OF THE CROSS**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm**

# Saturday of the First Week of Lent



*The law of the Lord is perfect; it revives the soul.*

*The decrees of the Lord are steadfast; they give wisdom to the simple. (Cf. Ps 18:8)*

## A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 5:43-48)

Jesus said to his disciples: 'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.'

## PRAYER REFLECTION

Loving God,

Sometimes my heart  
turns in every direction except towards you.  
Please help me to turn my heart toward you,  
to gaze upon you in trust  
and to seek your kingdom with all of my heart.

Soften my hardened heart  
so that I might love others  
as a way to glorify and worship you.

Grant me this  
with the ever-present guidance of your spirit.



## DAILY ACTION:

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND CONFESSION**

**Holy Trinity Church: 10:00am to 10:30am**



# Sunday of the Second Week of Lent



*Of you my heart has spoken, Seek his face.  
It is your face, O Lord, that I seek;  
hide not your face from me. (Cf. Ps 26:8-9)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 9:28-36)**

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.



## **PRAYER REFLECTION**

Loving God,  
there is so much darkness in my life  
and I hide from you.  
Take my hand  
and lead me out of the shadows of my fear.  
Help me to change my heart.  
Bring me to your truth  
and help me to respond to your generous love.  
Let me recognize the fullness of your love  
which will fill my life.  
Free me from the darkness in my heart.

## **DAILY ACTION:**

**ATTEND SUNDAY MASS**

**CHECK PARISH BULLETIN / WEBPAGE / SOCIAL MEDIA FOR TIMES  
AND FOR ALL DETAILS**



# Monday of the Second Week of Lent



*Redeem me, O Lord, and have mercy on me.  
My foot stands on level ground;  
I will bless the Lord in the assembly. (Cf. Ps 25:11-12)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 6:36-38)**

Jesus said to his disciples: 'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned.

Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

## **PRAYER REFLECTION**

Lord,  
your commandment of love is so simple  
and so challenging.  
Help me to let go of my pride,  
to be humble in my penance.

I want only to live the way you ask me to  
love,  
to love the way you ask me to live.  
I ask this through your son, Jesus,  
who stands at my side  
today and always.



## **DAILY ACTION:**

**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**



# Tuesday of the Second Week of Lent



*Give light to my eyes lest I fall asleep in death,  
lest my enemy say: I have overcome him. (Cf. Ps 12:4-5)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 6:36-38)**

Addressing the people and his disciples Jesus said, 'The scribes and the Pharisees occupy the chair of Moses. You must therefore do what they tell you and listen to what they say; 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 men's shoulders, but will they lift a finger to move them? Not they! Everything they do is done to attract attention, like wearing broader phylacteries and longer tassels, like wanting to take the place of honour at banquets and the front seats in the synagogues, being greeted obsequiously 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 exalts himself will be humbled, and anyone who humbles himself will be exalted.'

## **PRAYER REFLECTION**

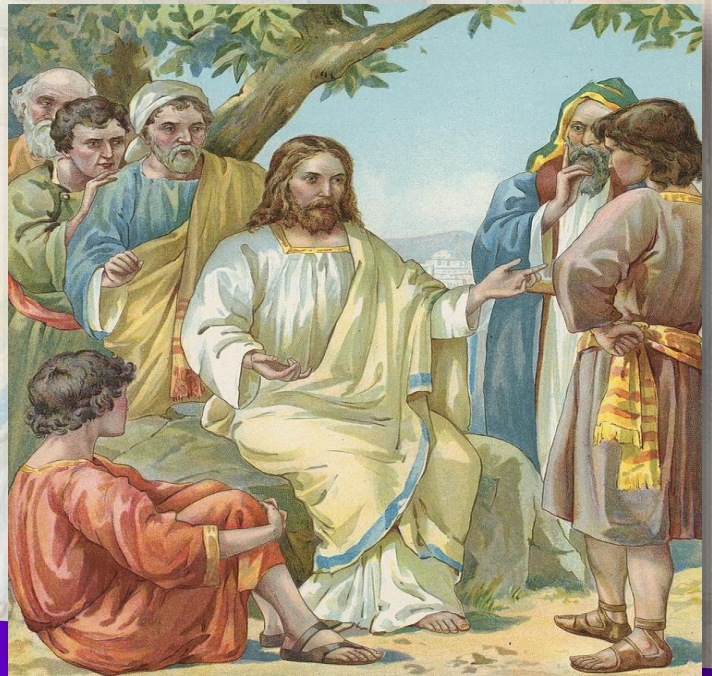
God in heaven and in my life,  
guide me and protect me.

I so often believe I can save myself  
and I always end in failure.

Lead me with your love away from harm  
and guide me on the right path.

May your Spirit inspire the Church  
and make us an instrument of your love  
and guidance.

Thank you for your care for me.



## **DAILY ACTION:**

**TAKE A MOMENT TO PRAY THE LORD'S PRAYER  
THROUGHOUT THE DAY**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am / Holy Trinity Church: 6:30pm**



# Wednesday of the Second Week of Lent



*Forsake me not, O Lord! My God, be not far from me!  
Make haste and come to my help, O Lord, my strong salvation. (Cf. Ps 37:22-23)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 20:17-28)**

Jesus was going up to Jerusalem, and on the way he took the Twelve to one side and said to them, 'Now we are going up to Jerusalem, and the Son of Man is about to be handed over to the chief priests and scribes. They will condemn him to death and will hand him over to the pagans to be mocked and scourged and crucified; and on the third day he will rise again.'

Then the mother of Zebedee's sons came with her sons to make a request of him, and bowed low; and he said to her, 'What is it you want?' She said to him, 'Promise that these two sons of mine may sit one at your right hand and the other at your left in your kingdom.' 'You do not know what you are asking,' Jesus answered. 'Can you drink the cup that I am going to drink?' They replied, 'We can.' 'Very well,' he said 'you shall drink my cup, but as for seats at my right hand and my left, these are not mine to grant; they belong to those to whom they have been allotted by my Father.'

When the other ten heard this they were indignant with the two brothers. But Jesus called them to him and said, 'You know that among the pagans the rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to be 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.'

## **PRAYER REFLECTION**

God of Love,  
through this Lenten journey,  
purify my desires to serve you.  
Free me from any temptations to judge others,  
to place myself above others.  
Please let me surrender even my impatience  
with others, that with your love and your grace,  
I might be less and less absorbed with myself,  
and more and more full of the desire  
to follow you, in laying down my life  
according to your example.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 6:00pm**

**ATTEND CONFESSION**

**Holy Family Church: 6:30pm-7:00pm**



# Thursday of the Second Week of Lent



*Test me, O God, and know my thoughts.*

*See that my path is not wicked, and lead me in the way of everlasting. (Cf. Ps 138:23-24)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 16:19-31)**

Jesus said to the Pharisees: "There was a rich man who used to dress in purple and fine linen and feast magnificently every day. And at his gate there lay a poor man called Lazarus, covered with sores, who longed to fill himself with the scraps that fell from the rich man's table. Dogs even came and licked his sores. Now the poor man died and was carried away by angels to the bosom of Abraham. 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 bosom. 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." "My son," Abraham replied "remember that during your life good things came your way, just as bad things came the way of Lazarus. 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 stop anyone, if he wanted to, crossing from our side to yours, and to stop any crossing from your side to ours."

'The rich man replied, "Father, I beg you then to send Lazarus to my father's house, since I have five brothers, to give them warning so that they do not come to this place of torment too." "They have Moses and the prophets," said Abraham "let them listen to them." "Ah no, father Abraham," said the rich man "but if someone comes to them from the dead, they will repent." Then Abraham said to him, "If they will not listen either to Moses or to the prophets, they will not be convinced even if someone should rise from the dead."



## **PRAYER REFLECTION**

Loving God,

I hear your invitation, "Come back to me"

and I am filled with such a longing to return to you.

Show me the way to return.

Lead me this day in good works I do in your name

and send your Spirit to guide me and strengthen my faith.

I ask only to feel your love in my life today.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin 6:00pm (Holy Trinity Church)**



# Friday of the Second Week of Lent



*In you, O Lord, I put my trust, let me never be put to shame;  
release me from the snare they have hidden for me,  
for you indeed are my refuge. (Cf. Ps 30:2,5)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 21:33-43,45-46)**

Jesus said to the chief priests and the elders of the people: 'Listen to another parable. There was a man, a landowner, who planted a vineyard; he fenced it round, dug a winepress in it and built a tower; then he leased it to tenants and went abroad. When vintage time drew near he sent his servants to the tenants to collect his produce. But the tenants seized his servants, thrashed one, killed another and stoned a third. Next he sent some more servants, this time a larger number, and they dealt with them in the same way. Finally he sent his son to them. "They will respect my son," he said. But when the tenants saw the son, they said to each other, "This is the heir. Come on, let us kill him and take over his inheritance." So they seized him and threw him out of the vineyard and killed him. Now when the owner of the vineyard comes, what will he do to those tenants?' They answered, 'He will bring those wretches to a wretched end and lease the vineyard to other tenants who will deliver the produce to him when the season arrives.' Jesus said to them, 'Have you never read in the scriptures:

It was the stone rejected by the builders that became the keystone.  
This was the Lord's doing and it is wonderful to see?

'I tell you, then, that the kingdom of God will be taken from you and given to a people who will produce its fruit.' When they heard his parables, the chief priests and the scribes realised he was speaking about them, but though they would have liked to arrest him they were afraid of the crowds, who looked on him as a prophet.



## **PRAYER REFLECTION**

Loving God, Caring parent,  
I am a child who so often turns my back  
on your love.  
Please accept my small acts of sorrow today  
and help to release me from the self-absorption  
that closes my heart to you.  
As I journey through Lent,  
let me remember the feast you have prepared for me  
in the resurrection  
and let me be filled with thanks to you.

*We adore you O Christ and we bless you!  
For by your Holy Cross you have redeemed the World!*

## **DAILY ACTION:**

**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

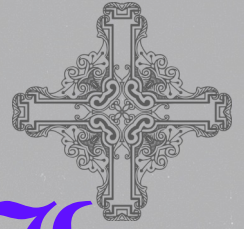
**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND STATIONS OF THE CROSS**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm**



# Saturday of the Second Week of Lent



*The Lord is kind and full of compassion,  
slow to anger, abounding in mercy.*

*How good is the Lord to all, compassionate to all his creatures, (Cf. Ps 144:8-9)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 15:1-3,11-32)**

The tax collectors and the sinners were all seeking the company of Jesus to hear what he had to say, and the Pharisees and the scribes complained. 'This man' they said 'welcomes sinners and eats with them.' So he spoke this parable to them: 'A man had two sons. The younger said to his father, "Father, let me have the share of the estate that would come to me." So the father divided the property between them. A few days later, the younger son got together everything he had and left for a distant country where he squandered his money on a life of debauchery.

'When he had spent it all, that country experienced a severe famine, and now he began to feel the pinch, so he hired himself out to one of the local inhabitants who put him on his farm to feed the pigs. And he would willingly have filled his belly with the husks the pigs were eating but no one offered him anything. Then he came to his senses and said, "How many of my father's paid servants have more food than they want, and here am I dying of hunger! I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your paid servants." 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 tenderly. 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 are going to have a feast, a celebration 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. "Your brother has come" replied the servant "and your father has killed the calf we had fattened because he has got him back safe and sound." He was angry then and refused to go in, and his father came out to plead with him; but he answered his father, "Look, all these years I have slaved for you and never once disobeyed your orders, 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 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."

## **PRAYER REFLECTION**

God of infinite love,  
you shower me with limitless gifts in my life.  
In my every thought and action today  
guide me to the bright and loving light of your kingdom.  
Help me to be aware of the many ways you allow me  
to share in your life so intimately today.  
Thank you for the gifts you have placed in my life.  
Let me be grateful every moment of this day.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

Holy Trinity Church: 8:15am /

Holy Family Church: 9:15am

**ATTEND CONFESSION**

Holy Trinity Church: 10:00am to 10:30am



# Sunday of the Third Week of Lent



*My eyes are always on the Lord,  
for he rescues my feet from the snare.*

*Turn to me and have mercy on me, for I am alone and poor. (Cf. Ps 24:15-16)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 13:1-9)**

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down."'

## **PRAYER REFLECTION**

Loving Father,  
So many times I turn away from you  
and always you welcome me back.  
Your mercy and love gives me confidence.

Thank you for the invitation to share, fast and pray  
so that you can form a new heart within me.  
Your powerful compassion for my weaknesses  
leads me to ask for mercy  
and await with great hope  
the Easter joy you share with us.



## **DAILY ACTION:**

**ATTEND SUNDAY MASS**

**CHECK PARISH BULLETIN / WEBPAGE / SOCIAL MEDIA FOR TIMES  
AND FOR ALL DETAILS**



# Monday of the Third Week of Lent



*My soul is longing and yearning for the courts of the Lord.  
My heart and my flesh cry out to the living God. (Cf. Ps 83:3)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 4:24-30)**

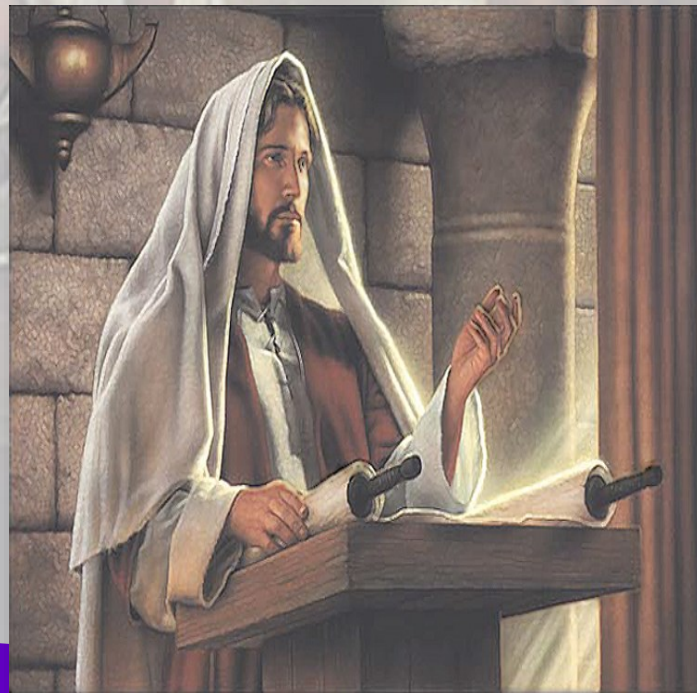
Jesus came to Nazara and spoke to the people in the synagogue: 'I tell you solemnly, no prophet is ever accepted in his own country.

'There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.'

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

## **PRAYER REFLECTION**

Merciful God,  
Free your Church from the sins of this world  
and protect us from evil we see  
and the evil we prefer to ignore.  
We need your guidance, Lord  
for we cannot do this alone.  
Only with your help can we be saved.  
Thank you for your desire to save us and love us.



## **DAILY ACTION:**

**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**

# Tuesday of the Third Week of Lent



*To you I call, for you will surely heed me, O God;  
turn your ear to me; hear my words.  
Guard me as the apple of your eye;  
in the shadow of your wings protect me. (Cf. Ps 16:6,8)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 18:21-35)**

Peter went up to Jesus 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; but 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. "Give me time" he said "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 seized him by the throat and began to throttle him. "Pay what you owe me" he said. His fellow servant fell at his feet and implored him, saying, "Give me time 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 him. "You wicked servant," he said. "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.'



## **PRAYER REFLECTION**

God of infinite love,  
I thank you for this reminder of your love  
and your call that we be more patient,  
gentle and compassionate with others.  
Here in the middle of Lent,  
I turn to you to beg for your help.  
Please soften my heart.  
Help me to let go of judging others.  
I ask you this, in Jesus' name.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am / Holy Trinity Church: 6:30pm**



# Wednesday of the Third Week of Lent



*Let my steps be guided by your promise;  
may evil never rule me. (Cf. Ps 118:133)*

## A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 5:17-19)

Jesus said to his disciples: 'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them. I tell you solemnly, till heaven and earth disappear, not one dot, not one little stroke, shall disappear from the Law until its purpose is achieved. Therefore, the man 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 man who keeps them and teaches them will be considered great in the kingdom of heaven.'

## PRAYER REFLECTION

God, you love me as your own child.  
May I bend my life and will toward you  
so that I might accept your teaching and guidance.

I am so grateful for your support in my life,  
now and in the eternal life  
you are preparing for me.  
I beg for your help and Spirit in my life today.



## DAILY ACTION:

**ATTEND TODAY'S WEEKDAY MASS**

Holy Trinity Church: 8:15am / Holy Family Church: 6:00pm

**ATTEND CONFESSION**

Holy Family Church: 6:30pm-7:00pm



# Thursday of the Third Week of Lent



*I am the salvation of the people, says the Lord.  
Should they cry to me in any distress,  
I will hear them, and I will be their Lord for ever.*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 11:14-23)**

Jesus was casting out a devil and it was dumb; but when the devil had gone out the dumb man spoke, and the people were amazed. But some of them said, 'It is through Beelzebul, the prince of devils, that he casts out devils.' Others asked him, as a test, for a sign from heaven; but, knowing what they were thinking, he said to them, 'Every kingdom divided against itself is heading for ruin, and a household divided against itself collapses. So too with Satan: if he is divided against himself, how can his kingdom stand? – since you assert that it is through Beelzebul that I cast out devils. Now if it is through Beelzebul that I cast out devils, through whom do your own experts cast them out? Let them be your judges, then. But if it is through the finger of God that I cast out devils, then know that the kingdom of God has overtaken you. So long as a strong man fully armed guards his own palace, his goods are undisturbed; but when someone stronger than he is attacks and defeats him, the stronger man takes away all the weapons he relied on and shares out his spoil.

'He who is not with me is against me; and he who does not gather with me scatters.'

## **PRAYER REFLECTION**

Loving God,  
I hear your invitation, "Come back to me"  
and I am filled with such a longing to return to you.  
Show me the way to return.  
Lead me this day in good works I do in your name  
and send your Spirit to guide me and strengthen my faith.  
I ask only to feel your love in my life today.



## **DAILY ACTION:**

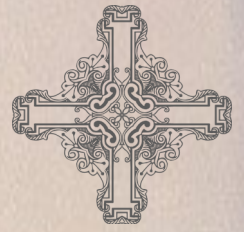
**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin 6:00pm (Holy Trinity Church)**



# Friday of the Third Week of Lent



*Among the gods there is none like you, O Lord,  
for you are great and do marvellous deeds; you alone are God (Ps 85:8,10)*

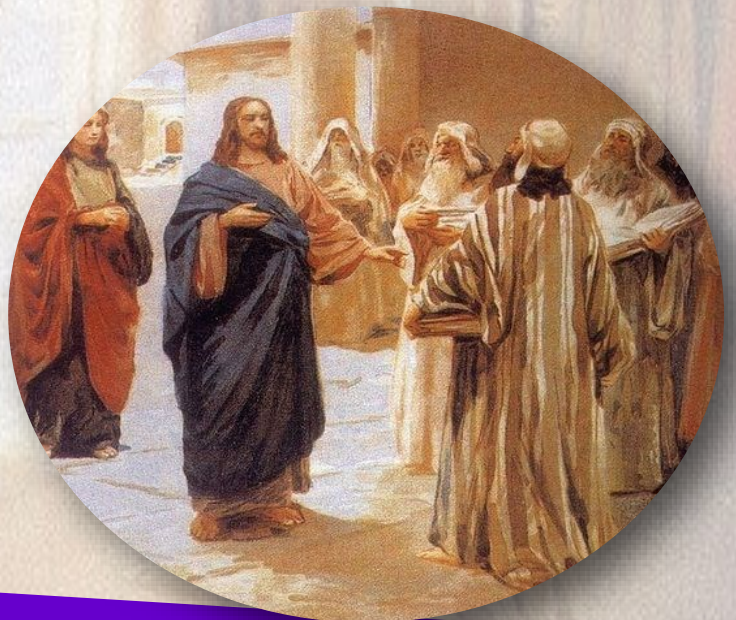
## **A READING FROM THE HOLY GOSPEL ACCORDING TO MARK (Mk 12:28-34)**

One of the scribes came up to Jesus and put a 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 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 holocaust or sacrifice.' Jesus, 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.

## **PRAYER REFLECTION**

God of Mercy,  
I feel my heart overflowing with your tenderness.  
I sense your loving touch deep within my soul.  
I ask for your help in my weakness  
that I might be faithful to your word  
and I am so grateful  
that your mercy for my failings  
is as strong as your unbounded love for me.

*We adore you O Christ and we bless you!  
For by your Holy Cross you have redeemed the World!*



## **DAILY ACTION:**

**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

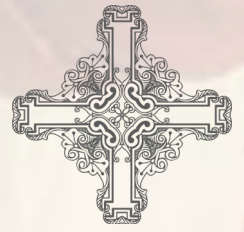
**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND STATIONS OF THE CROSS**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm**



# Saturday of the Third Week of Lent



*Bless the Lord, O my soul, and never forget all his benefits;  
it is he who forgives all your sins. (Ps 102:2-3)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 18:9-14)**

Jesus spoke the following parable to some people who prided themselves on being virtuous and despised everyone else, 'Two men went up to the Temple to pray, one a Pharisee, the other a tax collector. The Pharisee stood there and said this prayer to himself, "I thank you, God, that I am not grasping, unjust, adulterous like the rest of mankind, and particularly that I am not like this tax collector here. I fast twice a week; I pay tithes on all I get." The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, "God, be merciful to me, a sinner." This man, I tell you, went home again at rights with God; the other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.'

## **PRAYER REFLECTION**

God of Mercy and Understanding,  
I know that with help I can open my heart more fully to the  
mysteries of the suffering and death  
of your son.

Help me to be humble in this journey  
and remember that any mercy and compassion  
I feel is a gift from you.  
I await the joy of Easter with new longing and patience.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND CONFESSION**

**Holy Trinity Church: 10:00am to 10:30am**



TRADITIONALLY REFERRED TO AS LAETARE SUNDAY



# Sunday of the Fourth Week of Lent

*Rejoice, Jerusalem, and all who love her.*

*Be joyful, all who were in mourning;*

*exult and be satisfied at her consoling breast. (Cf. Is 66:10-11)*

## A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 15:1-3, 11-32)

The tax collectors and the sinners were all seeking the company of Jesus to hear what he had to say, and the Pharisees and the scribes complained. 'This man' they said 'welcomes sinners and eats with them.' So he spoke this parable to them: 'A man had two sons. The younger said to his father, "Father, let me have the share of the estate that would come to me." So the father divided the property between them. A few days later, the younger son got together everything he had and left for a distant country where he squandered his money on a life of debauchery.

'When he had spent it all, that country experienced a severe famine, and now he began to feel the pinch, so he hired himself out to one of the local inhabitants who put him on his farm to feed the pigs. And he would willingly have filled his belly with the husks the pigs were eating but no one offered him anything. Then he came to his senses and said, "How many of my father's paid servants have more food than they want, and here am I dying of hunger! I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your paid servants." 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 tenderly. 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 are going to have a feast, a celebration, 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. "Your brother has come" replied the servant "and your father has killed the calf we had fattened because he has got him back safe and sound." He was angry then and refused to go in, and his father came out to plead with him; but he answered his father, "Look, all these years I have slaved for you and never once disobeyed your orders, 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 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 is only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found.'"

## PRAYER REFLECTION

Loving Creator of mine, I feel the pace quicken, the time draw near.

I am filled with joy as I move toward Easter and the promised reconciliation with you.

Teach me to follow the example of your Son, to be worthy of being called one his people: a Christian.

Help me to live each day as he did turning hatred to love and conflict to peace.

I await the new life with eagerness, faith and a deep gratitude.

## DAILY ACTION:

ATTEND SUNDAY MASS

CHECK PARISH BULLETIN / WEBPAGE / SOCIAL MEDIA FOR TIMES  
AND FOR ALL DETAILS



# Monday of the Fourth Week of Lent



*As for me, I trust in the Lord.  
Let me be glad and rejoice in your mercy,  
for you have seen my affliction. (Cf. Ps 30:7-8)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 4:43-54)**

Jesus left Samaria for Galilee. He himself had declared that there is no respect for a prophet in his own country, but on his arrival the Galileans received him well, having seen all that he had done at Jerusalem during the festival which they too had attended.

He went again to Cana in Galilee, where he had changed the water into wine. Now there was a court official there whose son was ill at Capernaum and, hearing that Jesus had arrived in Galilee from Judaea, he went and asked him to come and cure his son as he was at the point of death. Jesus said, 'So you will not believe unless you see signs and portents!' '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 started on his way; and while he was still on the journey back his servants met him with the news that his boy was alive. He asked them when the boy had begun to recover. 'The fever left him yesterday' they said 'at the seventh hour.' The father realised that this was exactly the time when Jesus had said, 'Your son will live'; and he and all his household believed.

This was the second sign given by Jesus, on his return from Judaea to Galilee.

## **PRAYER REFLECTION**

God who created me,  
You offer me new life through your Son  
and through the gift of your sacraments.  
While I see new life all around me,  
I don't always recognize the new life you offer me.  
Help me to grow this Lent in an awareness  
of the gifts you place in my life  
and in a greater appreciation for your care.  
Give me the courage to ask for help.



## **DAILY ACTION:**

**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**



# Tuesday of the Fourth Week of Lent



*All who are thirsty, come to the waters, says the Lord.*

*Though you have no money, come and drink with joy. (Cf. Is 55:1)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 5:1-3, 4-16)**

There was a Jewish festival, and Jesus went up to Jerusalem. Now at the Sheep Pool in Jerusalem there is a building, called Bethzatha in Hebrew, consisting of five porticos; and under these were crowds of sick people – blind, lame, paralysed. 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 this 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 there before me.’ Jesus said ‘Get up, pick up your sleeping-mat and walk.’ The man was cured at once, and he picked up his mat and walked away.

Now that day happened to be the sabbath, so the Jews said to the man who had been cured, ‘It is the sabbath; you are not allowed to carry your sleeping-mat.’ He replied, ‘But the man who cured me told me, “Pick up your mat and walk.”’ They asked, ‘Who is the man who said to you, “Pick up your mat and walk”?’ The man had no idea who it was since Jesus had disappeared into the crowd that filled the place. After a while Jesus met him in the Temple and said, ‘Now you are well again, be sure not to sin any more, or something worse may happen to you.’ The man went back and told the Jews that it was Jesus who had cured him. It was because he did things like this on the sabbath that the Jews began to persecute Jesus.

## **PRAYER REFLECTION**

Joyful praise in Lent?

I'm not sure I always feel that.

I ask you to help me prepare to understand  
and embrace the paschal mystery in my life.  
I don't always see the beauty and mystery  
of this season and often I run from the pain.

Help me to see how your saving grace  
and your loving touch in my life  
can fill me with joyful praise of the salvation  
you have sent to me.



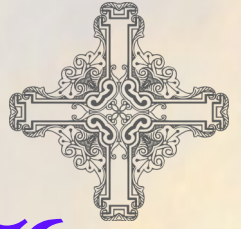
## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am / Holy Trinity Church: 6:30pm**



# Wednesday of the Fourth Week of Lent



*I pray to you, O Lord, for a time of your favour.*

*In your great mercy, answer me, O God, with your salvation that never fails. (Ps. 68:14)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 5:17-30)**

Jesus said to the Jews: 'My Father goes on working, and so do I.' But that only made the Jews even more intent on killing him, because, not content with breaking the sabbath, he spoke of God as his own Father, and so made himself God's equal. To this accusation Jesus replied:

'I tell you most solemnly, the Son can do nothing by himself;  
he can do only what he sees the Father doing; and whatever the Father does the Son does too.  
For the Father loves the Son and shows him everything he does himself,  
and he will show him even greater things than these, works that will astonish you.  
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.

I tell you most solemnly, whoever listens to my words, and believes in the one who sent me, has eternal life;  
without being brought to judgement he has passed from death to life.

I tell you most solemnly, the hour will come – in fact it is here already – when the dead will hear the voice of the Son of God, and all who hear it will live.

For the Father, who is the source of life, has made the Son the source of life; and, because he is the Son of Man, has appointed him supreme judge.

Do not be surprised at this, for the hour is coming when the dead will leave their graves at the sound of his voice: those who did good will rise again to life; and those who did evil, to condemnation.

I can do nothing by myself; I can only judge as I am told to judge, and my judging is just, because my aim is to do not my own will, but the will of him who sent me.'

## **PRAYER REFLECTION**

Loving and merciful God, I am so aware of my sins and weaknesses.

But as painfully aware of my faults as I am, Let me also remember your tender love,  
your gentle and limitless forgiveness.

I come before you filled with pain and guilt but look into your eyes and see the forgiving love I so long for in my life. Help me to forgive the same way. Teach me to love as you love.

## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 6:00pm**

**ATTEND CONFESSION**

**Holy Family Church: 6:30pm-7:00pm**



# Thursday of the Fourth Week of Lent



*Let the hearts that seek the Lord rejoice;  
turn to the Lord and his strength; constantly seek his face (Cf. Ps. 104:3-4)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 5:31-47)**

Jesus said to the Jews:

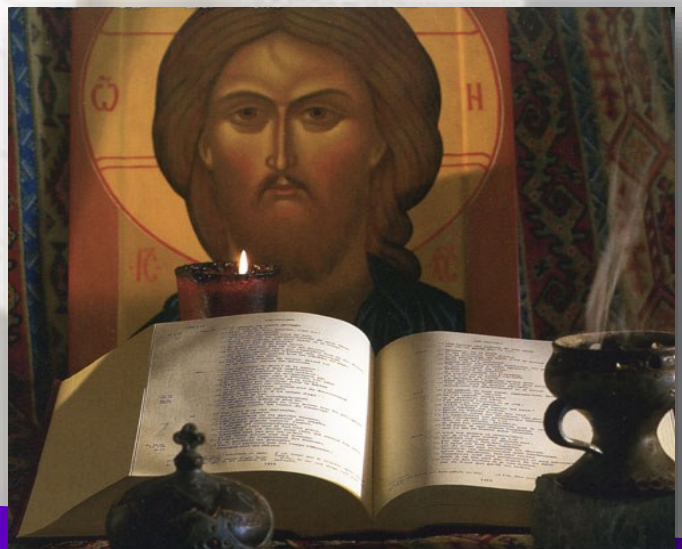
‘Were I to testify on my own behalf, my testimony would not be valid; but there is another witness who can speak on my behalf, and I know that his testimony is valid. You sent messengers to John, and he gave his testimony to the truth: not that I depend on human testimony; no, it is for your salvation that I speak of this. no, it is for your salvation that I speak of this. John was a lamp alight 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 works my Father has given me to carry out, these same works of mine testify that the Father has sent me. Besides, the Father who sent me bears witness to me himself. You have never heard his voice, you have never seen his shape, and his word finds no home in you because you do not believe in the one he has sent.

‘You study the scriptures, believing that in them you have eternal life; now these same scriptures testify to me and yet you refuse to come to me for life! As for human approval, this means nothing to me. Besides, I know you too well: you have no love of God in you. I have come in the name of my Father and you refuse to accept me; if someone else comes in his own name you will accept him.

‘How can you believe, since you look to one another for approval and are not concerned with the approval that comes from the one God? Do not imagine that I am going to accuse you before the Father: you place your hopes on Moses, and Moses will be your accuser. If you really believed him you would believe me too, since it was I that he was writing about; but if you refuse to believe what he wrote, how can you believe what I say?’

## **PRAYER REFLECTION**

Oh Merciful Father,  
I know that the tiny sacrifices I make this Lent  
can never serve as a real penance in my life.  
But help me to make my whole life  
one of following your Son.  
I am filled with your love.  
Let your love shine out from within me  
and guide my life in this sacred journey  
toward the Easter joy you offer me.



## **DAILY ACTION:**

**ATTEND TODAY’S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin 6:00pm (Holy Trinity Church)**



# Friday of the Fourth Week of Lent



*O God, save me by your name; by your power, defend my cause.*

*O God, hear my prayer; give ear to the words of my mouth. (Ps. 53:3-4)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 7:1-2.10.25-30)**

Jesus stayed in Galilee; he could not stay in Judaea, because the Jews were out to kill him.

As the Jewish feast of Tabernacles drew near, after his brothers had left for the festival, Jesus went up as well, but quite privately, without drawing attention to himself.

Meanwhile some of the people of Jerusalem were saying, 'Isn't this the man they want to kill? And here he is, speaking freely, and they have nothing to say to him! Can it be true the authorities have made up their minds that he is the Christ? Yet we all know where he comes from, but when the Christ appears no one will know where he comes from.'

Then, as Jesus taught in the Temple, he cried out:

'Yes, you know me and you know where I came from.

Yet I have not come of myself:

no, there is one who sent me and I really come from him,

and you do not know him,

but I know him

because I have come from him

and it was he who sent me.'

They would have arrested him then, but because his time had not yet come no one laid a hand on him.

## **PRAYER REFLECTION**

Loving God of forgiveness,

I come before you humbled and sad

in the face of my own repeated failings.

I hold out my hands as a petitioner would,

asking for mercy. It is then that I feel you reach out and  
take my hand in your loving grasp.

Thank you for the love you pour out on me so lavishly.

Help me to follow more closely

in the path you have set for me,

the path of your Son.

*We adore you O Christ and we bless you!*

*For by your Holy Cross you have redeemed the World!*



**DAILY ACTION:**  
**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

Holy Trinity Church: 8:15am / Holy Family Church: 9:15am

**ATTEND STATIONS OF THE CROSS**

Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm



# Saturday of the Fourth Week of Lent



*The waves of death rose about me;  
the pains of the netherworld surrounded me.  
In my anguish I called to the Lord,  
and from his holy temple he heard my voice. (Cf. Ps 17:5,7)*

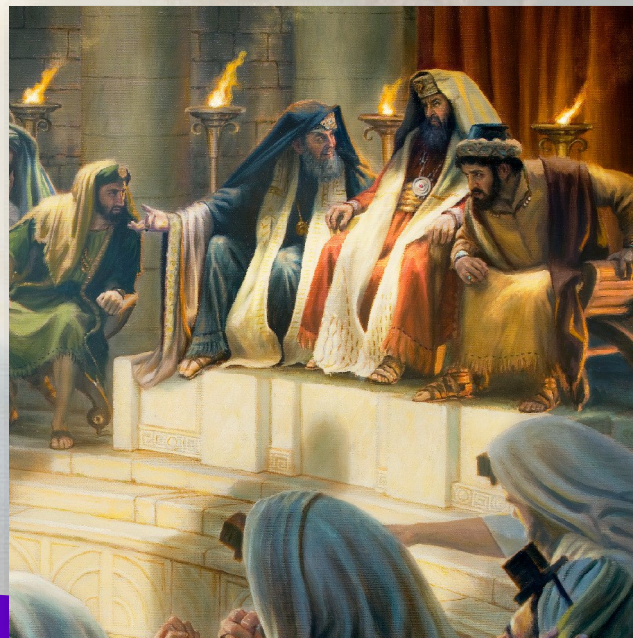
## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 7:40-52)**

Several people who had been listening to Jesus said, 'Surely he must be the prophet', and some said, 'He is the Christ', but others said, 'Would the Christ be from Galilee? Does not scripture say that the Christ must be descended from David and come from the town of Bethlehem?' So the people could not agree about him. Some would have liked to arrest him, but no one actually laid hands on him.

The police went back to the chief priests and Pharisees who said to them, 'Why haven't you brought him?' The police replied, 'There has never been anybody who has spoken like him.' 'So' the Pharisees answered 'you have been led astray as well? Have any of the authorities believed in him? Any of the Pharisees? This rabble knows nothing about the Law – they are damned.' One of them, Nicodemus – the same man who had come to Jesus earlier – said to them, 'But surely the Law does not allow us to pass judgement on a man without giving him a hearing and discovering what he is about?' To this they answered, 'Are you a Galilean too? Go into the matter, and see for yourself: prophets do not come out of Galilee.'

## **PRAYER REFLECTION**

Lord,  
what you ask of my life seems so right.  
It is how I want to live,  
following your Son, Jesus, so closely.  
And yet I fail so often to stay on that path.  
I cannot do it alone, loving Lord.  
I need your help and guidance.  
I need to remember your love for me  
and I want to remember  
how very much I need you in my life.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

## **ATTEND CONFESSION**

**Holy Trinity Church: 10:00am to 10:30am**



# Sunday of the Fifth Week of Lent



*Give me justice, O God,  
and plead my cause against a nation that is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength. (Cf. Ps 42:1-2)*

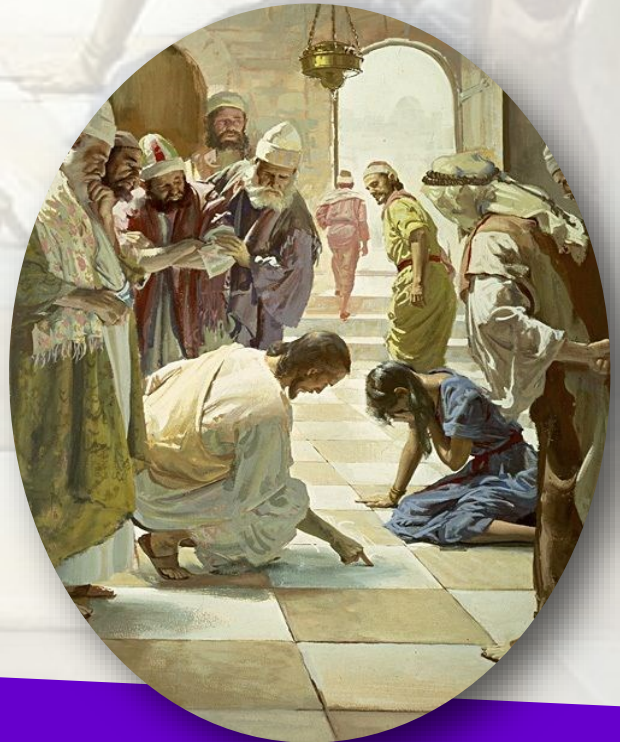
## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 8:1-11)**

Jesus went to the Mount of Olives. 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 full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked 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 don't sin any more.'

## **PRAYER REFLECTION**

My loving Lord,  
it's so hard to love the world sometimes  
and to love it the way Jesus did seems impossible.  
Help me to be inspired by his love and  
guided by his example.  
Most of all, I want to accept that I can't do it alone,  
and that trying is an arrogance of self-centeredness.  
I need you, dear God, to give me support in this journey.  
Show me how to unlock my heart  
so that I am less selfish.  
Let me be less fearful of the pain and darkness  
that will be transformed by you into Easter joy.



## **DAILY ACTION:**

**ATTEND SUNDAY MASS**

**CHECK PARISH BULLETIN / WEBPAGE / SOCIAL MEDIA FOR TIMES  
AND FOR ALL DETAILS**



# Monday of the Fifth Week of Lent



*Have mercy on me, O God, for people assail me;  
they fight me all day long and oppress me. (Cf. Ps 55:2)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 8:12-20)**

Jesus said to the people:

‘I am the light of the world; anyone who follows me will not be walking in the dark; he will have the light of life.’

At this the Pharisees said to him, ‘You are testifying on your own behalf; your testimony is not valid.’ Jesus replied:

‘It is true that I am testifying on my own behalf, but my testimony is still valid, because I know where I came from and where I am going; but you do not know where I come from or where I am going. You judge by human standards; I judge no one, but if I judge, my judgement will be sound, because I am not alone: the one who sent me is with me; and in your Law it is written that the testimony of two witnesses is valid. I may be testifying on my own behalf, but the Father who sent me is my witness too.’

They asked him, ‘Where is your Father?’ Jesus answered:

‘You do not know me, nor do you know my Father; if you did know me, you would know my Father as well.’

He spoke these words in the Treasury, while teaching in the Temple. No one arrested him, because his time had not yet come.

## **PRAYER REFLECTION**

God of love,  
I know that you are the source of all  
that is good and graced in my life.  
Help me to move from the life of sin  
to which I so often cling,  
into the new life of grace you offer me.  
You know what I need to prepare for your kingdom.  
Bless me with those gifts.



## **DAILY ACTION:**

**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**



# Tuesday of the Fifth Week of Lent



*Wait for the Lord; be strong;  
be stouthearted, and wait for the Lord! (Ps 26:14)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 8:21-30)**

Jesus said to the Pharisees:

‘I am going away; you will look for me and you will die in your sin. Where I am going, you cannot come.’

The Jews said to one another, ‘Will he kill himself? Is that what he means by saying, “Where I am going, you cannot come”?’ Jesus went on:

‘You are from below; I am from above. You are of this world; I am not of this world. I have told you already: You will die in your sins. Yes, if you do not believe that I am He, you will die in your sins.’

So they said to him, ‘Who are you?’ Jesus answered:

‘What I have told you from the outset. About you I have much to say and much to condemn; but the one who sent me is truthful, and what I have learnt from him I declare to the world.’

They failed to understand that he was talking to them about the Father. 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 myself: what the Father has taught me is what I preach; 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.

## **PRAYER REFLECTION**

Loving God,

You have heard my complaints,  
my impatience.

Sometimes I become frightened  
when I move away from you.

Guide my heart back to you.

Help me to think beyond my own wants  
and to desire only to do you will.

Thank you for the many blessings in my life  
and for the ways I feel your presence.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am / Holy Trinity Church: 6:30pm**



# Wednesday of the Fifth Week of Lent



*My deliverer from angry nations, you set me above my assailants;  
you saved me from the violent man, O Lord. (Cf. Ps 17:48-49)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 8:31-42)**

To the Jews who believed in him Jesus said:

‘If you make my word your home you will indeed be my disciples, you will learn the truth and the truth will make 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 made free”?’ Jesus replied:

‘I tell you most solemnly, everyone who commits sin is a slave. Now the slave’s place in the house is not assured, but the son’s place is assured. So if the Son makes you free, you will be free indeed. I know that you are descended from Abraham; but in spite of that you want to kill me because nothing I say has penetrated into you. What I, for my part, speak of is what I have seen with my Father; but you, you put into action the lessons learnt from your father.’

They repeated, ‘Our father is Abraham.’ Jesus said to them:

‘If you were Abraham’s children, you would do as Abraham did. As it is, you want to kill me when I tell you the truth as I have learnt it from God; that is not what Abraham did. What you are doing is what your father does.’

‘We were not born of prostitution,’ they went on ‘we have one father: God.’ Jesus answered:

‘If God were your father, you would love me, since I have come here from God; yes, I have come from him; not that I came because I chose, no, I was sent, and by him.’

## **PRAYER REFLECTION**

Loving Creator,  
I know in your great love for me,  
you see the deep sorrow in my heart.  
Hear my prayers which are offered  
with such trust in you.

Be with me in both mind and heart  
as I renew my life in your spirit.



## **DAILY ACTION:**

**ATTEND TODAY’S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 6:00pm**

**ATTEND CONFESSION**

**Holy Family Church: 6:30pm-7:00pm**



# Thursday of the Fifth Week of Lent



*Christ is the mediator of a New Covenant,  
so that by means of his death, those who are called  
may receive the promise of an eternal inheritance. (Heb 9:15)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 8:51-59)**

Jesus said to the Jews:

‘I tell you most solemnly, whoever keeps my word will never see death.’

The Jews said, ‘Now we know for certain 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 that would be no glory at all; 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 are liars yourselves. But I do know him, and I faithfully 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:

‘I tell you most solemnly, before Abraham ever was, I Am.’

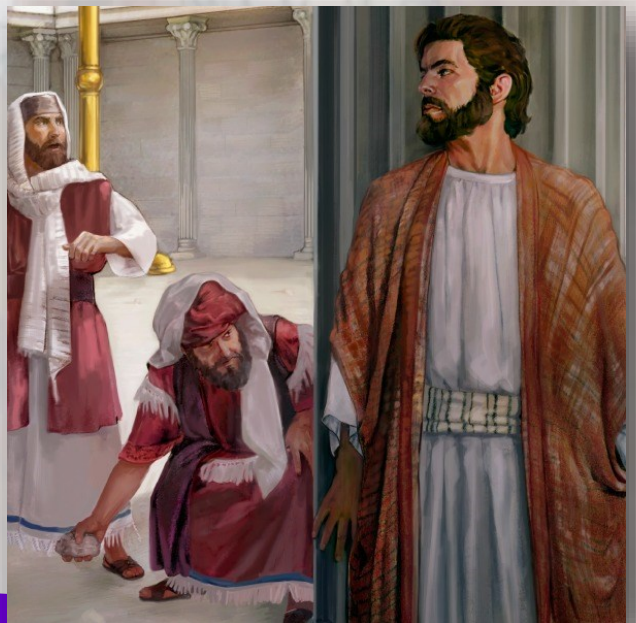
At this they picked up stones to throw at him; but Jesus hid himself and left the Temple.

## **PRAYER REFLECTION**

Lord,

all I want is to be faithful to you in my life,  
but so often I fail.

Free me from my many sins  
and guide me to the life I will share with you.  
I wait for your promise to be fulfilled  
with great hope in my heart  
and your praise on my lips.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**Holy Mass in Latin 6:00pm (Holy Trinity Church)**



# Friday of the Fifth Week of Lent



*Have mercy on me, O Lord, for I am in distress.*

*Delivery me from the hands of my enemies and those who pursue me.*

*O Lord, let me never be put to shame, for I call on you. (Ps 30:10.16.18)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 10:31-42)**

The Jews fetched stones to stone him, so Jesus said to them, 'I have done many good works for you to see, works from my Father; for which of these are you stoning me?' The Jews answered him, 'We are not stoning you for doing a good work but for blasphemy: you are only a man and you claim to be God.' Jesus answered:

'Is it not written in your Law: I said, you are gods? So the Law used the word gods of those to whom the word of God was addressed, and scripture cannot be rejected. Yet you say to someone the Father has consecrated and sent into the world, "You are blaspheming," because he says, "I am the Son of God." 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 sure that the Father is in me and I am in the Father.'

They wanted to arrest him then, but he eluded them.

He went back again to the far side of the Jordan to stay in the district where John had once been baptising. Many people who came to him there said, 'John gave no signs, but all he said about this man was true'; and many of them believed in him.

## **PRAYER REFLECTION**

Most forgiving Lord,  
again and again you welcome me back  
into your loving arms.

Grant me freedom from the heavy burdens of sin  
that weigh me down  
and keep me so far from you.

*We adore you O Christ and we bless you!*

*For by your Holy Cross you have redeemed the World!*



## **DAILY ACTION:**

**FAST FROM EATING MEAT**

**ATTEND TODAY'S WEEKDAY MASS**

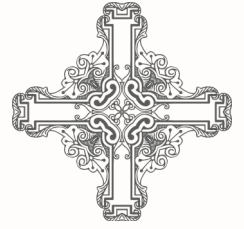
**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

**ATTEND STATIONS OF THE CROSS**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:00pm**



# Saturday of the Fifth Week of Lent



*O Lord, do not stay afar off; my strength, make haste to help me!*

*For I am a worm and no man, scorned by everyone, despised by the people. (Cf. Ps 21:20,7)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 11:45-56)**

Many of the Jews who came to visit Mary and had seen what Jesus did believed in him, but some of them went to tell the Pharisees what he 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 destroy the Holy Place and our nation.' One of them, Caiaphas, the high priest that year, said, 'You don't seem to have grasped the situation at all; you fail to see that it is better for one man to die for the people, than for the whole nation to be destroyed.' He did not speak in his own person, it was as high priest that he made this prophecy that Jesus was to die for the nation – and not for the nation only, but to gather together in unity the scattered children of God. From that day 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 drew near, and many of the country people who had gone up to Jerusalem to purify themselves looked 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?'

## **PRAYER REFLECTION**

Loving God,  
Your eternal watchfulness  
keeps me safe from harm.  
I am filled with a great happiness  
when I feel your endless love for me.  
Thank you for your care for me,  
one of your children.  
I ask you to protect from harm  
those who will soon be your children,  
joined in the joy of your church.  
Please continue to pour out your blessings  
on all of us who have been given  
the lifegiving waters of baptism.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am / Holy Family Church: 9:15am**

## **ATTEND CONFESSION**

**Holy Trinity Church: 10:00am to 10:30am**



# Palm Sunday of Passion of the Lord



*Hosanna to the Son of David; blessed is he who comes in the name of the Lord, the King of Israel. Hosanna in the highest. (Mt 21:9)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE (Lk 19:28-40)**

Jesus went on ahead, going up to Jerusalem.

When he drew near to Bethphage and Bethany at the place called the mount that is called Olivet, he sent two of the disciples, saying, 'Go into the village opposite, whereon entering you will find a colt tied, on which no one has ever yet sat; untie it and bring it here. If anyone asks you, "Why are you untying it?" you shall say this, "The Lord has need of it"'.

So those who were sent went away and found it as he had told them. And as they were untying the colt, its owners said to them, 'Why are you untying the colt?' And they said, 'The Lord has need of it'. And they brought it to Jesus, and throwing their garments on the colt they set Jesus upon it. And as he rode along, they spread their garments on the road. As he was now drawing near, at the descent of the Mount of Olives, the whole multitude of the disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen, saying, 'Blessed is the King who comes in the name of the Lord! Peace in heaven and glory in the highest!' And some of the Pharisees in the multitude said to him, 'Teacher, rebuke your disciples'. He answered, 'I tell you, if these were silent, the very stones would cry out'.

## **PRAYER REFLECTION**

Loving God,

I am just beginning to realize how much you love me.

Your son, Jesus was humble and obedient.

He fulfilled your will for him by becoming human and suffering with us.

I ask you for the desire to become more humble

so that my own life might also bear witness to you.

I want to use the small sufferings I have in this world to give you glory.

Please, Lord, guide my mind with your truth.

Strengthen my life by the example of Jesus.

Help me to be with Jesus in this week

as he demonstrates again his total love for me.

He died so that I would no longer be separated from you.

Help me to feel how close you are and to live in union with you.



## **DAILY ACTION:**

**ATTEND SUNDAY MASS**

**CHECK PARISH BULLETIN / WEBPAGE / SOCIAL MEDIA FOR TIMES  
AND FOR ALL DETAILS**



# Monday of Holy Week



*Contend, O Lord, with my contenders;  
fight those who fight me.  
Take up your buckler and shield;  
arise in my defence, Lord, my mighty help. (Cf. Ps 34:1-2; 139:8)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 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 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 full of the scent of the ointment. Then Judas Iscariot – one of his disciples, the man who was to betray him – said, ‘Why wasn’t this ointment 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 contributions. So Jesus said, ‘Leave her alone; she had to keep this scent 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.

## **PRAYER REFLECTION**

God of love,  
My prayer is simple:  
Your son, Jesus, suffered and died for me.  
I know only  
that I cannot have real strength  
unless I rely on you.  
I cannot feel protected  
from my many weaknesses  
until I turn to you  
for forgiveness and your unalterable love.  
Help me to share this  
strength, protection and love with others.



## **DAILY ACTION:**

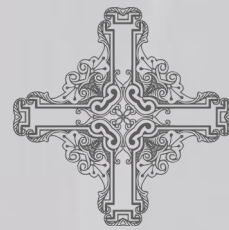
**PRAY THE LITANY OF THE HOLY CROSS**

**TAKE PART IN THE PROJECT COMPASSION APPEAL**

**PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED,  
THE HOLY SOULS IN PURGATORY AND ALL FORGOTTEN SOULS.**



# Tuesday of Holy Week



*Do not leave me to the will of my foes, O Lord,  
for false witnesses rise up against me and they breathe out violence. (Cf. Ps 26:12)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 13:21-33, 36-38)**

While at supper with his disciples, Jesus was troubled in spirit and declared, 'I tell you most solemnly, one of you will betray me.' The disciples looked at one another, wondering which 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 on Jesus' breast he said, 'Who is it, Lord?' 'It is the one' replied Jesus 'to whom I give the piece of bread that I shall dip in the dish.' He dipped the piece of bread and 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 the reason 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. Night had fallen.

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. My little children. I shall not be with you much longer. You will look for me, and, as I told the Jews, where I am going, you cannot come.'

Simon Peter said, 'Lord, where are you going?' Jesus replied, 'Where I am going you cannot follow me now; you will follow me later.' Peter said to him, 'Why can't I follow you now? I will lay down my life for you.' 'Lay down your life for me?' answered Jesus. 'I tell you most solemnly, before the cock crows you will have disowned me three times.'

## **PRAYER REFLECTION**

God of such unwavering love,  
how do I "celebrate" the passion and death of Jesus?  
I often want to look the other way and not watch,  
not stay with Jesus in his suffering.  
Give me the strength  
to see his love with honesty and compassion  
and to feel deeply your own forgiveness  
and mercy for me.  
Help me to understand  
how to "celebrate" this week.  
I want to be able to bring  
my weaknesses and imperfections with me  
as I journey with Jesus this week, so aware of his love.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Family Church: 9:15am**

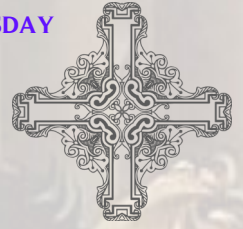
**ATTEND THE OFFICE OF TENEBRAE SERVICE TODAY**

**Holy Trinity Church: 7:00pm**



TRADITIONALLY REFERRED TO AS SPY WEDNESDAY

# Wednesday of Holy Week



*At the names of Jesus, every knee should bend  
of those in heaven and on the earth and under the earth,  
for the Lord became obedient to death, death on a cross'  
therefore Jesus Christ is Lord, to the glory of God the Father. (Cf. Ps 26:12)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW (Mt 26:14-25)**

One of the Twelve, the man called Judas Iscariot, went to the chief priests and said, 'What are you prepared to give me if I hand him over to you?' They paid him thirty silver pieces, and from that moment he looked for an opportunity to betray him.

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?' 'Go to so-and-so in the city' he replied '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.

When evening came he was at table with the twelve disciples. And while they were eating he said, 'I tell you solemnly, one of you is about to betray me.' They were greatly distressed and started asking him in turn, 'Not I, Lord, surely?' He answered, 'Someone who has dipped his hand into the dish with me, will betray me. The Son of Man is going to his fate, as the scriptures say he will, but alas for that man by whom the Son of Man is betrayed! Better for that man if he had never been born!' Judas, who was to betray him, asked in his turn, 'Not I, Rabbi, surely?' 'They are your own words' answered Jesus.

## **PRAYER REFLECTION**

My saviour, do you invite me to share  
in the glory of the resurrection?  
Please stay with me as I struggle to see  
how accepting the crosses of my life  
will free me from the power of the one who wants  
only to destroy my love and trust in you.

Help me to be humble and accepting  
like your son, Jesus.

I want to turn to you  
with the same trust he had in your love.  
Save me, Lord. Only you can save me.



## **DAILY ACTION:**

**ATTEND TODAY'S WEEKDAY MASS**

**Holy Trinity Church: 8:15am**



# Holy Thursday



*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. (Cf. Gal 6:14)*

## **A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 13:1-15)**

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.

He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter. 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter, 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes 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 should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

## **PRAYER REFLECTION**

Loving Provider,  
you gather me in this upper room with your son,  
to be fed by your love.  
At that supper, Jesus told us to "love one another"  
and I know that is the heart of his gift,  
his sacrifice for me.  
I ask that I might find the source of my own heart,  
the meaning for my own life,  
in that Eucharist.  
Guide me to the fullness of your love and life.



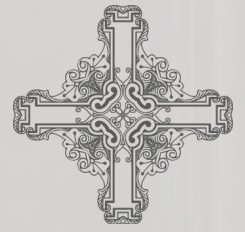
## **DAILY ACTION:**

**ATTEND HOLY MASS TODAY FOR THE COMMEMORATION  
OF THE LORD'S SUPPER**

**Holy Family Church: 6:00pm / Holy Trinity Church: 7:30pm**



# Friday of the Passion of the Lord



The passion of our Lord Jesus Christ according to John (*Jn 18:1-19:42*)

After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. Then Jesus, knowing all that was to happen to him, came forward and asked them, "Whom are you looking for?" They answered, "Jesus of Nazareth." Jesus replied, "I am he." Judas, who betrayed him, was standing with them. When Jesus said to them, "I am he," they stepped back and fell to the ground. Again he asked them, "Whom are you looking for?" And they said, "Jesus of Nazareth." Jesus answered, "I told you that I am he. So if you are looking for me, let these men go." This was to fulfill the word that he had spoken, "I did not lose a single one of those whom you gave me." Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. Jesus said to Peter, "Put your sword back into its sheath. Am I not to drink the cup that the Father has given me?"

The soldiers, their officer, and the Jewish police arrested Jesus and bound him. First they took him to Annas, who was the father-in-law of Caiaphas, the high priest that year. Caiaphas was the one who had advised the Jews that it was better to have one person die for the people.

Simon Peter and another disciple followed Jesus. Since that disciple was known to the high priest, he went with Jesus into the courtyard of the high priest, but Peter was standing outside at the gate. So the other disciple, who was known to the high priest, went out, spoke to the woman who guarded the gate, and brought Peter in. The woman said to Peter, "You are not also one of this man's disciples, are you?" He said, "I am not." Now the slaves and the police had made a charcoal fire because it was cold, and they were standing around it and warming themselves. Peter also was standing with them and warming himself.

Then the high priest questioned Jesus about his disciples and about his teaching. Jesus answered, "I have spoken openly to the world; I have always taught in synagogues and in the temple, where all the Jews come together. I have said nothing in secret. Why do you ask me? Ask those who heard what I said to them; they know what I said." When he had said this, one of the police standing nearby struck Jesus on the face, saying, "Is that how you answer the high priest?" Jesus answered, "If I have spoken wrongly, testify to the wrong. But if I have spoken rightly, why do you strike me?" Then Annas sent him bound to Caiaphas the high priest.





# Friday of the Passion of the Lord

Now Simon Peter was standing and warming himself. They asked him, "You are not also one of his disciples, are you?" He denied it and said, "I am not." One of the slaves of the high priest, a relative of the man whose ear Peter had cut off, asked, "Did I not see you in the garden with him?" Again Peter denied it, and at that moment the cock crowed.

Then they took Jesus from Caiaphas to Pilate's headquarters. It was early in the morning. They themselves did not enter the headquarters, so as to avoid ritual defilement and to be able to eat the Passover. So Pilate went out to them and said, "What accusation do you bring against this man?" They answered, "If this man were not a criminal, we would not have handed him over to you." Pilate said to them, "Take him yourselves and judge him according to your law." The Jews replied, "We are not permitted to put anyone to death." (This was to fulfill what Jesus had said when he indicated the kind of death he was to die.)

Then Pilate entered the headquarters again, summoned Jesus, and asked him, "Are you the King of the Jews?" Jesus answered, "Do you ask this on your own, or did others tell you about me?" Pilate replied, "I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?" Jesus answered, "My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here." Pilate asked him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice." Pilate asked him, "What is truth?"

After he had said this, he went out to the Jews again and told them, "I find no case against him. But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?" They shouted in reply, "Not this man, but Barabbas!" Now Barabbas was a bandit.

Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, "Hail, King of the Jews!" and striking him on the face. Pilate went out again and said to them, "Look, I am bringing him out to you to let you know that I find no case against him." So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Here is the man!" When the chief priests and the police saw him, they shouted, "Crucify him! Crucify him!" Pilate said to them, "Take him yourselves and crucify him; I find no case against him." The Jews answered him, "We have a law, and according to that law he ought to die because he has claimed to be the Son of God."

Now when Pilate heard this, he was more afraid than ever. He entered his headquarters again and asked Jesus, "Where are you from?" But Jesus gave him no answer. Pilate therefore said to him, "Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?" Jesus answered him, "You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin." From then on Pilate tried to release him, but the Jews cried out, "If you release this man, you are no friend of the emperor. Everyone who claims to be a king sets himself against the emperor."

When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, "Here is your King!" They cried out, "Away with him! Away with him! Crucify him!" Pilate asked them, "Shall I crucify your King?" The chief priests answered, "We have no king but the emperor." Then he handed him over to them to be crucified.





# Friday of the Passion of the Lord

So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. Then the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but, 'This man said, I am King of the Jews.'" Pilate answered, "What I have written I have written." When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, "Let us not tear it, but cast lots for it to see who will get it." This was to fulfill what the scripture says,

"They divided my clothes among themselves, and for my clothing they cast lots."

And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) These things occurred so that the scripture might be fulfilled, "None of his bones shall be broken." And again another passage of scripture says, "They will look on the one whom they have pierced."

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.





# Friday of the Passion of the Lord



## PRAYER REFLECTION

My Lord,  
your son has suffered so much, shed so much blood.  
I was born with so many faults and my nature is so full of weakness,  
and yet your son Jesus has died on the cross. For me.

I know your grace has the power to cleanse me of my many sins  
and to make me more like your Son.

Thank you for your goodness and love for me.

I ask you, Father, to watch over me - always.





# Friday of the Passion of the Lord

## THE SEVEN LAST WORDS UPON THE CROSS

Come unto my help, O God.  
O Lord, make haste to help me.

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
As it was in the beginning, is now and ever  
shall be, world without end. Amen.

### THE FIRST WORD

*“Father. Forgive them, for they know not  
what they do.”*

V. We adore you, O Christ and we bless you.  
R. Because by your holy cross you have  
redeemed the world.

O beloved Jesus, who for the love of me  
agonised on the cross that you might pay by  
your sufferings the debt due to my sins, and  
opened your divine mouth to obtain my  
pardon from eternal justice: have mercy on all  
the faithful in their agony, and on me also  
when I shall be in that extremity, and, through  
the merits of your most Precious Blood shed  
for our salvation, give us lively a sorrow for  
our sins that we may breathe out our souls  
into the bosom of your infinite mercy.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.  
R. Have mercy on us.

O my God, I believe in you, I hope in you, I  
love you, and I repent of having offended you  
by my sins.



### THE SECOND WORD

*“This day you will be with me in paradise.”*

V. We adore you, O Christ and we bless you.  
R. Because by your holy cross you have  
redeemed the world.

O beloved Jesus, who for the love of me agonised  
on the cross, and with readiness and bounty  
responded to the faith of the Good Thief, who in  
the mist of your humiliation acknowledged you  
to be the Son of God: you who assured him of  
Paradise, have mercy on all the faithful in their  
agony, and on me also when I shall be in that  
extremity, and, through the merits of your most  
Precious Blood, revive in our souls a faith so firm  
and constant that it may not waver at any  
suggestion of the devil, so that we also may  
obtain the blessed reward of heaven.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.  
R. Have mercy on us.

O my God, I believe in you, I hope in you, I love  
you, and I repent of having offended you by my  
sins.





# Friday of the Passion of the Lord

## THE SEVEN LAST WORDS UPON THE CROSS

### THE THIRD WORD

*"Behold your son; behold your Mother."*

V. We adore you, O Christ and we bless you.

R. Because by your holy cross you have redeemed the world.

O beloved Jesus, who for the love of me agonised on the cross, and, forgetting your sufferings, left us a pledge of your love your own most holy Mother, that through her we might confidently have recourse to you in our greatest need: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the interior martyrdom of this, your dear Mother, awaken in our hearts a firm hope in the infinite merits of your most Precious Blood, that we may avoid the eternal damnation which our sins have deserved.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in you, I hope in you, I love you, and I repent of having offended you by my sins.

### THE FOURTH WORD

*"My God! My God!*

*Why have you forsaken me?"*

V. We adore you, O Christ and we bless you.

R. Because by your holy cross you have redeemed the world.

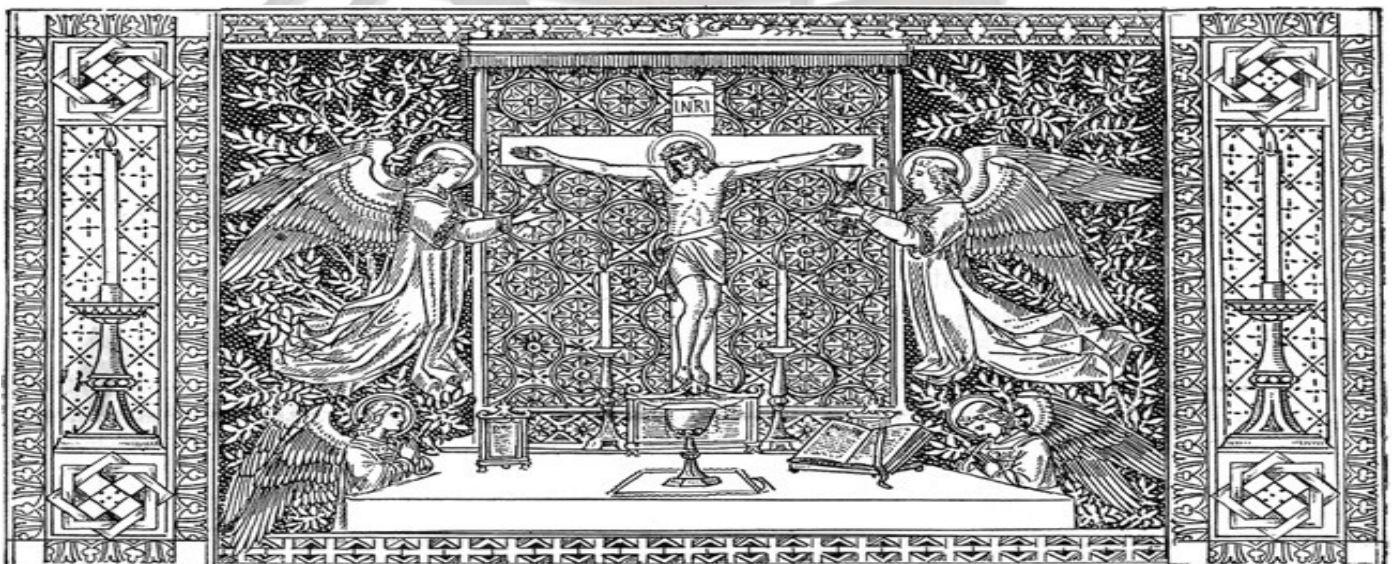
O beloved Jesus, who for the love of me agonised on the cross, and, heaping suffering on suffering, endured with infinite patience not only your many bodily tortures, but the most heavy affliction of spirit through the forsaking of your Eternal Father: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and through the merits of your most Precious Blood, give us grace to suffer true patience all the pains and afflictions of our agony, that, uniting them with yours, we may be partakers of your glory in paradise.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in you, I hope in you, I love you, and I repent of having offended you by my sins.





# Friday of the Passion of the Lord

## THE SEVEN LAST WORDS UPON THE CROSS

### THE FIFTH WORD

*"I thirst."*

V. We adore you, O Christ and we bless you.

R. Because by your holy cross you have redeemed the world.

O beloved Jesus, agonised on the cross for the love of me, and who, not satisfied with all the ignominy and suffering, willingly would have suffered yet more, so that all men might be saved - as was clearly proved when all the torrents of your Passion would not allay the Thirst of your tender Heart: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of your most Precious Blood, enkindle such a fire of charity in our hearts as may cause them to burn with the desire of uniting themselves to you for all eternity.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in you, I hope in you, I love you, and I repent of having offended you by my sins.

### THE SIXTH WORD

*"It is finished."*

V. We adore you, O Christ and we bless you.

R. Because by your holy cross you have redeemed the world.

O beloved Jesus, who for the love of me agonised on the cross, and from that throne of truth announced the completion of the work of our redemption, through which, from being the children of wrath and perdition, we have become the children of God and the heirs of heaven: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of your most Precious Blood, detach us entirely from the world and from ourselves, and at the moment of our agony give us grace sincerely to offer you the sacrifice of our life in expiation for our sins.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in you, I hope in you, I love you, and I repent of having offended you by my sins.





# Friday of the Passion of the Lord

## THE SEVEN LAST WORDS UPON THE CROSS

### THE SEVENTH WORD

*"Father, into your hands  
I commend my spirit."*

V. We adore you, O Christ and we bless you.

R. Because by your holy cross you have  
redeemed the world.

O beloved Jesus, who agonised on the cross  
for love of me, and who, in completing this  
great sacrifice, accepted the will of your  
Eternal Father, by resigning your spirit into His  
hands, and then bowing your head and dying:  
have mercy on all the faithful in their agony,  
and on me also when I shall be in that  
extremity, and, through the merits of your  
most Precious Blood, give us, in our agony, an  
entire conformity to the divine will, that we  
may be ready either to live or die according as  
it will best please you, desiring nothing but the  
accomplishment of your blessed will in us.

*(Pray the Glory Be 3 times)*

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in you, I hope in you, I  
love you, and I repent of having offended you  
by my sins.



### HOW TO MEANINGFULLY COMMEMORATE GOOD FRIDAY

- \* Abstain from Meat.
- \* Acts of Fasting and Penance.
- \* Go to Stations of the Cross Services.
- \* Attend the 3pm Commemoration of the Lord's Passion at the church.
- \* Attend the Good Friday Cross Walk.





## LITANY OF THE HOLY CROSS

V/ Lord, have mercy on us

R/ Christ, have mercy on us

V/ Lord, have mercy on us

V/ Christ, hear us

R/ Christ, graciously hear us

V/ God the Father of heaven

R/ Have mercy on us!

V/ God the Son, Redeemer of the world

R/ Have mercy on us!

V/ God the Holy Spirit

R/ Have mercy on us!

V/ Holy Trinity, One God

R/ Have mercy on us!

V/ Holy Cross, where the Lamb of God was offered,

R/ Save us O Holy Cross!

V/ Hope of Christians,...

R/ Save us O Holy Cross!

V/ Pledge of the resurrection of the dead,...

R/ Save us O Holy Cross!

V/ Shelter of persecuted innocence,...

R/ Save us O Holy Cross!

V/ Guide of the blind,...

R/ Save us O Holy Cross!

V/ Way of those who have gone astray,...

R/ Save us O Holy Cross!

V/ Staff of the lame,...

R/ Save us O Holy Cross!

V/ Consolation of the poor,...

R/ Save us O Holy Cross!

V/ Restraint of the powerful,...

R/ Save us O Holy Cross!

V/ Destruction of the proud,...

R/ Save us O Holy Cross!

V/ Refuge of sinners,...

R/ Save us O Holy Cross!

V/ Trophy of victory over Hell,...

R/ Save us O Holy Cross!

V/ Terror of demons,...

R/ Save us O Holy Cross!

V/ Challenge of youth,...

R/ Save us O Holy Cross!

V/ Succour of the distressed,...

R/ Save us O Holy Cross!

V/ Hope of the hopeless,...

R/ Save us O Holy Cross!

V/ Star of the mariner,...

R/ Save us O Holy Cross!

V/ Harbour of the wrecked,...

R/ Save us O Holy Cross!

V/ Rampart of the besieged,...

R/ Save us O Holy Cross!

V/ Father of orphans,...

R/ Save us O Holy Cross!

V/ Defense of widows,...

R/ Save us O Holy Cross!

V/ Counsel of the just,...

R/ Save us O Holy Cross!

V/ Judge of the wicked,...

R/ Save us O Holy Cross!

V/ Rest of the afflicted,...

R/ Save us O Holy Cross!

V/ Safeguard of childhood,...

R/ Save us O Holy Cross!

V/ Strength of manhood,...

R/ Save us O Holy Cross!

V/ Last hope of the aged,...

R/ Save us O Holy Cross!

V/ Light of those who sit in darkness,...

R/ Save us O Holy Cross!

V/ Splendour of kings,...

R/ Save us O Holy Cross!

V/ Civilizer of the world,...

R/ Save us O Holy Cross!

V/ Shield impenetrable,...

R/ Save us O Holy Cross!

V/ Wisdom of the foolish,...

R/ Save us O Holy Cross!

V/ Liberty of slaves,...

R/ Save us O Holy Cross!



V/ Knowledge of the ignorant,...  
R/ Save us O Holy Cross!

V/ Sure rule of life,...  
R/ Save us O Holy Cross!

V/ Heralded by prophets,...  
R/ Save us O Holy Cross!

V/ Preached by apostles,...  
R/ Save us O Holy Cross!

V/ Glory of martyrs,...  
R/ Save us O Holy Cross!

V/ Study of hermits,...  
R/ Save us O Holy Cross!

V/ Chastity of virgins,...  
R/ Save us O Holy Cross!

V/ Joy of priests,...  
R/ Save us O Holy Cross!

V/ Foundation of the Church,...  
R/ Save us O Holy Cross!

V/ Salvation of the world,...  
R/ Save us O Holy Cross!

V/ Destruction of idolatry,...  
R/ Save us O Holy Cross!

V/ Stumbling block to the Jews,...  
R/ Save us O Holy Cross!

V/ Condemnation of the ungodly,...  
R/ Save us O Holy Cross!

V/ Support of the weak,...  
R/ Save us O Holy Cross!

V/ Medicine of the sick,...  
R/ Save us O Holy Cross!

V/ Health of the leprous,...  
R/ Save us O Holy Cross!

V/ Strength of the paralytic,...  
R/ Save us O Holy Cross!

V/ Bread of the hungry,...  
R/ Save us O Holy Cross!

V/ Fountain of those who thirst, ...  
R/ Save us O Holy Cross!

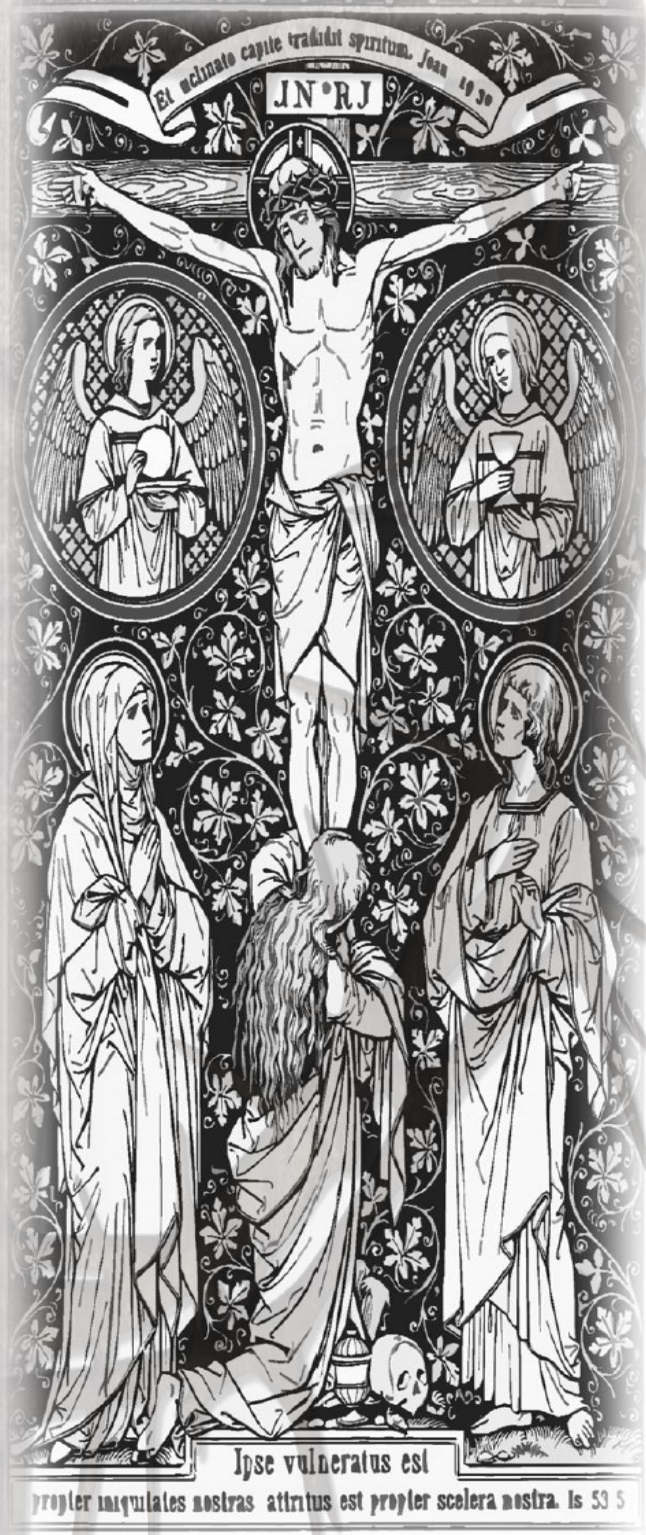
V/ Clothing of the naked,...  
R/ Save us O Holy Cross!

V/ Lamb of God, Who take away the sin of the world  
R/ Spare us, O Lord

V/ Lamb of God, Who take away the sin of the world  
R/ Graciously hear us, O Lord

V/ Lamb of God, Who take away the sin of the world  
R/ Have mercy on us

V/ We adore You, O Christ, and we bless You  
R/ Because by Your Holy Cross You have redeemed the world





# Holy Saturday

## PRAYER REFLECTION

My Lord, today all is silent. You have given Your precious life for the salvation of the world. You died a horrific death, poured out all Mercy from Your wounded Heart, and now You rest in peace in the tomb as the soldiers keep vigil.

Lord, may I also keep vigil with You as You sleep. I know that this day ends with Your glorious triumph, Your victory over sin and death. But for now I sit quietly mourning Your death.

Help me, dear Lord, to enter into the sorrow and the silence of this Holy Saturday. Today no Sacraments are celebrated. Today the world waits in mourning in anticipation of the glory of new life!

As I keep vigil, awaiting the celebration of Your Resurrection, fill me with hope. Help me to look forward to the celebration of Your Resurrection, but also to look forward to the hope of my own share in the new life You won for the world. I entrust my whole being to You, dear Lord, as You lay lifeless and still. May Your rest transform the brokenness of my own soul, my weaknesses, my sin and my frailty. You are glorious and You bring the greatest good out of Your apparent defeat. I trust in Your power to do all things and I entrust my life to You. Jesus, I trust in You.

## PRAYER FROM THE BYZANTINE MATINS OF GREAT AND HOLY SATURDAY

“Today the one who holds all creation in his hand  
is himself held in the tomb,  
a rock covers the One who covered the heavens with beauty,  
Life has fallen asleep,  
Hades is seized with fear,  
and Adam is freed from his bonds.  
Glory to your work of salvation;  
through it you have accomplished the eternal Sabbath rest,  
and You grant us the gift of your holy resurrection.”

*In silence...*

*the world awaits the Resurrection...*



# Easter Sunday of the Resurrection of the Lord

*I have risen, and I am with you still, alleluia.*

*You have laid your hand upon me, alleluia.*

*Too wonderful for me, this knowledge, alleluia, alleluia. (Cf. Ps 26:12)*

## A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN (Jn 20:1-9)

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

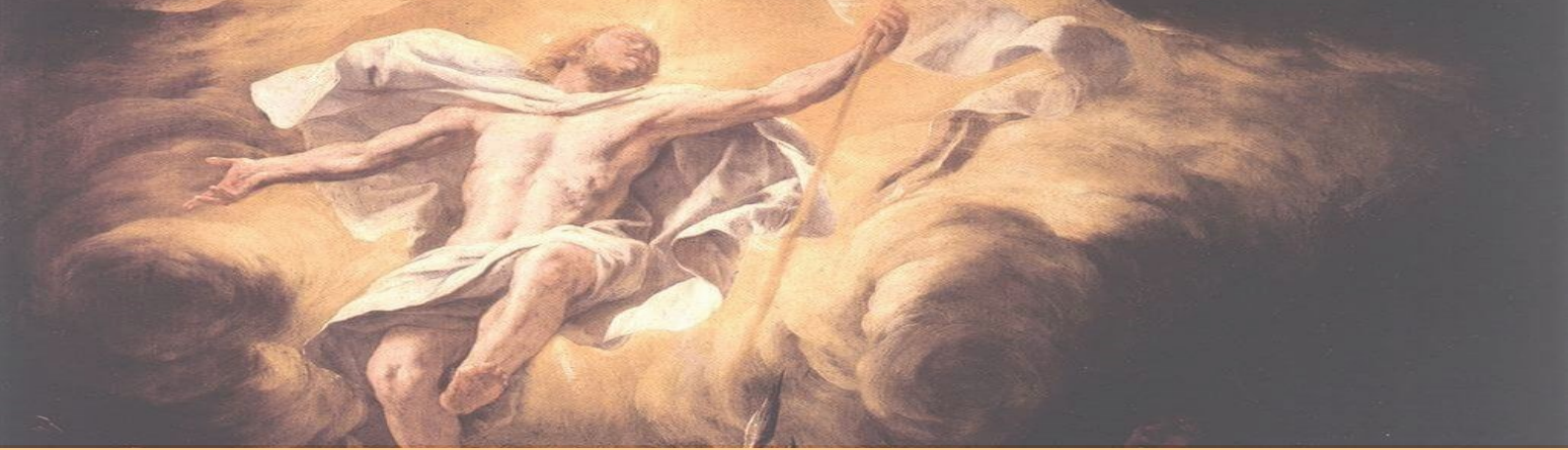
## SEQUENCE OF EASTER SUNDAY

Christians, to the Paschal Victim offer sacrifice and praise.  
The sheep are ransomed by the Lamb;  
and Christ, the undefiled,  
Death with life contended: combat strangely ended!  
Life's own Champion, slain, yet lives to reign.  
Tell us, Mary: say what thou didst see upon the way.  
The tomb the Living did enclose;  
I saw Christ's glory as he rose!  
The angels there attesting;  
shroud with grave-clothes resting.  
Christ, my hope, has risen: he goes before you into Galilee.  
That Christ is truly risen from the dead we know.  
Victorious king, thy mercy show!



**ALLELUIA! ALLELUIA! ALLELUIA!**  
**HE IS TRULY RISEN!**





# *Stay Connected!*

Wishing you a prayerful and spiritually nourishing Holy Season of Lent.

Please join Holy Cross Parish throughout these holy weeks of prayer and fasting and take part in the various spiritual exercises available.

For more information about Mass Times,  
including Holy Week ceremonies, connect with us

[www.holycrossgranville.org.au](http://www.holycrossgranville.org.au)

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# HOLY CROSS PARISH GRANVILLE

