

PALM SUNDAY, 13 APRIL HOLY WEEK

My God, my God, why have you forsaken me? Ps 21: 8-9,17-20,23-24

“The sharp points on my journey are the growth points. Sometimes we have to suffer pain and bereavement.”

MONDAY 14 APRIL

He does not cry or shout aloud. Is 42:1-7

“We were invited to ponder the calling of our own name, both by God and by other people in our lives.”

TUESDAY 15 APRIL

My lips will tell of your help. Ps 70: 1-6, 15, 17 r.15

“In silent prayer, we put aside all distractions to seek God’s face. Later, we sat by the fire and shared laughter and companionship.”

WEDNESDAY 16 APRIL

I did not cover my face against insult and spittle. Is 50:4-9

“We have to let go of the past to get on with the present. Instead of rehearsing hurts over and over, release them.”

HOLY THURSDAY 17 APRIL

If I, then, the Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. Jn 13: 1-15

“We can choose to put on love. If it were a feeling, we couldn’t control or command it, but it’s not a feeling – it’s a choice.”

GOOD FRIDAY 18 APRIL

After Jesus had taken the vinegar he said, “It is accomplished,” and bowing his head he gave up his spirit. Jn 18: 1-19.42

“God’s love for us and the kind of love we are to have for him and for others is *agape* – unconditional, giving, sacrificial love.”

HOLY SATURDAY 19 APRIL

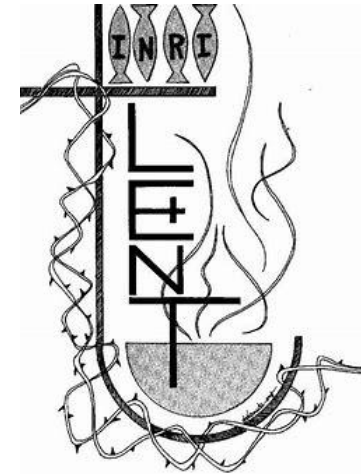
“What does it mean to think loving thoughts? It means focusing on other people’s needs, hurts, problems, desires and goals – not just our own.”

EASTER SUNDAY 20 APRIL

We are witness: that everyone who believes in Jesus receives forgiveness of sins through his name. Acts 10: 34a, 37-43

“We are called to live out our baptismal anointing: to be a light in the world, to bring joy to others through the message we proclaim.”

A JOURNEY FROM LENT TO EASTER 2025



*“In life’s journey, as in every journey,
what really matters is not to lose sight of the goal.*

*We should ask ourselves:
On the journey of life, do I seek the way forward?*

*Return to me, says the Lord.
To me.*

*The Lord is the goal of our journey in this world.
The direction must lead to him.”*

Pope Francis, Homily March 2019

INTRODUCTION

The season of Lent offers a time to reflect, examine our lives and reassess our priorities as we prepare to celebrate the Easter joy of the Resurrection.

The readings in this booklet are provided by the Liturgy Office for England and Wales for Lent 2025. Each verse is accompanied by a short reflection chosen from the writings of my daughter Annie, a scripture scholar, teacher and evangelist who died of natural causes in June 2020. Annie died young but her words live on to inspire and encourage.

On Ash Wednesday the prophet Joel invites us to turn to God, 'for he is all tenderness and compassion.' For a few minutes each day we can set aside time to sit quietly and listen to God, as we 'journey into love.'

© Leaflet compiled by Anne O'Connor, February 2025



ASH WEDNESDAY 5 MARCH

Come back to me with all your heart ... turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent. Joel 2:12-18

"The journey with the Lord is a journey into love."

THURSDAY 6 MARCH

Anyone who loses his life for my sake will save it. Lk 9:22-25

"You have made us for yourself, O God, and our hearts are restless until they find rest in you."

FRIDAY 7 MARCH

A humbled, contrite heart, O God, you will not spurn. Ps 50:3-6. 18-19 r.19

"Before entering a place of prayer, a room or before beginning the day, pause at the threshold for the length of an 'Our Father' and become aware of God gazing on you in love."

SATURDAY 8 MARCH

Show me, Lord, your way so that I may walk in your truth. Ps 85: 1-6 r.11

"Lord, may your spirit reveal to me the right path and give me the strength, consolation and determination to walk it."

SUNDAY 6 APRIL LENT 5

What marvels the Lord worked for us! Indeed we were glad. Ps 125 r.3

"To experience God's presence is to experience the light in God's shining face."

MONDAY 7 APRIL

If there is one of you who has not sinned, let him be the first to throw a stone at her. Jn 8:1-11

"It's easy to love people who are kind and lovely, but if God is going to teach us to love without condition, he will bring some hard-to-love people into our lives."

TUESDAY 8 APRIL

O Lord, listen to my prayer and let my cry for help reach you.

Ps 101:2-3, 16-21 r.2

"You have made us for yourself, O God, and our hearts are restless until they find rest in you."

WEDNESDAY 9 APRIL

He has sent his angel to rescue his servants. Dan 3:14-20, 24-25, 28

"The message of the angels is nothing less than the infinite God of love come down, God-with-us, reconciliation, new life."

THURSDAY 10 APRIL

The Lord remembers his covenant forever. Ps 104: 4-9 r.8

"Prayer is about being fully present to God. You don't have to say anything, you don't have to do anything. Just be with God, be before God, sit with God. It's about the journey from the head to the heart."

FRIDAY 11 APRIL

In my anguish I called to the Lord and he heard my voice. Ps 17: 2-7

"So often we hurry through life, rushing from one task to the next, barely pausing to reflect or listen to the voice of the Lord."

SATURDAY 12 APRIL

I will make them into one nation. Ezek 37:21-28

"Our mission to serve cannot be restricted in terms of nationality, social group or religious affiliation. We are all called to speak, live and act in ways that bring this good news of God-with-us to those we meet. We are all called to be messengers of glad tidings."

SUNDAY 30 MARCH LENT 4

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation. Cor 5: 17-21
“Without God, there is no life, no movement, no change.”

MONDAY 31 MARCH

No more will the sound of weeping or the sound of cries be heard. Is 65:17-21
“Sometimes the days are all uphill – sometimes I can’t see round the next corner, but I have to trust that the path is still there.”

TUESDAY 1 APRIL

The man was cured at once. Jn 5:1-3, 5-16
“It is the Lord who strengthens the steps of a man and chooses his path. Even if he trips, he will not fall flat, for the Lord is holding his hand.”
Psalm 36

WEDNESDAY 2 APRIL

The Lord is kind and full of compassion. Ps 144:8-9, 13-14, 17-18 r.8
“Kindness is something we can choose to put on every day. Kindness is love in action – a practical expression of love. It is visible and active.”

THURSDAY 3 APRIL

O Lord, remember me out of the love you have for your people. Ps 105: 19-23 r.4
“Giving ourselves to others in love takes courage. We can only do this knowing that we possess God’s indestructible love.”

FRIDAY 4 APRIL

The Lord is close to the broken-hearted Ps 33: 16, 18-21, 23 r.19
“When someone is grieving, just being there is an expression of kindness – we don’t need to know what to say.”

SATURDAY 5 APRIL

Lord God, I take refuge in you Ps 7: 2-3, 9-12 r.2
“In our busy, stressful world, we have to consciously seek out silence and stillness. It doesn’t come naturally, so if we’re going to find it at all it has to be deliberate.”

SUNDAY 9 MARCH LENT 1

He who dwells in the shelter of the Most High, and abides in the shadow of the Almighty, says to the Lord, ‘My refuge, my stronghold, my God in whom I trust!’ Ps 90: 1-2, 10-15 r. 15
“Ask the Holy Spirit to help you be invaded by God’s love so that you can give it to others.”

MONDAY 10 MARCH

Your words are spirit, Lord, and they are life. Ps 18: 8-10,15 r. Jn 6:64
“God speaks in all sorts of ways – through scripture, through nature, through other people. However, unless we slow down and listen, we miss his promptings and his voice.”

TUESDAY 11 MARCH

The Lord rescues the just in all their distress. Ps 33: 4-7, 16-19 r.18
“Kindness always starts with noticing the needs of others. Everyone needs kindness – everyone is hurting somewhere.”

WEDNESDAY 12 MARCH

Now, now — it is the Lord who speaks — come back to me with all your heart, for I am all tenderness and compassion. Joel 2:12-13
“Don’t wait to show a kindness. Do it while you have the opportunity. Do it now.”

THURSDAY 13 MARCH

On the day I called, you answered me, O Lord. Ps 137: 1-3, 7-8 r.3
“In telling our own stories we were able to invite God into our lives anew and to recognise his powerful presence among us.”

FRIDAY 14 MARCH

Go and be reconciled with your brother first. Mt 5: 20-26
“It’s impossible to love anyone fully and at the same time to resent someone else. You cannot give total love when your heart is divided – and a bitter heart is a divided heart.”

SATURDAY 15 MARCH

They are happy who follow God’s law! Ps 118: 1-2. 4-5. 7-8 r.1
“We are called as the people of God to serve the communities in whose lives we share and to be people of vision.”

SUNDAY 16 MARCH LENT 2

The Lord Jesus Christ will transform our lowly body to be like his body.

Phil 3:17-4:1

“By slowing down, and being more present to each moment, all sorts of lessons are learned. For me, it is an invitation to a whole way of being – one that recognises that God is not ‘out there’ to be sought, but already ‘in here’ to be found.”

MONDAY 17 MARCH

Be compassionate just as your Father is compassionate. Lk 6: 36-38

“Sometimes a touch on the shoulder, a tear, a hug, a grasp of the hand is all a hurting person needs.”

TUESDAY 18 MARCH

Learn to do good, search for justice. Is 1:10, 16-20

“The letter of St. James teaches us that genuine faith must be expressed in action. We must use our riches to serve others.”

WEDNESDAY 19 MARCH

They will condemn him to death and will hand him over to the gentiles to be mocked and scourged and crucified; and on the third day he will be raised up again. Mt 20: 17-28

“By opening our hearts to Christ, we receive many blessings. For some, this might involve the healing of painful memories. For others, it could be time to discern the next stage in life. For many, it is a chance to really listen to God.”

THURSDAY 20 MARCH

Blessed are those who, with a noble and generous heart, take the word of God to themselves and yield a harvest through their perseverance. Acc. Lk 8:15

“I believe that true evangelisation is born of love and desire: a love for people and a desire that everyone on earth come to know the love of Christ and the blessings of living in his kingdom.”

FRIDAY 21 MARCH

Remember the wonders the Lord has done. Ps 104:16-21 r.5

“When the going is heavy and all uphill, God sends me his breeze; when the going is easy, he warms me with his sun.”

SATURDAY 22 MARCH

The Lord is compassion and love. Ps 102: 1-4, 6-8, 11 r.8

“The best use of life is love; the best expression of love is time; the best time to love is now.”

SUNDAY 23 MARCH LENT 3

The Lord is compassionate and gracious, slow to anger and rich in mercy.

Ps 102:1-4, 6-8, 11 r. 8

“Before we can love others, we must feel and understand how deeply God loves us. We need to feel God’s love – and unloved people are unloving people.”

MONDAY 24 MARCH

My soul is thirsting for the Lord, the Lord of my life. When shall I see the face of God? Ps 41: 2-3, 42: 3-4 r.41:3

“As we sought the face of the Lord we were filled with light, joy, peace and love. It was truly a marvellous blessing to come away and listen to God, both in company and in solitude.”

TUESDAY 25 MARCH

Your Father will not forgive you unless you each forgive your brother from your heart. Mt 18: 21-35

“We contemplated God’s unconditional love for us and his willingness to reform us when we fail. ”

WEDNESDAY 26 MARCH

O praise the Lord, Jerusalem! Ps 147: 12-13, 15-16 r.12

“We are all called to speak, live and act in ways that bring the good news of God-with-us to those we meet.”

THURSDAY 27 MARCH

Anyone who is not with me is against me. Lk 11: 14-23

“Sometimes my path is blocked and I cannot go the way I choose.”

FRIDAY 28 MARCH

Repent, says the Lord, for the kingdom of heaven is close at hand.

Gospel Acc. Mk 12:28-34

Many people have a just cause for their anger – but we have to let go of the past to get on with the present. Instead of rehearsing hurts over and over, release them.

SATURDAY 29 MARCH

What I want is love, not sacrifice. Hos 5:15-6:6

“We need to build people up rather than tear them down. Be supportive and speak kindly, even when given the opportunity to retaliate.”