

*A Lenten
Journey of Faith*

➡ *Introduction and
overview* (recommended)

➡ *Go to Calendar*

(Please select one to begin.)

Lent 2010

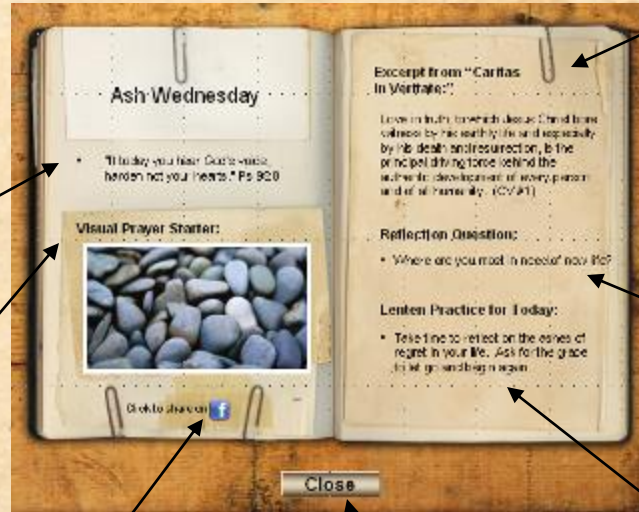
*Daily reflections
based on
“Caritas in Veritate”*

Created by: Sr. Katherine Feely, SND

Instructions

Note: Holy Week reflections are found by clicking on the top left box that says "Holy Week"

Click on each window to pull up a new reflection for that day. Each daily reflection includes the following:



Scripture quotes are from the liturgy of the day.

Visual Prayer Starter: use the picture to lead you into prayer, begin with a free association of words. What do you notice, feel, think? Compose your thoughts into a prayer.

Share Your Prayer on our Facebook wall and read others too.

To Close: click to return to the main screen and exit.

Caritas in Veritate – (Pope Benedict's latest social encyclical)
Each day includes a quote from the encyclical for your reflection and prayer.

Reflection Questions – for individual or group use. Add journaling as a Lenten practice and use these questions.

A Daily Lenten Practice

- Post your prayer reflections on our **Facebook** wall each day- [click here](#) 
- For more additional reflections click:- [Lenten Reflections](#)
- For additional Lenten resources click: Education for Justice- [Lenten Resource Guide](#)

Close

Sunday

Monday

Tuesday

Wed.

Thurs.

Friday

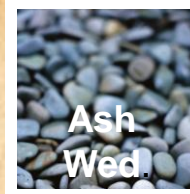
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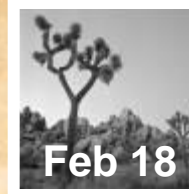
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Lent 2010

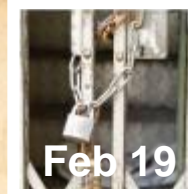
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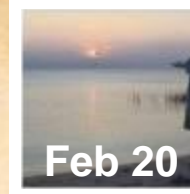
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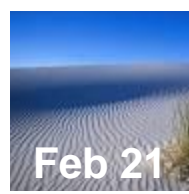
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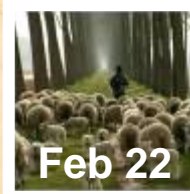
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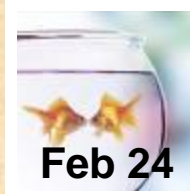
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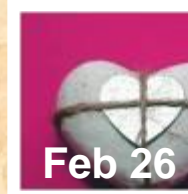
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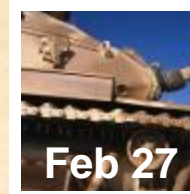
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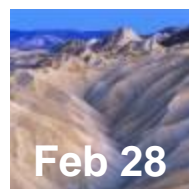
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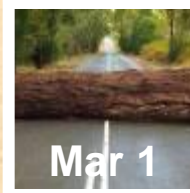
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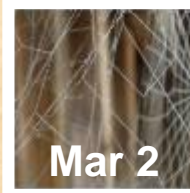
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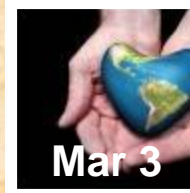
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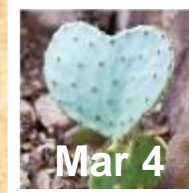
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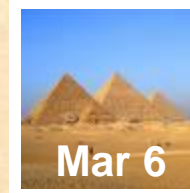
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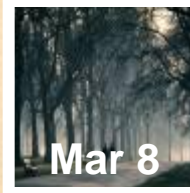
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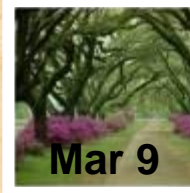
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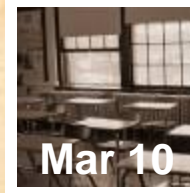
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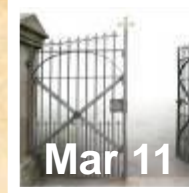
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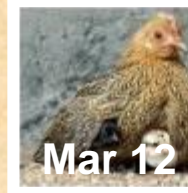
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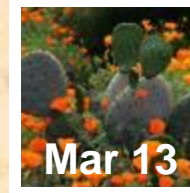
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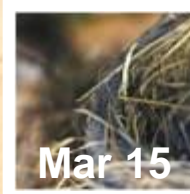
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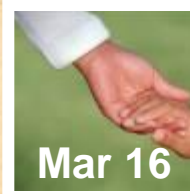
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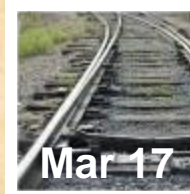
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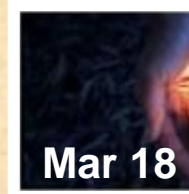
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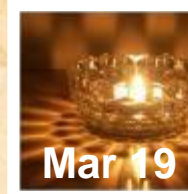
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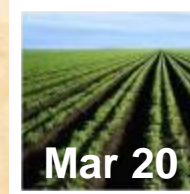
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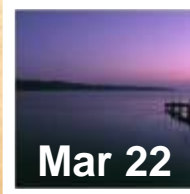
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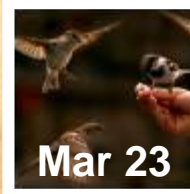
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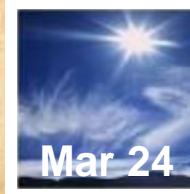
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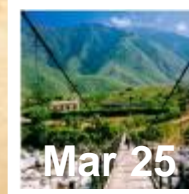
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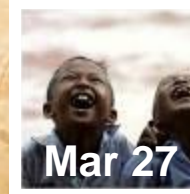
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Mar 27

*Love
in
Truth*

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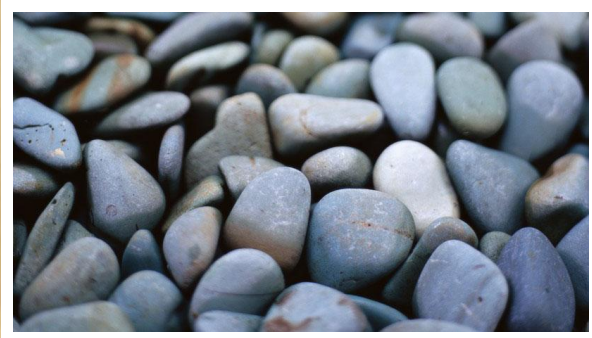
*A
Lenten
Journey
of
Faith*

Exit

Ash Wednesday

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love in truth, to which Jesus Christ bore witness by his earthly life and especially by his death and resurrection, is the principal driving force behind the authentic development of every person and of all humanity. (CV #1)

Reflection Question:

- Where are you most in need of new life?

Lenten Practice for Today:

- Take time to reflect on the ashes of regret in your life. Ask for the grace to let go and begin again.

Close

Thursday, February 18

- “I have set before you life and death, the blessing and the curse.”
Deut 30:19

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love — caritas — is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace. It is a force that has its origin in God, Eternal Love and Absolute Truth. (CV # 1)

Reflection Question:

- When has love led you to generous engagement to make a difference for someone else?

Lenten Practice for Today:

- Resist the temptation to avoid getting involved in a justice or peace issue. Take one step, make one phone call. Encourage family or friends to do the same and multiply the impact of one simple action.


Close

Friday, February 19

- “This is the fasting that I wish:
releasing those bound unjustly....”
Is 58:6

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

Each person finds his or her good by adherence to God's plan, in order to realize it fully: in this plan, each person finds his or her truth, and through adherence to this truth becomes free. (CV #1)

Reflection Question:

- As you look back over the past, what patterns or themes emerge that reveal God’s plan in your life?

Lenten Practice for Today:

- Resist the cultural messages that create false needs and waste both spiritual energy and material resources.

Close

Saturday, February 20

- “Gladden the soul of your servant,
for to you, O Lord, I lift up my soul.”
Ps 86:4

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

*Development needs Christians with their arms raised towards God in prayer, Christians moved by the knowledge that truth-filled love, *caritas in veritate*, from which authentic development proceeds, is not produced by us, but given to us. For this reason, even in the most difficult and complex times, besides recognizing what is happening, we must above all else turn to God's love. (CV#39)*

Reflection Question:

- Where have you seen or felt the presence of God in difficult times in your life? In joyful times?

Lenten Practice for Today:

- Fast from finger-pointing and the temptation to blame others for things that aren't going right in your life. Take responsibility for your words and actions. Let your light shine.


Close

Sunday, February 21

- “Jesus was led by the Spirit into the desert for forty days, to be tempted by the devil.” Lk 4:1-2

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

The search for love and truth is purified and liberated by Jesus Christ from the impoverishment that our humanity brings to it, and he reveals to us in all its fullness the initiative of love and the plan for true life that God has prepared for us. (CV #1)

Reflection Question:

- What gives meaning and purpose to your life? To your work?

Lenten Practice for Today:

- Fast from placing impossible expectations on others. Accept others and yourself just as you are. Take time for silence today.

Close

Monday, February 22
Feast of the Chair of St. Peter

- “The Lord is my shepherd; I shall not want.” Ps 23:1

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

Charity is at the heart of the Church's social doctrine. Every responsibility and every commitment spelt out by that doctrine is derived from charity which, according to the teaching of Jesus, is the synthesis of the entire Law. (CV #2)

Reflection Question:

- How does love call you to the responsibility and commitment to make justice present?

Lenten Practice for Today:

- Fast from avoidance and procrastination. Examine the reason for putting things off and strive to face these head on.

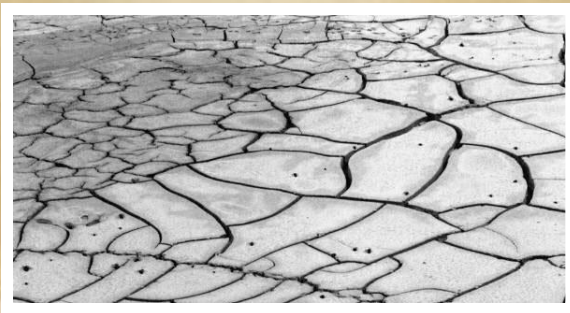
Close

Tuesday, February 23

Feast of St. Polycarp

- “My word shall not return to me void, but shall do my will, achieving the end for which I sent it..” Is 55:11

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love gives real substance to the personal relationship with God and with neighbour; it is the principle not only of micro-relationships (with friends, with family members or within small groups) but also of macro-relationships (social, economic and political ones). (CV#2)

Reflection Question:

- Where does your relationship with God need greater attention this Lent?

Lenten Practice for Today:

- Take time to tend to the relationships in your life that matter most. Let family members and friends know that you love them.


Close

Wednesday, February 24

- “Thoroughly was me from my guilt and of my sin cleanse me.” Ps 51:4

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

“God is love” (Deus Caritas Est): everything has its origin in God’s love, everything is shaped by it, everything is directed towards it. Love is God’s greatest gift to humanity, it is his promise and our hope. (CV #2)

Reflection Question:

- How is God’s love present in your life? How does it shape and direct your life?
- What are the obstacles?

Lenten Practice for Today:

- Fast from the urge to criticize or complain. Negativity can create ripple effects throughout your life. Use your words to day to compliment, uplift and express appreciation to others.


Close

Thursday, February 25

- “Now help me, who am alone and have no one but you, O Lord, my God.” Es C:14

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love has been and continues to be misconstrued and emptied of meaning, with the consequent risk of being misinterpreted, detached from ethical living and, in any event, undervalued. In the social, juridical, cultural, political and economic fields - it is easily dismissed as irrelevant for interpreting and giving direction to moral responsibility. (CV #2)

Reflection Question:

- Where do you experience real emptiness in your life?
- How are you being called to more ethical living?

Lenten Practice for Today:

- Take time to think about the ways love can be made visible in every sphere of life. Reflect on your moral responsibilities to yourself and others.

Close

Friday, February 26

- “Cast away from you all the crimes you have committed, says the Lord, and make for yourselves a new heart and a new spirit. Ez 18:31

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Truth needs to be sought, found and expressed within the “economy” of love, but love in its turn needs to be understood, confirmed and practiced in the light of truth. (CV #2)

Reflection Question:

- Where have you grown hard hearted? Who is affected?

Lenten Practice for Today:

- Use your words today to speak only the truth. Be honest with yourself and be gentle in speaking the truth to others. Pay attention to the temptation to water down or avoid the truth.


Close

Saturday, February 27

- “But I say to you, love your enemies and pray for those who persecute you...” Mt 5:44

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Violence puts the brakes on authentic development and impedes the evolution of peoples towards greater socio-economic and spiritual well-being. This applies especially to terrorism motivated by fundamentalism, which generates grief, destruction and death, obstructs dialogue between nations and diverts extensive resources from their peaceful and civil uses. (CV#29).

Reflection Question:

- Where do you see or experience violence in your daily life? What forms does it take, what disguises does it wear?

Lenten Practice for Today:

- Focus on those places in your life where ignorance or apathy have been forms of violence. Seek forgiveness.

Close

Sunday, February 28

- “Your presence, O Lord, I seek.
Hide not your face from me.”
Ps 27:8-9

Visual Prayer Starter:



Click to share on



**Excerpt from “Caritas
in Veritate:”**

Only in truth does charity shine forth,
only in truth can charity be authentically
lived. Truth is the light that gives
meaning and value to charity. (CV #3)

Reflection Question:

- When in your life have you known or
experienced the fact that you were
truly, deeply loved?

Lenten Practice for Today:

- Fast from over-scheduling your time
and the compulsion of frenetic
activity. Take time to be still and seek
God’s presence and love in silence.


Close

Monday, March 1

- “Stop judging and you will not be judged. Stop condemning and you will not be condemned.” Lk 6:37

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

In the present social and cultural context, where there is a widespread tendency to relativize truth, practicing charity in truth helps people to understand that adhering to the values of Christianity is not merely useful but essential for building a good society and for true integral human development.. (CV #4)

Reflection Question:

- How does our culture distort or diminish the true meaning of love? What is needed in justice?

Lenten Practice for Today:

- Fast from judging others - including yourself. Look for ways to build up others.


Close

Tuesday, March 2

- “Make justice your aim: redress the wronged, hear the orphan’s plea, defend the widow.” Is 1:17

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

This dynamic of charity received and given is what gives rise to the Church's social teaching, which is *caritas in veritate in re sociali*: the proclamation of the truth of Christ's love in society. This doctrine is a service to charity, but its locus is truth. . (CV #5)

Reflection Question:

- How can the social teaching of the Church be a leaven in society? In what ways can you contribute to making a difference through your love and witness?

Lenten Practice for Today:

- Tune in to the voices of those most in need around you. Who are the poor in your midst? The suffering? The jobless? Let them know you care.

Close

Wednesday, March 3

Feast of St. Katharine Drexel

- “My trust is in you, O Lord; You are my God. In your hands is my destiny; rescue me.” Ps 31:15

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

Without truth, without trust and love for what is true, there is no social conscience and responsibility, and social action ends up serving private interests and the logic of power, resulting in social fragmentation, especially in a globalized society at difficult times like the present. (CV #5)

Reflection Question:

- How does this present economic crisis reflect and exhibit this fragmentation? Who suffers? Who gains?

Lenten Practice for Today:

- Take time for an examination of your own conscience. Reflect back on the day and discern the ways in which your actions were loving and true.

Close

Thursday, March 4
Feast of St. Casimir

- “I, the Lord, alone probe the mind and test the heart.” Jer 17:10

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

Charity goes beyond justice, because to love is to give, to offer what is “mine” to the other; but it never lacks justice...If we love others with charity, then first of all we are just towards them. (CV #6)

Reflection Question:

- How do you understand the connection between love and justice and the call to discipleship?

Lenten Practice for Today:

- Take time to reflect on places where you see injustice threatening human flourishing. Take one step and make a difference.

Close

Friday, March 5

- “The stone that the builders rejected has become the cornerstone; by the Lord has this been done and it is wonderful in our eyes.” Mt 21:42

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

“...justice is inseparable from charity, and intrinsic to it...On the one hand, charity demands justice: recognition and respect for the legitimate rights of individuals and peoples. On the other hand, charity transcends justice and completes it in the logic of giving and forgiving. (CV # 6)

Reflection Question:

- How is the logic of the market different than the logic of giving and forgiving?

Lenten Practice for Today:

- Identify the obstacles in your life that prevent you from being generous with your time or talent. Pray for those “stones” to become building blocks.

Close

Saturday, March 6

- “As far as the east is from the west, so far has God put our transgressions from us.” Ps 103:12

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love strives to build the earthly city according to law and justice. The earthly city is promoted not merely by relationships of rights and duties, but to an even greater and more fundamental extent by relationships of gratuitousness, mercy and communion. (CV # 6)

Reflection Question:

- How can relationships marked by gratuitousness, mercy and communion make a difference for development?

Lenten Practice for Today:

- Tune into ways your ego shows up today and examine more closely the truth of who you are. Fast from acting out of your ego.

Close

Sunday, March 7

- “The Lord redeems your life from destruction, crowns you with kindness and compassion.” Ps 103:3-4

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

To love someone is to desire that person's good and to take effective steps to secure it. Besides the good of the individual, there is a good that is linked to living in society: the common good. (CV #7)

Reflection Question:

- When have you experienced someone making a sacrifice for your good? What form did it take?

Lenten Practice for Today:

- Focus on committing acts of kindness and compassion.

Close

Monday, March 8
Feast of St. John of God

- “Send forth your light and your fidelity; they shall lead me on.”
Ps 43:3

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

To desire the common good and strive towards it is a requirement of justice and charity. The more we strive to secure a common good corresponding to the real needs of our neighbors, the more effectively we love them. (CV #7)

Reflection Question:

- What are the real needs of your neighbors? Locally? Globally?

Lenten Practice for Today:

- Give support to groups or organizations that alleviate the suffering of others.


Close

Tuesday, March 9
Feast of St. Frances of Rome

- “Your ways, O Lord, make known to me; teach me your paths.” Ps 24:4

Visual Prayer Starter:



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**Excerpt from “Caritas
in Veritate:”**

Life in Christ is the first and principal factor of development and we are entrusted with the task of travelling the path of development with all our heart and all our intelligence, that is to say with the ardor of charity and the wisdom of truth. (CV #8)

Reflection Question:

- What invitation do you hear in this quote about the role of life in Christ and development?

Lenten Practice for Today:

- Fast from your own self-preoccupation today and reach out to someone in need.


Close

Wednesday, March 10

- “Whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven.” Mt 5:19

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Love in truth — *caritas in veritate* — is a great challenge for the Church in a world that is becoming progressively and pervasively globalized. . The risk for our time is that the de facto interdependence of people and nations is not matched by ethical interaction of consciences and minds that would give rise to truly human development. (CV # 9)

Reflection Question:

- How might the truth of God’s love for us call us to bring these qualities to development questions?

Lenten Practice for Today:

- Today take time to tune in to the news and events around the world. Bring these to prayer.

Close

Thursday, March 11

- “Listen to my voice...Walk in all the ways that I command you, so that you may prosper.” Jer 7:23

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

A vocation is a call that requires a free and responsible answer. *Integral human development presupposes the responsible freedom* of the individual and of peoples: no structure can guarantee this development over and above human responsibility. (CV #17)

Reflection Question:

- In what way does fear or ignorance prevent you from being free to respond to all that you are called to be?

Lenten Practice for Today:

- Listen attentively to others. Strive to be open to the deeper calling within your heart to be open.

Close

Friday, March 12

- “You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.” Mk 12:30

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Besides requiring freedom, *integral human development as a vocation also demands respect for its truth*. The vocation to progress drives us to “do more, know more and have more in order to be more.” (CV #18)

Reflection Question:

- How would you define “progress” in the spiritual life? How is this connected to freedom and development?

Lenten Practice for Today:

- Fast from texting or e-mail for the day. Consume less in order to be more.


Close

Saturday, March 13

- “O God, be merciful to me a sinner.”
Lk 18:13

Visual Prayer Starter:



Click to share on 

**Excerpt from “Caritas
in Veritate:”**

The vision of development as a vocation brings with it the *central place of love within that development*. The causes of underdevelopment are primarily in the will which neglects the duties of solidarity and lacks deep thought and reflection. (CV #19)

Reflection Question:

- Where can you grow in solidarity with others here and around the world?
How can you make time for deeper thought and reflection?

Lenten Practice for Today:

- Pick up one duty you have been neglecting or avoiding and fulfill it lovingly.

Close

Sunday, March 14

- “This man welcomes sinners and eats with them.” Lk 15:2

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

The importance of solidarity is such as to demand our openness to understand it in depth and to mobilize ourselves at the level of the “heart”, so as to ensure that current economic and social processes evolve towards fully human outcomes.. (CV # 20)

Reflection Question:

- Why does Pope Benedict appeal to us to ‘mobilize ourselves at the level of the heart’? What does this mean?

Lenten Practice for Today:

- Solidarity requires relationship. Reach out to those you may avoid and encounter new populations.


Close

Monday, March 15

- “Lo, I am about to create new heavens and a new earth; the things of the past shall not be remembered.” Is 65:17

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

The complexity and gravity of the present economic situation rightly cause us concern, but we must adopt a realistic attitude as we take up with confidence and hope the new responsibilities to which we are called by the prospect of a world in need of profound cultural renewal, a world that needs to rediscover fundamental values on which to build a better future. (CV #.21)

Every economic decision has a moral consequence. (CV#37)

Reflection Question:

- In what ways can you exercise moral responsibility as a consumer or investor?

Lenten Practice for Today:

- Identify ways you can support local and family owned business. Examine your own consumer choices and their consequences.

Close

Tuesday, March 16

- “The Lord of hosts is with us; our stronghold is the God of Jacob.”
Ps 46:8

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

The current crisis obliges us to re-plan our journey, to set ourselves new rules and to discover new forms of commitment, to build on positive experiences and to reject negative ones. The crisis thus becomes an opportunity for discernment, in which to shape a new vision for the future. (CV#21)

Reflection Question:

- What changes are most needed in light of this economic crisis? Where do you see opportunities for good?

Lenten Practice for Today:

- Fast from negative attitudes that invade your thinking and diminish your energy. Focus on the positive.

Close


Wednesday, March 17

Feast of St. Patrick

- “The Lord lifts up all who are falling and raises up all who are bowed down.” Ps 145:13

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

The world's wealth is growing in absolute terms, but inequalities are on the increase. In rich countries, new sectors of society are succumbing to poverty and new forms of poverty are emerging. In poorer areas some groups enjoy a sort of “superdevelopment” of a wasteful and consumerist kind which forms an unacceptable contrast with the ongoing situations of dehumanizing deprivation. The “scandal of glaring inequalities” continues. (CV # 22)

Reflection Question:

- How are glaring inequalities and the presence of poverty failures of justice?

Lenten Practice for Today:

- Fast from wasteful consumerist tendencies. Examine your own spending habits and reform them.

Close

Thursday, March 18

Feast of Cyril of Jerusalem

- “I will put my law within them, I will write it on their hearts; I shall be their God and they will be my people.”
Jer 31:33

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Today, as we take to heart the lessons of the current economic crisis, which sees the State's public authorities directly involved in correcting errors and malfunctions, it seems more realistic to re-evaluate their role and their powers, which need to be prudently reviewed and remodeled so as to enable them, perhaps through new forms of engagement, to address the challenges of today's world. .
(CV #24)

Reflection Question:

- When you evaluate your own use of power and roles you play in various settings, what do you notice?

Lenten Practice for Today:

- Identify the lessons you have learned personally in light of the economic crisis. What conversions are you still called to make?

Close

Friday, March 19

Feast of St. Joseph

- “Blessed are those who dwell in your house, O Lord.” Ps 84:5

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

One of the most striking aspects of development in the present day is the important question of respect for life, which cannot in any way be detached from questions concerning the development of peoples. (CV #28)

Reflection Question:

- How is life threatened by both moral and economic underdevelopment?

Lenten Practice for Today:

- Reverence life in all its forms today. Examine unhealthy patterns in your own life and work to address one.

Close

Saturday, March 20

- “Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance”

Lk 8: 15

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Life in many poor countries is still extremely insecure as a consequence of food shortages, and the situation could become worse: hunger still reaps enormous numbers of victims... **Feed the hungry** is an ethical imperative for the universal Church, and a requirement for safeguarding the peace and stability of the planet. (CV #27)

Reflection Question:

- Why is there hunger in a world where there is enough for all to eat?

Lenten Practice for Today:

- Take action to end hunger. Tune in to legislation that strives to eradicate the root causes of hunger.

Close

Sunday, March 21

- “See, I am doing something new! Now it springs forth, do you not perceive it?” Is 43:19

Visual Prayer Starter:



Click to share on



Excerpt from “Caritas in Veritate:”

The significant new elements in the picture of the development of peoples today in many cases demand new solutions. These need to be found together, respecting the laws proper to each element and in the light of an integral vision of man, reflecting the different aspects of the human person, contemplated through a lens purified by charity. (CV #32)

Reflection Question:

- How does love call us as individuals and as a society to realign our priorities?

Lenten Practice for Today:

- List your own priorities in life based on where your time is spent. Reorder them in light of the gospel call.

Close

Monday, March 22

- “Beside restful waters God leads me and refreshes my soul.” Ps 23:1

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Without God man neither knows which way to go, nor even understands who he is. As we contemplate the vast amount of work to be done, we are sustained by our faith that God is present alongside those who come together in his name to work for justice. (CV #78)

Reflection Question:

- How does being in relationship with God make the work for justice possible?

Lenten Practice for Today:

- Fast from paralysis when it comes to looking at the amount of work to be done. Commit to one action for justice today.

Close

Tuesday, March 23

- “O Lord, hear my prayer and let my cry come to you.” Ps 102: 2

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

Only if we are aware of our calling, as individuals and as a community, to be part of God's family as his sons and daughters, will we be able to generate a new vision and muster new energy in the service of a truly integral humanism. The greatest service to development, then, is a Christian humanism that enkindles charity and takes its lead from truth, accepting both as a lasting gift from God. (CV # 78)

Reflection Question:

- What does a new economic vision include in the service of truly integral humanism?

Lenten Practice for Today:

- Be still enough to let the voices quiet within you. Listen for God's prayer in you.


Close

Wednesday, March 24

- “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth shall set you free.” Jn 8:31-2

Visual Prayer Starter:



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Excerpt from “Caritas in Veritate:”

Development requires attention to the spiritual life, a serious consideration of the experiences of trust in God, spiritual fellowship in Christ, reliance upon God's providence and mercy, love and forgiveness, self-denial, acceptance of others, justice and peace. (CV #79)

Reflection Question:

- How is the current economic crisis also a spiritual crisis?

Lenten Practice for Today:

- Trust in God's providence and mercy and let go of regrets and past hurts.

Close

Thursday, March 25

Feast of the Annunciation

- “Here I am Lord, I come to do your will.” Ps 40

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

Awareness of God's undying love sustains us in our laborious and stimulating work for justice and the development of peoples, amid successes and failures, in the ceaseless pursuit of a just ordering of human affairs. God's love calls us to move beyond the limited and the ephemeral, it gives us the courage to continue seeking and working for the benefit of all. (CV # 78)

Reflection Question:

- How might the truth of God's love for us call us to bring these qualities to development questions?

Lenten Practice for Today:

- Take time to sit with your own successes and failures. Identify the valuable lessons they have taught you.

Close

Thursday, March 26

- “My God, my rock of refuge, my shield, the horn of my salvation.” Ps 95:8

Visual Prayer Starter:



Click to share on



Excerpt from “Caritas in Veritate:”

God gives us the strength to fight and to suffer for love of the common good, because God is our All, our greatest hope. (CV #78)

Reflection Question:

- Where do you see signs of hope in advancing the common good?

Lenten Practice for Today:

- Call to mind someone in your life who is suffering from illness or hardship this day. Lift them up through a phone call or hand written note.

Close

Saturday, March 27

- “I will turn their mourning into joy, I will console and gladden them after their sorrows.” Jer 31:13

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

On this earth there is room for everyone: here the entire human family must find the resources to live with dignity, through the help of nature itself — God’s gift to God’s children — and through hard work and creativity. (CV#50)

Reflection Question:

- In what ways are creativity and hard work part of our response to God’s gifts?

Lenten Practice for Today:

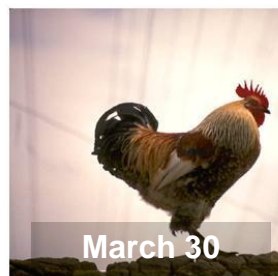
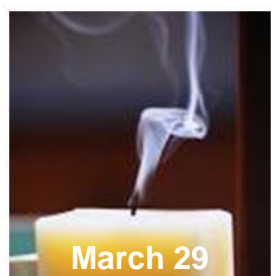
- List the gifts and talents you have been given by God. Celebrate them by exercising your creativity today.

[**Note:** For *Holy Week* click on the box in upper left-hand corner of the calendar.]

Close

Holy Week

- **Note:** Click on each window to pull up a new reflection for that day.



Additional Resources from *Education for Justice* for the Triduum are available online.

- Lectionary Reflections
- Poetry
- Prayers
- Stations of the Cross
- Go to <http://www.educationforjustice.org>

“We adore you, O Christ, and we bless you because by your holy cross, you have redeemed the world.”

Close

Sunday, March 28 Palm Sunday

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on



Excerpt from “Caritas in Veritate:”

The way humanity treats the environment influences the way it treats itself, and vice versa. This invites contemporary society to a serious review of its life-style, which, in many parts of the world, is prone to hedonism and consumerism, regardless of their harmful consequences. (CV #51)

Reflection Question:

- In what ways are environmental and development questions linked?

Lenten Practice for Today:

- Take stock of your own life-style and identify areas where you are being called to live more environmentally. Make a commitment to amend one action.

Close

Monday, March 29 Holy Week

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

What is needed is an effective shift in mentality which can lead to the adoption of new life-styles “in which the quest for truth, beauty, goodness and communion with others for the sake of common growth are the factors which determine consumer choices, savings and investments. (CV #51)

Reflection Question:

- Where is a shift in your own thinking needed to imagine a different future?

Lenten Practice for Today:

- Identify one habit or way of thinking that holds you back from new ways of seeing and new life. Ask God to assist you in moving forward.


Close

Tuesday, March 30 Holy Week

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

Truth, and the love which it reveals, cannot be produced: they can only be received as a gift. Their ultimate source is not, and cannot be, mankind, but only God, who is Truth and Love. (CV #52)

Reflection Question:

- How can the truth lead you to greater freedom in your economic, political and spiritual life?

Lenten Practice for Today:

- Take time and make space for quiet reflection today and let your awareness focus on the gift of God’s love for you.


Close

Wednesday, March 31 Holy Week

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

One of the deepest forms of poverty a person can experience is isolation. If we look closely at other kinds of poverty, including material forms, we see that they are born from isolation, from not being loved or from difficulties in being able to love. (CV #53)

Reflection Question:

- When have you experienced the excruciating pain of isolation? What brought you out of it?

Lenten Practice for Today:

- Be a lifeline to someone else today by reaching out and extending an invitation to share a cup of coffee or a meal. Give them the gift of your loving presence.


Close

Holy Thursday April 1

- “If today you hear God’s voice, harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on 

Excerpt from “Caritas in Veritate:”

Today humanity appears much more interactive than in the past: this shared sense of being close to one another must be transformed into true communion. The development of peoples depends, above all, on a recognition that the human race is a single family working together in true communion, not simply a group of subjects who happen to live side by side. (CV #53)

Reflection Question:

- In what ways might technology serve the interior life, giving proper recognition to the soul and fostering deeper communion?

Lenten Practice for Today:

- Unplug from all unnecessary uses of technology today and enter into the Triduum with undivided attention.

Close

Good Friday, April 2 Holy Week

- “If today you hear God’s voice,
harden not your hearts.” Ps 95:8

Visual Prayer Starter:



Click to share on



Excerpt from “Caritas in Veritate:”

Love in truth, to which Jesus Christ bore witness by his earthly life and especially by his death and resurrection, is the principal driving force behind the authentic development of every person and of all humanity. (CV #1)

Reflection Question:

- How has this Lenten journey brought you to the cross?

Lenten Practice for Today:

- Pray the stations of the cross with those who are suffering the crucifixion of poverty, hunger and violence around the world.

Close