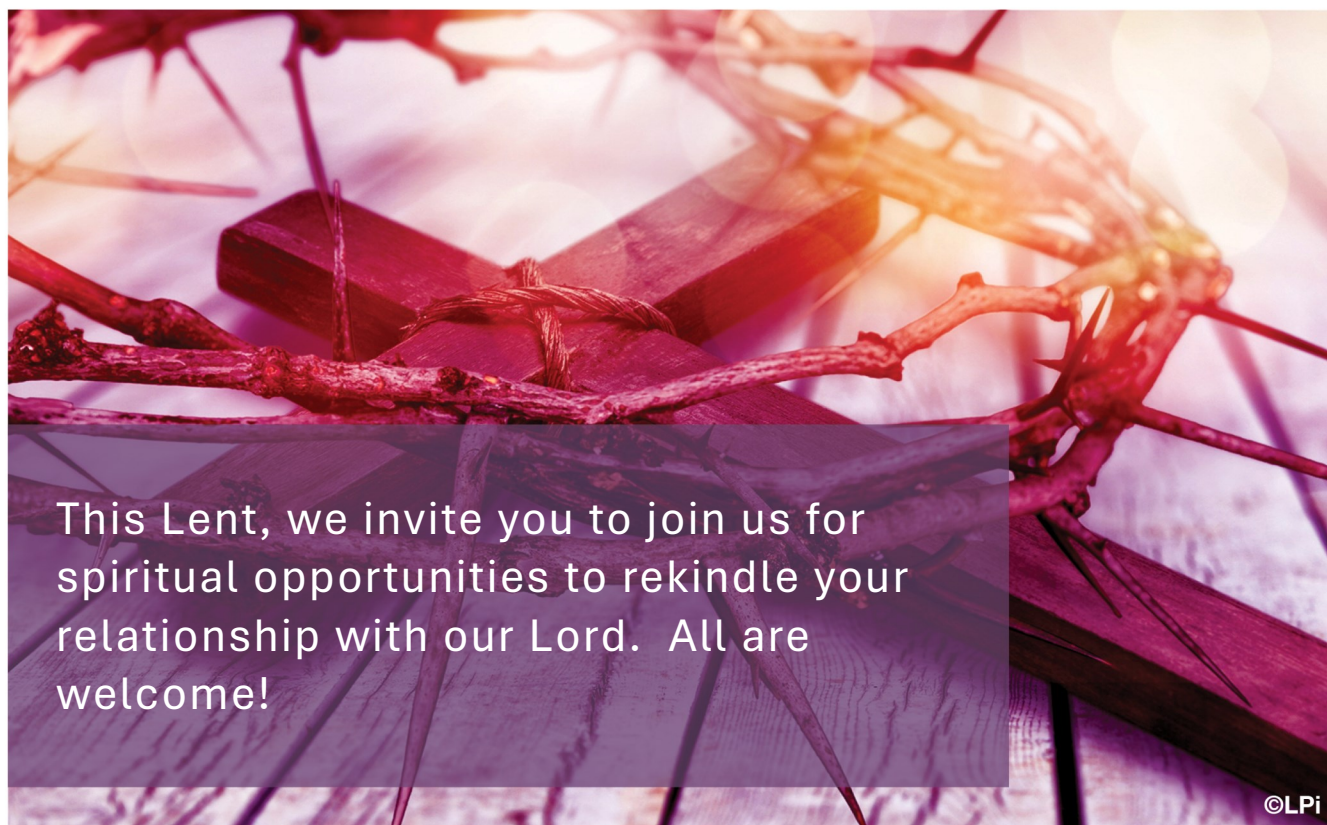


LENT 2025

A Parish Resource Guide for Your Lenten Journey



This Lent, we invite you to join us for spiritual opportunities to rekindle your relationship with our Lord. All are welcome!

©LPi

The Catholic Community of
St. Elizabeth Ann Seton
PLANO, TEXAS

LENTEN RECONCILIATION

We invite everyone to reconciliation this
Lent

WATCH: <https://watch.formed.org/videos/for-children-how-to-make-a-great-confession>

READ: <https://catholicexchange.com/go-confession-lent>

Fridays

9:15 a.m.—10:00 a.m. Daily Mass Chapel
12:30 p.m. — 1:30 p.m. Daily Mass Chapel

Saturdays

9:00 a.m. — 10:00 a.m. Daily Mass Chapel

Reconciliation

Wednesday, April 16

Noon—2:00 p.m. in Church



“A Light is on for You”

All churches in the Diocese of Dallas
will have Reconciliation these nights at
the same time.

Wednesday

April 9 and April 16
from 7:00 p.m. to 9:00 p.m.
in the Church

DAILY MASS SCHEDULE

Monday	7:00 a.m. and 8:30 a.m.—chapel
Tuesday	7:00 a.m. and 8:30 a.m.—chapel
Wednesday	8:30 a.m. and 6:00 p.m.—chapel
Thursday	7:00 a.m. and 8:30 a.m.—chapel
Friday	8:30 a.m. and Noon—church
Saturday	8:30 a.m.—Church

Rosary is prayed every Tuesday after the 8:30 a.m. Mass
in the chapel and on Friday after the 8:30 a.m. Mass in
the Church. No Mass or Rosary on April 18th.

HOLY WEEK



SCHEDULE 2025

Holy Thursday, April 17

8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Morning Masses)
7:30 p.m. Mass of the Lord's Last Supper in Church

Good Friday, April 18

7:00 a.m. Stations of the Cross in Daily Mass Chapel
8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Masses)
9:00 a.m.—10:00 a.m. Reconciliation (Daily Mass
Chapel)
11:00 a.m.—12:00 p.m. Sung Passion of John in Church
12:30 p.m.—1:30 p.m. Reconciliation (Daily Mass
Chapel)
3:00 p.m. Stations of the Cross in Church
7:30 p.m. Liturgy of Our Lord's Passion in Church

Holy Saturday (Easter Vigil), April 19

8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Morning Mass)
9:00 a.m.—10:00 a.m. Reconciliation (Daily Mass
Chapel)
11:30 a.m. Blessing of Easter Food Baskets in Church
No 5:00 p.m. Mass
7:30 p.m. -11:00 p.m. Easter Vigil Mass in Church*



EASTER SUNDAY, APRIL 20

Mass Time and Place

Last years attendance

8:00 a.m. in Church*	1190
8:00 a.m. in Parish Hall and Parish Activity Center*	328
10:00 a.m. in Church*	1418
10:00 a.m. in Parish Hall and Parish Activity Center*	490
10:30 a.m. in Gym in Seton Faith Formation Center*	247
12:00 p.m. in Church*	1297
12:00 p.m. in Parish Hall and Parish Activity Center*	335

No 5:00pm Mass

*Church and Parish Activity Center at located at 2700 W. Spring Creek Pkwy., Plano, TX 75023

*SFFC (Seton Faith Formation Center) is located at 3100 W. Spring Creek Pkwy., Plano TX

PREPARING FOR LENT



The Gospel for Ash Wednesday speaks about prayer, fasting, and works of mercy. These three activities are seen as the way to curb the three traditional sources of temptation, which are: the World, the Flesh and the Devil. Christians should be busy in doing good things. These good works should form positive habits that strengthen our spiritual lives.

Some of our time each day should be dedicated to prayer, reflection and the study of religion. Traditionally prayer is defined as the turning of the mind and heart to God. We need to communicate with our God, and in our conscience allow God to communicate with us.

During Lent, retreats and spiritual exercises are recommended, such as attending daily Mass, utilizing the Sacrament of Reconciliation, attending the Stations of the Cross, studying Scripture, meditating on the mysteries of the Rosary, or making a Holy Hour in the presence of the Blessed Sacrament, and in general spending time with God.

Fasting is an ancient custom recommended in the Bible. Our Lord himself fasted for forty days preparing for His public ministry. Traditionally, fasting means to do without food or drink for specified amounts of time. The benefits of fasting are often seen as teaching compassion for the hungry and needs of others. Fasting helps us to be self-controlled. Fasting can be a penance or reparation for sin. Fasting causes us to set aside material things to focus on spiritual things. Fasting reminds us of our weakness and limitations before an almighty God.

In our church life moderate fasting for mature adults is defined as one regular meal and two half meals per day. The Church also asks us to abstain from meat on Ash Wednesday and Good Friday, and currently during all the Fridays of Lent. We need to use discretion and prudence in actual fasting, understanding that everyone is different, and some people have medical or physical needs that override the usual prescribed fasting. In our own time other forms of fasting can also be practiced. I have heard of people “fasting from social media”! There are many opportunities to practice self-control.

Works of mercy express our concern for the needs of others. Being patient with others, assisting the needs of others, feeding the hungry, and caring for the sick or elderly, are all works of mercy. Look for ways to be of service to others. Our practice of Lent should be one that includes prayer, self discipline and concern for others. Do not wait until the last minute and give up chocolate! Think of ways to deepen your spiritual life before Ash Wednesday. Hopefully when Lent is over we will continue to deepen our spiritual lives with good practices. The spirit of Lent should be practiced during the entire year!

Your Pastor,

Rev. Bruce A. Bradley



LENT

SENSE OF THE SEASON

The word Lent means springtime. This word comes from the same root as lengthen. Daytime lengthens during Lent. The northern hemisphere turns toward the sun, the source of life, and winter turns into spring. In Hebrew, the word for repentance is the same as the word that means to turn, like the turning of the earth to the sun, like the turning of the soil before planting.

“Even now, says the Lord, turn to me.” (Joel 2:12) The word sin means separation. We are called to turn from our separate selves, from our sin, to come together in community. Self-denial is the way we express our repentance. In the lengthening brightness from Ash Wednesday until Holy Thursday afternoon, our holy Lent, we turn to God as our source of life.

Self-denial is threefold, advises Matthew’s gospel. We pray: “Go to your room, close your door, and pray to your Father in private.” We fast: “No one must see you are fasting but your Father.” We give alms: “Keep your deeds of mercy secret, and your Father who sees in secret will repay you.” Through the Lenten exercise of prayer, fasting and almsgiving, we spring-clean our lives, sharpen our senses, put tomorrow in its place and treasure the day at hand.

Why are there forty days in Lent? It took forty days for sinfulness to drown in the flood before a new creation could inherit the earth. It took forty years for the generation of slaves to die before the freeborn could enter the promised land. For forty days Moses and Elijah and Jesus fasted and prayed to prepare themselves for a life’s work.

At the beginning of Lent, the bishop calls out the names of the catechumens who seek to be baptized at Easter. Their names are written in the book of the elect, the chosen. God has chosen them, and they have chosen to turn to God. Lent is the forty days before the baptism of the catechumens. The already baptized can share the excitement and the struggles of the elect and rediscover the meaning of baptism in their own lives. During the forty days, both catechumens and the faithful journey together to the holy font.

We keep Lent together. We put aside our business-as-usual to support each other in prayer, fasting and almsgiving. We turn to God to enlighten us and purify us throughout the lengthening brightness of our holy season of Lent.

“For now is the acceptable time! Now is the day of salvation!”

The Worship Environment

Lenten tradition dictates austerity, simplification and stripping of the worship environment. The simplified worship environment allows us to focus on what is most important: the assembly, the penitents, the Elect and the Candidates.

- ♦ **NO FLOWERS:** The Roman rite is specific about flowers this season--none are allowed. The only exception this year are March 19, Solemnity of St. Joseph, spouse of the Blessed Virgin Mary, March 25, Solemnity of the Annunciation of the Lord and March 30, Laetare Sunday.
- ♦ **MUSIC:** Music should reflect the more somber mood of Lent and thus provide a contrast with the festive music of the Easter season which follows. The *Gloria* is not used as the opening rite at Mass and the *Alleluia* is replaced by other gospel acclamations.
- ♦ **BOOK OF THE ELECT:** The book containing the names of individuals preparing for baptismal initiation at the approaching Easter Vigil is placed in the baptismal area.
- ♦ **PRAYER BASKETS:** Names of the OCIA/OCII/OCIC Candidates and Catechumens and our youth preparing for Eucharist and Confirmation are in baskets in the narthex of the church. Please take a name and pray for that person during Lent.

U.S. guidelines for abstaining and fasting

Abstinence - NO Meat...over 14 years.

Fast and Abstinence - 1 full meal (18 through 59) no meat (over 14 years) and two smaller meals with nothing in-between during the course of the day.

Days of Abstinence - Ash Wednesday, all Fridays of Lent, and Good Friday for all who have reached their 14th birthday, no meat can be taken.

Days of Fast - Ash Wednesday and Good Friday for all who have celebrated their 18th birthday and have not reached their 60th birthday, a limit of one full meatless meal.

Weekdays of Lent - No obligation to fast, however, voluntary acts of self-denial are recommended.

TRIDUUM

THE THREE DAYS

What is the Triduum?

The Triduum means "three days." The Paschal Triduum is the three days, counted from sunset to sunset, from Holy Thursday night through Easter Sunday evening. During these days we keep one festival, our Passover, our Easter. We come together with all the people of the parish with all Christians in every time and place to fast, pray and keep watch for the Passover of the Lord.

Holy Thursday, Good Friday and Holy Saturday constitute one liturgical celebration in which the services of prayer and the elements of our daily lives are woven together as one continuous action of praise and sanctification. We experience and meditate upon the marvelous deed done by God in Jesus, our Savior and Redeemer and our brother. The liturgical actions provide quiet moments and rituals by which we can integrate the service, love, self-giving and life-restoring work of Jesus into our busy daily lives making each of our actions holy.

We Begin as Holy Thursday Ends

Thursday evening we enter into this Triduum together. After listening to the scriptures, we do something strange: We wash feet. The Priest goes down on his knees with pitchers of water, basin and towels. Jesus gave us this image of what the church is supposed to look like, feel like, and act like. This is a rehearsal for our Christian lives.

Later we celebrate the Eucharist, reflecting upon its action, as the one sacrifice/meal of Jesus and Christ permanently present in the Eucharist reserved. The evening liturgy has no ending: Whether we stay to pray awhile or leave, we are now in the quiet and peace and glory of the Triduum.

And We Continue through Good Friday and Holy Saturday

During the day we reflect in song and word with our Christian brothers and sisters upon the mystery of the cross where death is turned into life.

In the evening we gather quietly on Friday and listen to scripture. We pray at length for all the world's needs. Then there is another once-a-year event: The holy cross is held in our midst and we come forward one-by-one to do reverence with a kiss or a bow or a genuflection. The Eucharist we receive brings Christ's death and resurrection into our lives and brings us to the foot of the cross on Calvary. Still the liturgy does not end, but leads us to Holy Saturday.

We continue in fasting and prayer and vigil, in rest and quiet through Saturday. This Saturday for us is like God's rest at the end of creation. It is Christ's repose in the tomb, upon which we reflect.

Until the Night between Saturday and Sunday

After sunset, hungry now and excited, the church gathers in the darkness and lights a new fire and a great candle that will make this night bright for us. We listen to some of the most powerful scriptures in the Bible, then we pray to all our saints to stand with us as we go to the font and bless the waters. There the catechumens are baptized and anointed. These are the moments when death and life meet, when we reject evil and give our promises to God. Together we go to the table and celebrate the Easter Eucharist. We gather to enjoy the company of new members of our community at the reception which follows the liturgy: to show that celebration and joy are a part of faith and new life in Christ. Easter Sunday begins and we are ready for fifty days of rejoicing.

HOLY THURSDAY, APRIL 17
7:30 p.m. - Mass of the Lord's Last Supper

GOOD FRIDAY, APRIL 18
7:30 p.m. - Liturgy of Our Lord's Passion

HOLY SATURDAY, APRIL 19
No 5:00 p.m. Mass
7:30 p.m. – 11:00 p.m.—Easter Vigil Mass

All Masses are in the Church



PRAYER, FASTING, ALMSGIVING

Prayer, fasting and almsgiving, like three legs of a tripod, make up the traditional practices of Lent. Prayer nourishes our spirits. Fasting disciplines our bodies, helps us seek the Lord with greater intensity and puts us in solidarity with those who suffer. And works of charity enlarge our hearts as we commit ourselves to the good of others.

PRAYER

All of the synoptic Gospels (Matthew, Mark, Luke) tell us that Jesus was led by the Holy Spirit into the desert where he fasted and prayed for 40 days. As disciples, we seek to follow St. Paul's call to "pray always." Lent is a time when we concentrate our prayer on the double meaning of this season: conversion from our sinful ways and renewal of our baptismal promises.

Participating in the Eucharist and praying over the Scripture readings, on a weekly or even a daily basis, are helpful ways of prayerfully entering into the season. Private prayer, family prayer and communal prayer all work together to deepen our prayer life, not only during this season, but also all year long.

Suggestions for Prayer

- ◆ Participate in **daily Mass**.
- ◆ Participate in our **Friday Lenten Series: Stations of the Cross and Exposition of the Blessed Sacrament and Evening Prayer**.
- ◆ **Solemn Exposition of the Blessed Sacrament** every Friday after 8:30 a.m. Mass to 11:45 a.m.
- ◆ **Pray** for one of our OCIA candidates and students preparing for the sacraments of initiation.
- ◆ **Pray** as a family; start meals with prayers or pray the rosary.
- ◆ **Receive the Sacrament of Reconciliation**.
- ◆ **Pray the Stations of the Cross**

FASTING

Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat.

But why do we fast? Not because our bodies and appetites are something evil that need to be punished, but to allow our physical hunger to remind us of our spiritual hunger, our need for God. Our Lenten fasting is modeled on Jesus' 40-day fast in the desert. Just as he fasted in preparation for his baptism in the Jordan and his public ministry, we fast to remind ourselves of our baptismal commitment and need for renewal.

Fasting can take many forms. While we usually fast by eating less, we can also fast from other things, whether they are enjoyable activities or bad habits.

Although fasting can have many beneficial physical effects, it's not the same thing as dieting. The purpose of dieting is to improve the health and beauty of our bodies. The purpose of fasting is to turn our attention to both God and others. Fasting reminds us not only of our dependence on God, but also of the needs of the hungry and the poor. By fasting, we place ourselves in solidarity with suffering people everywhere.

Suggestions for Fasting

- ◆ Watch less television and spend the time as a family, write a letter to someone or visit a sick person.
- ◆ Lent is a good time to think about our addictions and dependencies, whether to eating, smoking, alcohol, coffee or shopping. What can you do to break your dependency on any of these substances or actions?
- ◆ Focus on a bad habit you have such as being overly critical, gossiping or harboring resentments. Place yourself in God's care and try to give it up for Lent.
- ◆ Feed the hungry.

- ◆ Decide as a family or group on some food or beverage that you will all give up together for Lent.

ALMSGIVING

Both in our own country and around the world, the gulf between rich and poor seems ever to be widening. As it gets tougher to make ends meet, we sometimes feel resentful or jealous of others who have more. At the same time, we feel guilty about what we have.

This cycle of envy and guilt is useless. Lent is a good time to break out of it by cultivating a spirit of gratitude for what we have. Our most precious commodities—health, friendship, love and the beauty of creation—are pure gifts from God. Without these our material possessions are worthless. Gratitude for what we have prompts us to do something for those in need, not out of guilt, but out of compassion. Compassion and generosity towards others involve giving not only from our surplus, but also from our substance.

Suggestions for Almsgiving and Works of Service

- ◆ **Donate to the St. Vincent de Paul** for parishioner emergencies.
- ◆ Bring food or money saved by fasting to the **Love Truck**.



PARISH MISSION!

for parishioners of all ages at
St. Elizabeth Ann Seton

Want to feel closer to God?

That's what a parish mission is all about! It blends story, laughter, reflection and scripture into an enjoyable 50 minute presentation each evening. Our presenter this year is Fr. Ron Hoyer from St. Louis.

For anyone who desires a spiritual boost or spark- come join us for 3 evenings you won't forget. All are welcome (especially kids)!

Ignite your faith!

WWW.PARISHMISSIONS.ORG

Save the Dates

Sunday, March 9th at 7 PM

Monday, March 10th at 7 PM

Tuesday, March 11th at 7 PM

All are welcome. Adults, families, and kids!

IN THE CHURCH AT

ST. ELIZABETH ANN SETON

2700 W. SPRING CREEK PKWY, PLANO



Taizé Prayer

Monday, March 24th

7:30 pm in the Daily Mass Chapel

2700 W. Spring Creek Pkwy.

Taizé Prayer is meditative prayer done in a communal setting using simple chants and periods of silence. It creates an environment for encountering the mystery of God. Come join us in this inviting and unique type of prayer.

HOLY HOUR

With Exposition of the Blessed Sacrament

Tuesday, March 18. No Holy Hour on April 15

Daily Mass chapel at 2700 W. Spring Creek Pkwy.



FRIDAY LENTEN SERIES

5:15 pm Children's and Family Stations of the Cross in Church

5:30 pm Soup Supper in Parish Hall

March 7	Hearty Lentil & vegetable, Creamy vegetable
March 14	Garden vegetable and Cauliflower cheese
March 21	Minestrone and Creamy wild rice
March 28	Tomato chowder and Broccoli cheddar
April 4	Garden vegetable and Rustic potato
	Roll and salad (<i>subject to change without notice</i>)

5:00 pm Fish Fry in Gym

April 11 Knights of Columbus Fish Fry in gym

7:00 pm Stations of the Cross in the Church

March 7	Everyone's Way of the Cross
March 14	Marian Way of the Cross
March 21	Traditional Way of the Cross
March 28	Everyone's Way of the Cross
April 4	Traditional Way of the Cross
April 11	Marian Way of the Cross

Stations of the Cross are held in the Church

After Stations of the Cross - Exposition of the Blessed Sacrament and Evening Prayer in the Church



ACTIVITIES AT SETON

TO ASSIST YOU ON YOUR LENTEN JOURNEY



Lent begins with Ash Wednesday on March 5. Each year during Lent Catholic Relief Services Rice Bowl program provides us an opportunity to enhance our Lenten experience. Catholic Relief Services (CRS) is the official international relief and development agency of the United States Conference of Catholic Bishops. CRS works with organizations around the world to help poor and vulnerable people overcome emergencies, earn a living through agriculture, and access affordable health care. CRS also provides assistance to people who are migrating from war-torn areas to “safe” countries other than the U.S. CRS works with local representatives in over 100 countries serving over 130 million people.

During Lent we are called to prayer, fasting, and almsgiving. CRS Rice Bowl helps us do that during our Lenten journey. Through CRS Rice Bowl we journey with members of our human family around the world. It's more than just dropping some money in the little cardboard box. Each box comes with a Lenten calendar with daily prayers. There are meatless recipes to use for Fridays during Lent.

Rice Bowl is designed to guide us through Lent with:

Prayer through the daily suggestions

Fasting (eating less) by using the suggested recipes or having simple meatless meals on Fridays or another day of your choosing

Almsgiving by dropping money in the box. Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 countries each year. 25% of all donations to CRS Rice Bowl stay in our diocese, supporting hunger and poverty alleviation efforts.

Rice bowls will be available in the narthex. We encourage each family to take one.



KNIGHTS OF COLUMBUS Council 7850

FISH FRY FEAST

Friday, April 11—5:00 - 7:00 PM

in the gym

**Fish Fillets
French Fries
Coleslaw
Cornbread muffins
Dessert
Beverages**

Kids: \$8.00 (under 10)

Adults: \$12.00

**Cash, check, or credit
card**



Seating Begins at 5:00 pm NO Pre-sales

JOIN US FOR A

Lenten Journey

Lent is traditionally a time for personal preparation for Easter, celebrating Jesus Christ's death, burial, and resurrection. The Lenten Journey offers eight interactive meditation centers for silent reflection on Jesus' final words from the cross, encouraging participants to engage in an internal conversation about the mystery of the cross. You can expect to spend about 15 to 20 minutes at each station as you experience this powerful journey.

SETON ROOM, PARISH ACTIVITY CENTER

MONDAY, APRIL 14TH | 5:00 PM - 8:00 PM

TUESDAY, APRIL 15TH | 9:00 AM - 8:00 PM

No appointment or registration needed. Please come and go at your own pace.

ASH WEDNESDAY



Returning to God

Gracious God,
we have strayed from you,
yet you call us to return with our
whole heart.

We give thanks for your mercy
and yearn for the joy of your salvation.
Grant that our hearts might

be cleansed
and our spirits renewed!
Strengthen us
to give generously and authentically,
to pray humbly,
and to fast with our hearts set only
on you.

Sustain us as we embark on this
journey back to you.

Through Christ our Lord. Amen.

Wednesday, March 5, 2025

Rend Your Hearts



Today's readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20—6:2; Matthew 6:1–6, 16–18. In today's first reading, the Lord calls us to return to him with our "whole heart." During Lent, our prayer, fasting, and almsgiving prepares us for the new life in Christ that Easter celebrates. The Lenten season is an opportunity to practice self-discipline to refocus on God. Our prayer, fasting, and charity as we seek conversion allows us to more faithfully follow Jesus.

Aside from abstaining from eating meat on Fridays, self-discipline can be practiced in a number of ways. Some people give up sweets or caffeine during Lent, others attend daily Mass or serve at a soup kitchen. While contemplating a practice that you will work to keep in preparation for

Easter, consider asking yourself: What will encourage me to regularly turn to God? How can I give to others, particularly those who may be impoverished in some way? How can I make my sacrifice or dedication a rending of my current ways to return to the Lord? Our Lenten commitment should challenge us to open our hearts so that we can share our praises to God.

Jesus reminds us that it is important to authentically pray, fast, and give alms. Our Lenten practices are to redirect us to God, not to receive praise from others. As we begin this season, ask God to open your heart and renew a steadfast spirit within you. Turn to God for strength as you prepare to celebrate the resurrection of our Lord at Easter.



THIS WEEK AT HOME

Monday, March 3 St. Katharine Drexel

Today is the Memorial of St. Katharine Drexel, the second person born in the United States to be canonized. St. Katharine, a member of a wealthy family, learned from her parents the importance of serving others and giving from one's abundance. After seeing a need among indigenous and African Americans in her nation, she dedicated her life to serving and educating people in those communities. How can you give from your abundance to a community in need? *Today's readings: Sirach 17:20–24; Psalm 32:1–2, 5, 6, 7; Mark 10:17–27.*

Tuesday, March 4 St. Casimir

Today, we pray with St. Casimir. Born a prince of Poland in 1461, St. Casimir rebelled against his wealthy upbringing by rejecting a lavish lifestyle and committing himself to Jesus. Despite being rejected by his father for prioritizing loyalty to Jesus instead of to the king, St. Casimir remained steadfast in his prayer and dedication to serving the impoverished. Today, reflect on your loyalties. How can you reorient yourself to serving Jesus? *Today's readings: Sirach 35:1–12; Psalm 50:5–6, 7–8, 14 and 23; Mark 10:28–31.*

Wednesday, March 5 Be Reconciled to God

St. Paul reminds us that “now is a very acceptable time; . . . now is the day of salvation.” Choose daily to return to God through prayer, almsgiving, and fasting. Even if you stumble in keeping your fast or promise this Lent, recommit to returning to God by saying a prayer every evening. Turn to God, for he is “gracious and merciful . . . slow to anger, rich in kindness.” *Today's readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20–6:2; Matthew 6:1–6, 16–18.*

Thursday, March 6 Choose Life

Today we are reminded of the choice that is always before us: life or death. Just like the Israelites, we must make the daily choice to fast from the things that keep us from the Lord. This evening, reflect on your day. When did you choose to love the Lord, heed his voice, and hold fast to him? How can you choose life and follow Jesus tomorrow? *Today's readings: Deuteronomy 30:15–20; Psalm 1:1–2, 3, 4 and 6; Luke 9:22–25.*

Friday, March 7 The Fasting That I Wish

The prophet Isaiah calls us to a particular kind of fast today. He reminds us that our return to the Lord requires acts of service. Spend time praying with today's first reading. After praying with the excerpt from Isaiah, sit in silence and ask God how you might serve the oppressed, the hungry, the homeless, and the naked. Make a commitment to respond to this call sometime this week. *Today's readings: Isaiah 58:1–9a; Psalm 51:3–4, 5–6ab, 18–19; Matthew 9:14–15.*

Saturday, March 8 Teach Me

Set aside time to pray with today's psalm. Familiarize yourself with the excerpt by reading it slowly. Then read it again, paying close attention to a word or phrase that stands out to you. Sit with that word or phrase for a few moments. Read the psalm once more and pause to listen to what God may be saying. Spend a moment in silence, allowing the psalm to sit in your heart. End your prayer with a word of gratitude. *Today's readings: Isaiah 58:9b–14; Psalm 86:1–2, 3–4, 5–6; Luke 5:27–32.*

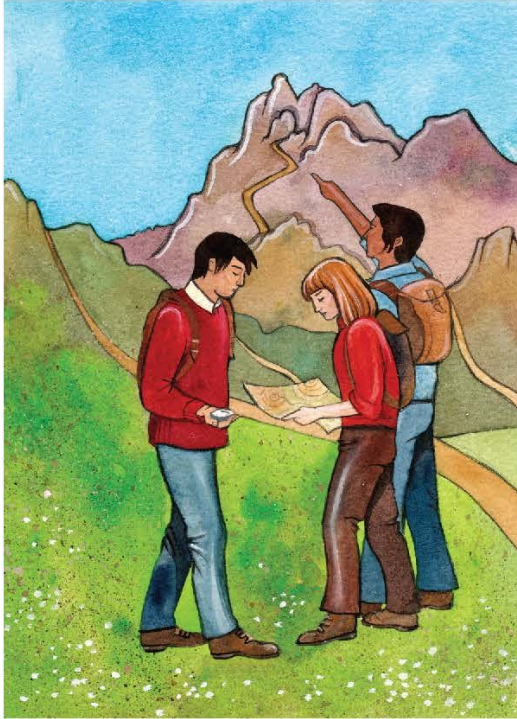


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KEEPING THE SEASONS
LENT AND EASTER 2025

FIRST SUNDAY OF LENT



Our Refuge, Our Fortress

God our Refuge,
you liberate us.
As you delivered the Israelites,
you deliver us.
God our Fortress,
be with us in times of trouble:
bring us peace to know the Word
is near us,
strengthen us to profess that Jesus
is Lord;
and grant us courage to know in our
hearts the resurrection of the Lord.
We call upon you,
God our Liberator:
enrich us!
Through Christ our Lord. Amen.

Sunday, March 9, 2025

Be with Me, Lord



Today's readings: Deuteronomy 26:4–10; Psalm 91:1–2, 10–11, 12–13, 14–15; Romans 10:8–13; Luke 4:1–13. Today, we hear Moses and the Israelites pray as they offer the firstfruits of their harvest. They recount their oppression at the hands of the Egyptians and express that, in their struggle, they turned to the Lord. God brought them out of Egypt to a “land flowing with milk and honey” and, in gratitude and awe, the Israelites bow down before the Lord.

On this First Sunday of Lent, there is much we can learn from the Israelites and apply to our Lenten journey. Let us turn to the Lord when we struggle, knowing that he hears our cry and sees our affliction, toil, and oppression. What are some ways you can turn to God, our refuge and fortress, when you are troubled? Consider writing a prayer

for when you find yourself struggling this Lenten season. For inspiration for the prayer, look to today's psalm: “Be with me, Lord, when I am in trouble. / My refuge and fortress, my God in whom I trust.”

After their deliverance, the Israelites set the firstfruits of their harvest down before the Lord and “bow down in his presence.” In this season of dying to ourselves to grow closer to God, let us detach ourselves from the gifts we have been given and return them to God in praise. What are some ways you can recognize God's presence daily? Consider ending your days with a prayer in gratitude, for we know that God raised Jesus from the dead, and we “will be saved.”



THIS WEEK AT HOME

Monday, March 10

Lord, When Did I Serve You?

Almsgiving during Lent is often solely thought of as donating money to those who are impoverished. This is a partial understanding of almsgiving; during Lent, we are also called to give of our time, performing acts of charity and serving others. Today, set aside time to pray with the Gospel. Contemplate how you might feed the hungry, clothe the naked, care for the ill, or visit the imprisoned. Commit to an act of service, and schedule a time to serve this week. *Today's readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

Tuesday, March 11

Do Not Babble

Jesus warns the disciples not to babble when they pray. Today, spend time in silence, just you and God. Begin by praying the Our Father. It may be easy to breeze past this prayer we hear often, so spend time sitting with the words. What stands out to you? Share this in conversation with God. End your prayer with a phrase of gratitude. *Today's readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

Wednesday, March 12

A Clean Heart

Though we are part of a different generation than the crowd gathered around Jesus in today's Gospel, much evil is still in our generation. Consider how you might repent and condemn the evil you encounter. If you are able, make plans to go to confession sometime this week. Pray with today's psalm, focusing on the request to God: "Have mercy on me, O God, in your goodness; / in the greatness of your compassion, wipe out my offense. / Thoroughly wash me from my guilt and of my sin cleanse me. / A clean heart create for me, O God, / and a steadfast spirit renew within me." *Today's readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

Thursday, March 13

Come to Help

In today's first reading, we hear Esther cry out to the Lord for help. The psalmist praised the Lord, for he answers our prayers. Today, instead of lifting up your petitions to God, shift your attention to the needs of others. Who is crying out in anguish in your community? How can you work with the Lord to answer their call for help? *Today's readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2ab, 2cde–3, 7c–8; Matthew 7:7–12.*

Friday, March 14

Be Reconciled

Jesus reminds his disciples that reconciliation is crucial to living out our faith. In today's first reading, the prophet Ezekiel calls us to reflect: "Is it my [the Lord's] way that is unfair, or rather, are not your ways unfair?" Today, reflect on a relationship you have with someone you may have hurt. Write an apology down. Bring your reflection to confession, the person to whom you are apologizing, or both. *Today's readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 5–7a, 7bc–8; Matthew 5:20–26.*

Saturday, March 15

Love Your Enemy

It is easy to love those who love us. Today, we hear Jesus challenge his disciples to turn to those who persecute them and love them. As Christians, we are called to do the same—even when it is difficult to do so, we are called to love others. If you are able, go to daily Mass today. Spend time praying for someone who has hurt you. Ask God for the strength to let go of your hurt and for the grace to love even those who have hurt us. *Today's readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*



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KEEPING THE SEASONS
LENT AND EASTER 2025

SECOND SUNDAY OF LENT



Our Saving Light

Bountiful God,
you are our light and our salvation.
Our hearts speak of you,
yearning to see your face!
We ache as we seek your presence.
Hear the sound of our call.
Though we have strayed from you,
guide us back to your bounty;
help us to stand firm in your way.
Grant us the wisdom and courage
to wait for you, who saves.
Through Christ our Lord. Amen.

Sunday, March 16, 2025

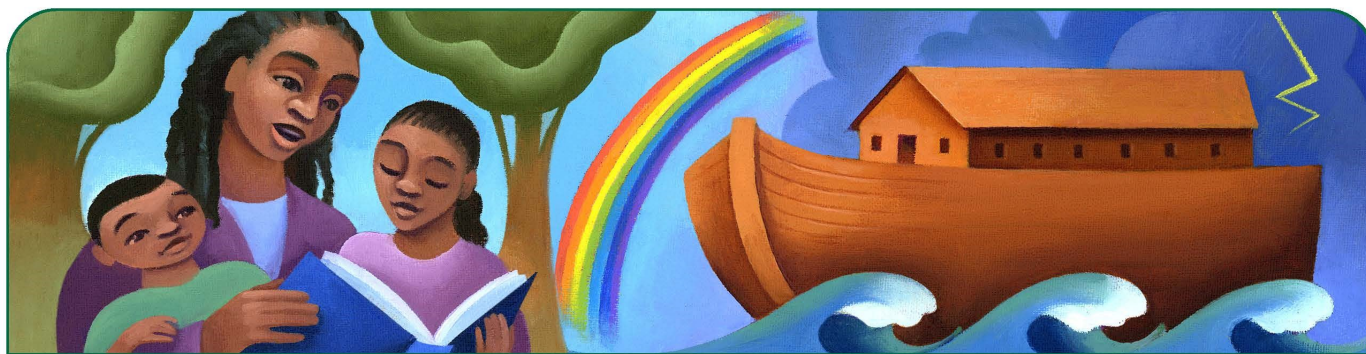
Listen to Him



Today's readings: Genesis 15:5–12, 17–18; Psalm 27:1, 7–8, 8–9, 13–14; Philippians 3:17–4:1 or 3:20–4:1; Luke 9:28b–36. Some knowledge of ancient treaties is helpful to understand today's Scripture passages. In the reading from Genesis, we hear the Lord make two promises to Abram: an heir and land. To the promise of land, Abram requests a sign from God: "How am I to know that I will possess it [the land]?" God asks Abram to bring him a "three-year-old heifer, a three-year-old she-goat, a three-year old ram, a turtledove, and a young pigeon." Abram does so and proceeds to cut up the animals, which, at the time, was a way of making a treaty. After darkness falls, a smoking fire pot and

a flaming torch, representing God, pass between the cut-up animal pieces: a sign that God and Abram have entered into a covenant.

As we begin the second week of Lent, reflect on your relationship with God. How can you imitate Abraham and put your faith in the Lord? How can you deepen your relationship with God or enter into an understanding of growing faith? Though your answers to these questions likely won't involve three-year-old heifers, goats, rams, turtledoves, or pigeons, try to commit to a tangible and realistic offering you can bring to God. Bring your reflection to your prayers as you spend time in silence, listening to the Lord.



THIS WEEK AT HOME

Monday, March 17

St. Patrick

As a teen, St. Patrick was kidnapped by Irish pirates and treated as a slave. At the time, Ireland was not a Christian land. Turning to God in his captivity, Patrick wrote about his love for God. Around the age of twenty, Patrick escaped and was eventually ordained a priest. He preached and converted many to Christianity in Ireland. St. Patrick is known to have used shamrocks to explain the Trinity. To celebrate St. Patrick, reach out to someone and share three things you love about your faith. *Today's readings: Daniel 9:4b–10; Psalm 79:8, 9, 11 and 13; Luke 6:36–38.*

Tuesday, March 18

Preach and Practice

Jesus warns those gathered not to be hypocritical. It is indeed important to practice what we preach and to do so in a non-performative way. We are called to serve others and praise God humbly. Pray about your motivations. Why do you serve others? Do you do so for praise or seats of honor? Ask God for the strength to preach and practice modesty, with your heart set on Christ. *Today's readings: Isaiah 1:10, 16–20; Psalm 50:8–9, 16b–17, 21 and 23; Matthew 23:1–12.*

Wednesday, March 19

St. Joseph

Scripture portrays St. Joseph's kindness in his unwillingness to expose Mary to shame upon learning of her pregnancy. Instead of denouncing her, Joseph intends to divorce her quietly. Scripture does not reveal Joseph's response to the angel, but we know of his yes to God's call to be Jesus' earthly father. Consider a difficult situation in which you have found yourself. Despite the hurt you may have experienced, what could you have learned from St. Joseph's example? *Today's readings: 2 Samuel 7:4–5a, 12–14a, 16; Psalm 89:2–3, 4–5, 27 and 29; Romans 4:13, 16–18, 22; Matthew 1:16, 18–21, 24a or Luke 2:41–51a.*

Thursday, March 20

Walk in the Way of the Lord

Jesus tells the Pharisees about a rich man's neglect of Lazarus, a poor, sick man at the rich man's door. After the men die, their fates are a reversal of their earthly reality: the rich man finds himself in "the netherworld, where he was in torment" while Lazarus "was carried away by angels to the bosom of Abraham." This serves as a jarring reminder that what we do to our neighbors, we do to Christ. Whom have you neglected to serve? How can you reconcile that this week and walk in the way of the Lord? *Today's readings: Jeremiah 17:5–10; Psalm 1:1–2, 3, 4 and 6; Luke 16:19–31.*

Friday, March 21

The Cornerstone

Jesus quotes Psalm 118: "The stone that the builders rejected / has become the cornerstone; / by the Lord has this been done; / it is wonderful in our eyes." The early Church used this psalm as a prophecy of Jesus' resurrection. After reading today's Gospel, turn to Psalm 118. Familiarize yourself with the psalm by reading it once. Read it again, identifying a word or phrase that stands out. Read the psalm a final time, allowing the word or phrase to settle in your heart. *Today's readings: Genesis 37:3–4, 12–13a, 17b–28a; Psalm 105:16–17, 18–19, 20–21; Matthew 21:33–43, 45–46.*

Saturday, March 22

Love for Repentant Sinners

Enter today's Gospel through the practice of Ignatian contemplation. Begin by placing yourself in the presence of God. Ask the Lord for guidance. Read Luke 15:1–3, 11–32. Visualize what you read, paying attention to the details. Place yourself in the scene, and interact with the Gospel. Where do you find yourself? Reflect on what stood out to you from your prayer. Respond to God with a word of gratitude. Close with the sign of the cross. *Today's readings: Micah 7:14–15, 18–20; Psalm 103:1–2, 3–4, 9–10, 11–12; Luke 15:1–3, 11–32.*



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KEEPING THE SEASONS
LENT AND EASTER 2025

THIRD SUNDAY OF LENT



Patiently Cultivating

God our Redeemer,
you are merciful and gracious.
We often find ourselves grumbling,
struggling in our desire of evil things.
We are slow to repent,
yet your kindness abounds.
You tend to us
as a patient gardener
continues to cultivate and fertilize
his tree
as he waits for his orchard to bear fruit.
Grant that we might remember
that you make us holy.
Through Christ our Lord. Amen.

Sunday, March 23, 2025

Repent!



Today's readings: Exodus 3:1–8a, 13–15; Psalm 103: 1–2, 3–4, 6–7, 8, 11; 1 Corinthians 10:1–6, 10–12; Luke 13:1–9. Jesus continues to teach on repentance in today's Gospel. He instructs that the Galileans who died at the hands of Pilate and those who died at Siloam are not greater sinners because of their death. Jesus clarifies that their death was not a punishment. If the victims are not greater sinners than those gathered (or any of us), then all must repent and return to the Lord.

Jesus then tells a parable about a gardener. Though many of us are not surrounded by agriculture as were people in Jesus' time, we can still relate to the gardener. Have you ever tended to a plant, a pet, or even cared for a child with a specific hope in mind? Perhaps you hoped your plant would

blossom, unlike another plant that did not do so well. You may have hoped that your pet would eat the food set out instead of getting into yet another article of clothing. Or you may have hoped your child would play with the toys you purchased instead of rummaging through the trash again.

It is easy for us to become frustrated or impatient when our hopes are unmet. God, unlike us, meets our continued sinfulness with kindness and compassion. Like the gardener who tirelessly cares for the fig tree, God continues to tend to us. Though grateful for God's abundant grace, we are still called to repent and work to be better. This week, consider how you can actively choose to allow God to cultivate your heart. As we continue our Lenten journey, say yes to God so your heart can blossom.



THIS WEEK AT HOME

Monday, March 24 Being Prophetic

Today we are reminded that responding to the call to Christianity is not easy. Jesus tells the people in the synagogue at Nazareth that “no prophet is accepted in his own native place.” We know he will be rejected and crucified for his ministry. We are called to repent, to see God in all things, and to share our faith with others. This week, reach out to someone you love, and ask to share a prayer with him or her. If your invitation is accepted, lead with a simple prayer. If the invitation is declined, lift up the individual in your personal prayer. *Today’s readings: 2 Kings 5:1–15b; Psalm 42:2, 3; 43:3, 4; Luke 4:24–30.*

Tuesday, March 25 Annunciation of the Lord

Understandably, Mary is “greatly troubled” when the angel Gabriel appears. Still, Mary courageously and faithfully responds yes to God’s request. Her response is much like the words in today’s psalm: “Here I am, Lord; I come to do your will.” Set aside time to pray the Rosary. As you pray, ask for the humility to hear God and the courage to respond to God. *Today’s readings: Isaiah 7:10–14, 8:10; Psalm 40:7–8a, 8b–9, 10, 11; Hebrews 10:4–10; Luke 1:26–38.*

Wednesday, March 26 Teach Them

Moses reminds the Israelites to observe and teach the Lord’s commandments, to share the goodness of the Lord that they have witnessed with their children and their children’s children. Jesus tells his disciples that “whoever obeys and teaches these commandments will be called the greatest in the Kingdom of heaven.” Say a prayer in gratitude for someone who taught you about your faith. Consider how you can teach others the way of the Lord with your actions and your words. *Today’s readings: Deuteronomy 4:1, 5–9; Psalm 147:12–13, 15–16, 19–20; Matthew 5:17–19.*

Thursday, March 27 Harden Not Your Hearts

We are reminded not to harden our hearts when we hear God. Jesus powerfully claims that “whoever is not with me is against me, and whoever does not gather with me scatters.” Reflect today on your Lenten journey. Have you taken time to listen to God? How have you responded? Commit to an action that will help open your heart to hear God’s voice: consider attending daily Mass a few times during the week, praying at a consistent time daily, or journaling with regularity. *Today’s readings: Jeremiah 7:23–28; Psalm 95:1–2, 6–7, 8–9; Luke 11:14–23.*

Friday, March 28 Sinners Stumble

Though we stumble, we are challenged to walk the path of the Lord. Jesus’ answers to the query about the greatest commandment guides us in walking the path of the Lord. We are to love God with all our being and, from that, love our neighbor. Before going to sleep tonight, pray the examen. For information on doing so, visit The Daily Examen at IgnatianSpirituality.com. Focus on how you have loved God and your neighbor today and how to resolve to love God and your neighbor tomorrow. *Today’s readings: Hosea 14:2–10; Psalm 81:6c–8a, 8bc–9, 10–11ab, 14 and 17; Mark 12:28–34.*

Saturday, March 29 A Heart Contrite and Humbled

Jesus’ parable encourages us to give God “a heart contrite and humbled.” The Pharisee, haughty and overly confident in being justified, compares his goodness to the tax collector and shares that he fasts, pays tithes, and keeps the commandments. The tax collector, on the other hand, repents and asks for God’s mercy. Acknowledging our sins frees us and gives space for God’s mercy. This weekend, offer God “a heart contrite and humbled” by going to confession. *Today’s readings: Hosea 6:1–6; Psalm 51:3–4, 18–19, 20–21ab; Luke 18:9–14.*



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KEEPING THE SEASONS
LENT AND EASTER 2025

FOURTH SUNDAY OF LENT



We Return

God our Father,
your compassion knows no bounds.
You hear us cry out to you
and you save us from distress.
We have sinned against you
and no longer deserve your mercy;
we find ourselves lost,
yet we return to you.
Grant us strength to repent, to return
to you,
and to share with others the
everlasting joy
of your mercy and forgiveness.
Through Christ our Lord. Amen.

Sunday, March 30, 2025

The Lord Hears



Today's readings: Joshua 5:9a, 10–12; Psalm 34:2–3, 4–5, 6–7; 2 Corinthians 5:17–21; Luke 15:1–3, 11–32 (33). When reflecting on today's Gospel, we are often encouraged to consider the loving father's unconditional love for both of his sons. The younger son asks his father for his inheritance and foolishly wastes it, inevitably finding himself in dire need. He decides to return home and apologize to his father, expecting to be treated like one of his father's hired workers. Despite the younger son's selfish recklessness, his father is "filled with compassion" upon his return. His father rejoices, dresses him in fine clothes, and prepares a feast. Certainly, Jesus is encouraging us to return to God, who has unending love and mercy for us despite our sinfulness.

Having experienced God's goodness and boundless mercy, we rejoice. Joining the psalmist, we sing: "When the poor one called out, the Lord heard, / and from all his distress he saved him." It is important, though, to reflect on both the times we find ourselves living as the younger son and the older son. When have you found yourself acting selfishly, unsettled in worldly desires and neglecting those in your community? When have you found yourself acting out of jealousy, comparing your blessings and actions to another's? Spend time praying with today's parable, trying to approach it free of judgment. What can you do when you find yourself acting like either of the sons? How can you call out to the Lord and return to God? How can you resolve to do better?



THIS WEEK AT HOME

Monday, March 31

Believe

God responds to our petitions, though sometimes in ways and at times we do not expect. Today, we hear about the royal official asking Jesus to heal his ill son. Jesus tells him that his son will live and, though the official believes, it is not until later that he realizes that Jesus' word healed his son. Patient listening and a dedication to prayer are necessary to be attuned to God's movement in our lives. Reflect on how God has responded to your prayers. *Today's readings: Isaiah 65:17–21; Psalm 30:2 and 4, 5–6, 11–12a and 13b; John 4:43–54.*

Tuesday, April 1

Notice

Today we repeat with the psalmist: "The Lord of hosts is with us; our stronghold is the God of Jacob." God is with us just as Jesus is with the sick man in Jerusalem. This evening, reflect on God's presence in your day. Take care to notice the moments, big and small, in which God was with you. Say a prayer in gratitude, and ask for the strength to behold the deeds of the Lord tomorrow. *Today's readings: Ezekiel 47:1–9, 12; Psalm 46:2–3, 5–6, 8–9; John 5:1–16.*

Wednesday, April 2

Lifted Up

In today's reading from the Book of Isaiah, we are reminded that "the Lord comforts his people and shows mercy to his afflicted." We echo this with the psalmist, singing of God's grace and mercy. We are lifted up amid our struggles and strife. In your prayer today, write about something that weighs you down. Offer it up to God, knowing he "lifts up all who are falling / and raises up all who are bowed down." Make it a practice to humbly turn to God when you are feeling weighed down. *Today's readings: Isaiah 49:8–15; Psalm 145: 8–9, 13cd–14, 17–18; John 5:17–30.*

Thursday, April 3

Accept Jesus

Jesus rebukes the Jews in today's Gospel, saying, "I came in the name of my Father, but you do not accept me." Jesus says they "accept praise from one another" instead of seeking the praise that comes from God. How can you accept Jesus more fully? Consider how you have prioritized the praise or earthly desires of those around you. How can you shift your priorities and seek God in your day-to-day? Challenge yourself to commit to a tangible action that will lead to accepting Jesus. *Today's readings: Exodus 32:7–14; Psalm 106:19–20, 21–22, 23; John 5:31–47.*

Friday, April 4

Blinded by Wickedness

The reading from the Book of Wisdom states that the thoughts of the wicked erred, "their wickedness blinded them, and they knew not the hidden counsels of God." Our sinfulness makes it hard to see God and to be guided in holiness. If able this weekend, schedule a time to go to confession. Can you participate in the sacrament of reconciliation more regularly? *Today's readings: Wisdom 2:1a, 12–22; Psalm 34:17–18, 19–20, 21 and 23; John 7:1–2, 10, 25–30.*

Saturday, April 5

St. Vincent Ferrer

St. Vincent Ferrer, a Spanish Dominican, is the patron saint of builders; he is known for strengthening and building up the Church through his preaching and ministry. In today's Gospel, we hear of the division that emerged as people debated who Jesus was. This division continues today. To celebrate St. Vincent's memorial, pray for unity in the Church. How can you help unite your faith community? *Today's readings: Jeremiah 11:18–20; Psalm 7:2–3, 9bc–10, 11–12; John 7:40–53.*



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FIFTH SUNDAY OF LENT



Clearing a Path

God our Father,
you are our protector and our comfort.
You have done great things for us:
you make a way
amid hopelessness
and despite our sinfulness.
Your forgiveness knows no bounds,

and though we weep now,
we know we will soon rejoice.
Help us announce your praise,
relinquish our judgment of others,
and live with our sights set on
pursuing you.
Through Christ our Lord. Amen.

Sunday, April 6, 2025 Boundless Mercy



Today's readings: Isaiah 43:16–21; Psalm 126:1–2, 2–3, 4–5, 6; Philippians 3:8–14; John 8:1–11. A crowd begins to gather to hear Jesus teach in the temple. The scribes and the Pharisees bring forth a woman who had been caught in adultery. After forcing her to stand in the middle of the crowd, they test Jesus, asking what the woman's punishment should be. The law states that she should be stoned for her sin.

Jesus writes on the ground, and John leaves it to our imagination as to what his words might be. Though Jesus' written words are not revealed, the Gospel records him as saying, "Let the one among you who is without sin be the first to throw a stone at her." He bends down again and writes on the ground a second time. Then people leave, per-

haps humbled in the realization that they are sinners and do not have the ability to judge someone else for their sins. Have you condemned or judged another for their wrongdoing? Imagine what Jesus might write on the ground in front of you to encourage you to grow in mercy.

After the woman has been humiliated and brought to the center of a crowd (a crowd well aware of the punishment for her actions), Jesus tells her that she is not condemned. Imagine the shock and relief this woman likely felt. This Sunday, as you listen to the Gospel being proclaimed, bask in God's boundless mercy. Allow yourself to join this woman as she experiences God's unconditional love. How can you let this inspire you to be better and "not sin any more"?



THIS WEEK AT HOME

Monday, April 7

Live Jesus in Our Hearts

St. John Baptist de La Salle, a passionate educator, is the patron saint of teachers. As a priest, he dedicated his time to making education accessible to impoverished children. He was devoted to training and directing teachers so they could best serve in their classrooms. De La Salle founded the De La Salle Christian Brothers, who operate education centers around the world. The Lasallian community's expression of faith is to "Live Jesus in our hearts . . . forever." St. John Baptist de La Salle, pray for us. *Today's readings: Daniel 13:1–9, 15–17, 19–30, 33–62 or 13:41c–62; Psalm 23:1–3a, 3b–4, 5, 6; John 8:12–20.*

Tuesday, April 8

Speaking This Way

"Many came to believe in him [Jesus]" because of the way he spoke. His preaching focused on radical service, compassionate forgiveness, and always pointed to God the Father. How do you speak and carry yourself? Does it point to God? How can you speak in a way that is pleasing to God? *Today's readings: Numbers 21:4–9; Psalm 102:2–3, 16–18, 19–21; John 8:21–30.*

Wednesday, April 9

Be Free

Jesus responds to the Jews: "Everyone who commits sin is a slave of sin." To be free from sin, we must actively choose to turn to God, repent, and resolve to do better. As we approach Holy Week, schedule a time to receive the sacrament of reconciliation. Before doing so, prepare yourself with an examination of conscience. Consider journaling as a part of your prayerful reflection and bringing this to your confession. Indeed, the truth will set us free! *Today's readings: Daniel 3:14–20, 91–92; Daniel 3:52, 53, 54, 55, 56; John 8:31–42.*

Thursday, April 10

Friendship with Jesus

Jesus answers the Jews who are persecuting him: he tells them that he knows the Father. They continue to challenge him and, in today's Gospel, throw stones at him. Set time aside today to reflect on your friendship with Jesus. What have you done to cultivate a friendship with him? What have you done to "throw stones" at him? As a part of your reflection, resolve to an action you can commit that will help you grow in relationship with Jesus: consider attending daily Mass, spending time serving someone who is impoverished, reading the Bible regularly, or visiting the elderly. *Today's readings: Genesis 17:3–9; Psalm 105:4–5, 6–7, 8–9; John 8:51–59.*

Friday, April 11

He Heard

Joining the psalmist today, we proclaim: "In my distress I called upon the Lord, and he heard my voice." The Lord is with us in our joys and sorrows. Before you go to sleep tonight, pray with today's psalm. Begin with the sign of the cross. Read the psalm once to familiarize yourself with it. Read it a second time, paying attention to what the psalmist calls God: strength, fortress, shield. *Today's readings: Jeremiah 20:10–13; Psalm 18:2–3a, 3bc–4, 5–6, 7; John 10:31–42.*

Saturday, April 12

Preparing

The end of Lent is near. Holy Week begins tomorrow with Palm Sunday of the Passion of the Lord. Reflect on your Lenten journey today. Before Holy Week begins, check when your parish celebrates the Sacred Paschal Triduum. Set aside time to participate in this liturgy. *Today's readings: Ezekiel 37:21–28; Jeremiah 31:10, 11–12abcd, 13; John 11:45–56.*



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KEEPING THE SEASONS
LENT AND EASTER 2025

PALM SUNDAY OF THE PASSION OF THE LORD



Journey with the Lord

Merciful Lord,
humbling yourself,
you came to us.
You endured humiliation, suffering,
and pain
as your followers turned away.
Today, we prepare to journey with you.
Open our ears
so that we may hear your voice.
Guide us in radically
accompanying you.
Wash away our sin
and lead us to paradise.
Who live and reign with God the Father
in the unity of the Holy Spirit, God,
for ever and ever. Amen.

Sunday, April 13, 2025
Radical Accompaniment



Today's readings: Luke 19:28–40; Isaiah 50:4–7; Psalm 22:8–9, 17–18, 19–20, 23–24; Philippians 2:6–11; Luke 22:14–23:56 or 23:1–49. Today we enter Holy Week as we celebrate Palm Sunday of the Passion of the Lord. At Mass, the procession will be different than other Sundays. The assembly will receive palms and gather at the church's doors. As the first Gospel is proclaimed, the assembled will hear of Jesus entering Jerusalem, greeted by a joyful crowd waving palms. At the end of the reading, all will wave palms and sing as the priest processes to the sanctuary. These actions commemorate Jesus' journey to Jerusalem. During the proclamation of the passion, the horrifying story of Jesus' suffering and death is told. Not only do we hear of the crucifixion but also of Peter's denial of Jesus and of the

soldiers jeering at our Lord. Amid the betrayal and the mockery, though, women wept for him, a man carried Jesus' cross, a criminal asked to be remembered, and a righteous man wrapped the Lord's body and brought it to a tomb, where women prepared oils and perfume.

As a community, we contemplate the last moments of Jesus' life. Aware that Jesus is with us in our moments of desolation, we take seriously our journey with him through his passion. Entering Holy Week, consider how you might walk with Jesus—be it praying with Scripture daily, inviting a friend or family member into your prayer, or serving at a local shelter. Offer a prayer in gratitude for Jesus' relentless accompaniment.



THIS WEEK AT HOME

Monday, April 14 Fear Is Not of God

The psalmist proclaims that, with the Lord as our light and salvation, we have nothing to fear. Fear can keep us from bringing authentic selves to our communities and to God. As we approach the Sacred Paschal Triduum, consider what might be keeping you from facing your fears and bringing yourself to the Lord. What fears do you need to release to journey with the Lord? Write down your thoughts and consider sharing them with a close friend or loved one. *Today's readings: Isaiah 42:1–7; Psalm 27:1, 2, 3, 13–14; John 12:1–11.*

Tuesday, April 15 Betraying, Denying

Jesus knew that Judas was going to betray him and that Simon would deny him in front of a large crowd. We, too, have betrayed or denied a close friend, a loved one, or someone in our community (likely more than once). This evening, pray for those you have hurt. Ask God to be with them and with you, as you repent. How can you move to reconciliation? *Today's readings: Isaiah 49:1–6; Psalm 71: 1–2, 3–4a, 5ab–6ab, 15 and 17; John 13:21–33, 36–38.*

Wednesday, April 16 Easter Triduum

The Sacred Paschal Triduum begins tomorrow evening with the Mass of the Lord's Supper. It continues through Friday (Good Friday of the Lord's Passion) and Saturday (the Mass of the Resurrection of the Lord) and closes with evening prayer on Easter Sunday. Though technically multiple days, the Triduum is celebrated as one liturgy. The slow unfolding of the days and movement of the liturgy helps us enter into the paschal mystery. If you have not already, find out when the Triduum is being celebrated at your parish. Make plans to participate. *Today's readings: Isaiah 50:4–9a; Psalm 69:8–10, 21–22, 31 and 33–34; Matthew 26:14–25.*

Thursday, April 17 Holy Thursday

In today's evening Mass, the Gospel tells of Jesus washing the feet of his disciples. This radical and loving act of service is a model for us to follow. After washing the disciples' feet, Jesus tells them that they "ought to wash one another's feet." Participate in this humbling ritual by washing someone's feet today. Consider inviting your family, roommates, or friends to do this with you. *Today's readings: Chrism Mass: Isaiah 61:1–3a, 6a, 8b–9; Psalm 89:21–22, 25 and 27; Revelation 1:5–8; Luke 4:16–21. Evening Mass of the Lord's Supper: Exodus 12:1–8, 11–14; Psalm 116:12–13, 15–16bc, 17–18; 1 Corinthians 11:23–26; John 13:1–15.*

Friday, April 18 Good Friday

We spend the day sitting with the discomfort that the detailed account of Jesus' agony and death brings. Consider community members who are persecuted. Christ suffers with them. Lift them up in your prayer. How can you accompany them? Ask God to enlighten you and inspire you to serve them. *Today's readings: Isaiah 52:13–53:12; Psalm 31:2, 6, 12–13, 15–16, 17, 25; Hebrews 4:14–16; 5:7–9; John 18:1–19:42.*

Saturday, April 19 Holy Saturday

Today we celebrate the turning point of the Triduum: we move from despair and eagerly await the glorious return of the Lord. Jesus' passing from death to life is marked. New members celebrate the sacraments of initiation, and we welcome them into our Church. Pray with and for those new members and offer them a word of welcome after the Vigil. *Today's readings: Easter Vigil: Genesis 1:1–2:2 or 1:1, 26–31a; Genesis 22:1–18 or 22:1–2, 9a, 10–13, 15–18; Exodus 14:15–15:1; Isaiah 54:5–14; Isaiah 55:1–11; Baruch 3:9–15, 32–4:4; Ezekiel 36:16–17a, 18–28; Romans 6:3–11; Luke 24:1–12.*

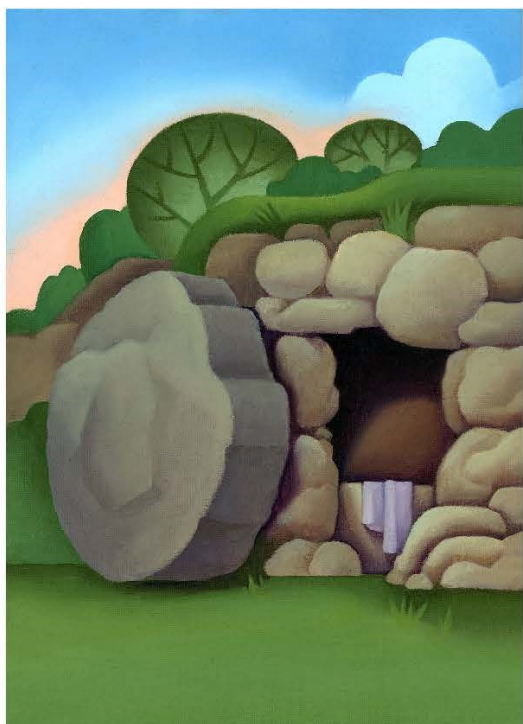


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KEEPING THE SEASONS
LENT AND EASTER 2025

EASTER SUNDAY OF THE RESURRECTION OF THE LORD



New Life

God our Savior,
you have defeated death,
reigning immortal!
Through your resurrection,
you give us the gift of new life.
In gratitude, we praise you.
Embolden us to seek you.
Grant us the strength
to believe and to spread the news
of our salvation!
Who live and reign with God the Father
in the unity of the Holy Spirit, God,
for ever and ever. Amen.

Sunday, April 20, 2025
See the Stone Removed



Today's readings: Acts 10:34a, 37–43; Psalm 118:1–2, 16–17, 22–23; Colossians 3:1–4 or 1 Corinthians 5:6b–8; John 20:1–9. As a faith community, we have journeyed with Jesus through his passion. Imagine, however, living in Jesus' time and witnessing the traumatic event unfold. Imagine watching as Jesus is humiliated, mocked, tortured, and brutally killed in front of a large crowd. Mary and the disciples stood with him as he endured unimaginable pain and suffering, watching as their hopes in what Jesus had preached disappear.

On the first day of the week, after the Sabbath, Mary of Magdala goes to the tomb to anoint Jesus' body. Upon seeing the stone removed, she runs to the disciples. Two

disciples run to the tomb; imagine their hearts racing, still mourning and confused. They reach the tomb and see the burial cloths and the cloth for Jesus' face rolled up separately. Imagine their surprise! The beloved disciple "saw and believed," but "they did not yet understand the Scripture that he had to rise from the dead."

On this most glorious day, step into the experience of Mary, Peter, and the beloved disciple. Run to the tomb, see that the stone is removed, and peek in. Look at Jesus' burial cloths and allow yourself to rejoice! Feel hope in new life! What does this Easter season hold for you? How can you live into the hope of resurrection of the Lord?



THIS WEEK AT HOME

Monday, April 21 Octave of Easter

The octave of Easter is the eight days from Easter Sunday to the Second Sunday of Easter (also called the Sunday of Divine Mercy). This prolonged joyous celebration is an opportunity to immerse ourselves more deeply into the mystery of Christ's resurrection. Every evening this week, spend time praying in gratitude for Christ's victory over death. *Today's readings: Acts 2:14, 22–33; Psalm 16:1–2a and 5, 7–8, 9–10, 11; Matthew 28:8–15.*

Tuesday, April 22 See the Lord

Despite being close friends, Mary Magdalene weeps and does not recognize the risen Christ until he exclaims her name. Sometimes Jesus is right in front of us, but our despair blinds us. This evening, prayerfully reflect on your day. Where did you recognize God in front of you? When were you distracted and unable to see God? Say a prayer in gratitude for God's presence in your life and ask for the strength to see the Lord tomorrow. *Today's readings: Acts 2:36–41; Psalm 33:4–5, 18–19, 20 and 22; John 20:11–18.*

Wednesday, April 23 On the Road Together

Jesus approaches two of his disciples on their way to Emmaus. They do not recognize him until after he unpacks Scripture and blesses the bread, breaks it, and gives it to them. Their eyes are opened, and they finally see the Lord, realizing that they had walked with him. Invite someone to pray with you today, perhaps a family member or a close friend. Together, read today's Gospel passage and share what stands out to you. Reflect on how Jesus was present to both of you today. *Today's readings: Acts 3:1–10; Psalm 105:1–2, 3–4, 6–7, 8–9; Luke 24:13–35.*

Thursday, April 24 Questions

The disciples are startled and terrified when Jesus appears, saying to them, "Peace be with you." They are troubled and questions arise in their hearts. Those questions, and the questions that arise in our hearts, are not necessarily bad. Such queries are problematic only when we allow doubts and fears to blind us from seeing God. When questions arise in your heart, do you bring them to your prayer? How can you invite God into your questions about the resurrection? *Today's readings: Acts 3:11–26; Psalm 8:2ab and 5, 6–7, 8–9; Luke 24:35–48.*

Friday, April 25 Christ the Cornerstone

A cornerstone is a stone that joins two walls by forming the base of a corner of a building. It is typically the first stone set during construction, laying the foundation of a building. We hear Peter describe Jesus as the cornerstone. During your day-to-day routines, do you recognize Jesus as the foundation of your life? How can you make prayer, conversations with Jesus, a more regular part of your days? *Today's readings: Acts 4:1–12; Psalm 118:1–2 and 4, 22–24, 25–27a; John 21:1–14.*

Saturday, April 26 Praising God

Despite being threatened for teaching in Jesus' name, Peter and John say, "It is impossible for us not to speak about what we have seen and heard." The joy of the resurrection inspired them to reorient their lives so they could preach the Good News. Consider how the joy of God's forgiveness and the promise of life after death inspires you. How can you share this joy with those around you? *Today's readings: Acts 4:13–21; Psalm 118:1 and 14–15ab, 16–18, 19–21; Mark 16:9–15.*



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