

Ash Wednesday, February 18.

"... turn to Yahweh your God again, for he is all tenderness and compassion" Joel 2.13

Lent is not a time to wallow in a sense of guilt but an opportunity to come closer to the God of forgiveness seen in Jesus Christ.

- Read meditatively Psalm 103.

Thursday, February 19.

We may have washed off the ashes with which we were marked yesterday, but we cannot wash away the fragility of life'

"Dust thou art, and unto dust shalt thou return."

Here is the challenge to make every day count. At the end of the day ask 'How have I made this a better day for someone else?'

- Contact someone you know who is ill.

Friday, February 20.

- Hunger is on the increase in Britain. Contribute something to your local Food Bank.

Saturday, February 21.

It seems very easy to accumulate a lot of 'stuff' - often things we will never use

- Fill a bag for a charity shop.

Sunday, February 22. Lent 1.

"[Jesus says] the time has come and the kingdom of God is close at hand. Repent and believe the Good News." Mark 1.15

- Celebrate all that has been good news this week for you, the poor, and the planet.

Monday, February 23. Polycarp, Bishop and Martyr.

We are now into Fairtrade Fortnight.

- Buy at least one fairtrade item today.

Tuesday, February 24.

Loneliness is widespread and affects young people as well as the elderly.

- Phone, or better still visit, someone you know who lives alone.

Wednesday, February 25.

"Every economic decision has a moral consequence"

Pope Benedict XVI Caritas in Veritate

- Do I apply this when I go shopping?

Thursday, February 26.

Huge advances in medicine have been made in recent decades - the task of medical professionals is increasingly demanding.

- Pray for your doctor and your local hospital – nurses, doctors, technicians, cleaners, and don't forget the managers!

Friday, February 27.

- Cut out one meal today and donate the cost to a charity of your choice.

Saturday, February 28.

A statistic that shocks many of us is that approximately 25% of UK farmers have an income below the official poverty line.

- Pray for 'small farmers', and for peasant farmers in the developing world.

Sunday, March 1. Lent 2. David, Patron Saint of Wales.

"What gain, then, is it for anyone to win the whole world and ruin their life?" Mark 8.36

- Celebrate all that has enriched your life and the life of the poor this week.

Monday, March 2. Chad, Bishop.

Debt is a continuing problem, especially when wages are inadequate. In the fight against 'loan sharks' Credit Unions can play a significant part.

- Find out about your local Credit Union www.abcul.org

Can you support it by joining?

Tuesday, March 3.

The Hebrew word "shalom" means more than just "peace"; it includes health and well-being, wholeness of mind, body and spirit.

- Spend a few moments reflecting on this. Give thanks for the measure of this 'wholeness' God has given you.

Wednesday, March 4.

Of all the constituents of our created world water is of supreme importance – without it there would be no life at all.

- Pray for all who work to bring clean water sources where they are needed – remember CAFOD, Wateraid, Save the Children, UNICEF, Christian Aid, Tear Fund.
- Think of ways you could save water.

Thursday, March 5.

- Go for a walk and appreciate your surroundings.

Friday, March 6.

- Can you fast from spending today? Who might have need of the money you've saved?
- Read and meditate on *Leviticus 19.9-10*.

Saturday, March 7. Perpetua, Felicity, and their Companions, Martyrs.

- Phone call to a member of your family and "chew the fat".

Sunday, March 8. Lent 3.

"Jesus [said] ' Destroy this sanctuary, and in three days I will raise it up' he was speaking of the sanctuary that was his body"

John 2.19 & 21

- Celebrate all moments of insight which have come to you this week.

Monday, March 9.

Among depressing situations homelessness must surely rank high.

- Look for an opportunity to buy a *Big Issue*. Chat with the vendor.

Tuesday, March 10.

"War is an abomination . . .the glory of war is illusory; war brings only misery" St.John Chrysostom

- Find a prayer or a poem on the theme of peace, and spend some time in reflection.

Wednesday, March 11.

- Plan how you could live more simply.

Thursday, March 12.

"I cannot domesticate God, I cannot tell him what to do, no matter how noble the cause; all I can do is let his glory through in me, let God be God in my own life." Gerard Hughes SJ

- Reflect on this passage from *God of Surprises*.

Friday, March 13.

- Eat vegetarian today.

Saturday, March 14.

CAFOD have mounted a *One Climate, One World* campaign.

"2015 is the year for action on climate change. Let your faith inspire you to change the world."

- Find out more about the campaign, and sign up if you can www.cafod.org.uk

Sunday, March 15. Lent 4.

"Alleluia! Give thanks to the Lord, for he is good, his steadfast love is everlasting." Psalm 107.1

- Celebrate the times this week when you have experienced the Lord's steadfast love.

Monday, March 16.

- Eat a LOAF meal today (Local, Organic, Animal friendly, Fairly traded).

Tuesday, March 17. Patrick, Patron Saint of Ireland.

Ireland has seen more than its fair share of tragedy, over hundreds of years. Much has been achieved but tensions still need to be resolved.

- Give thanks for what has been achieved so far.

Wednesday, March 18.

- Review your giving to charity; have you included less 'popular' ones?

Thursday, March 19. St.Joseph of Nazareth.

- With the Holy Family in mind pray for any family you know who are going through a difficult time.

Friday, March 20. Cuthbert, Bishop and Missionary.

- This is the Vernal Equinox. Turn down the thermostat one degree.

Saturday, March 21.

Pope Francis has described human trafficking as “a crime against humanity”. The Columbans report www.columbans.co.uk that in the UK sixteen religious congregations of sisters have formed TRAC - Trafficking Awareness-Raising & Campaigning.

- Find out what you can about TRAC www.traconline.org.uk

Sunday, March 22. Lent 5.

[Jesus said] “I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies it yields a rich harvest” John 12.24

- Celebrate the willingness of Our Lord to accept death for the sake of all people.

Monday, March 23.

- Reflect on how you spent your time during the last week. Are you happy with the balance in your life?

Tuesday, March 24. Oscar Romero, Martyr.

- Give thanks for the life and witness of Archbishop Romero, and pray for his beloved El Salvador.

Wednesday, March 25. The Annunciation of Our Lord to the Blessed Virgin Mary.

“My soul proclaims the greatness of the Lord”

- Read meditatively the Magnificat - Luke 1.46-55

Thursday, March 26.

We must not separate humankind from nature; all are one creation, all are ‘good’ in the sight of God the creator.

- Plant some seeds.

Friday, March 27.

- Fast from technology!

Saturday, March 28.

Live in solidarity with the poor.

- Find out about the work of Progressio www.progressio.org.uk, CAFOD www.cafod.org.uk or another development agency.

March 29. Palm Sunday.

“Hosanna! Blessings on him who comes in the name of the Lord!”

Mark 11.9

- Imagine yourself in the crowd of pilgrims, accompanying Jesus into Jerusalem. What are your thoughts? Do you have any misgivings?

Monday, March 30.

- Give yourself extra time for prayer and reflection during Holy Week.

Tuesday, March 31.

- Make, bake, plant, knit a present for a friend.

Wednesday, April 1.

- Just sit.

Holy Thursday, April 2.

[Jesus said] “If I, then, the Lord and Master, have washed your feet, you should wash each other’s feet” John 13.14

- Think of ways you could “wash other’s feet”. Who might the “others” be?

Good Friday, April 3.

After Jesus had taken the vinegar he said, “It is accomplished,” and bowing his head he gave up his spirit. John 19.30

- As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

Holy Saturday, April 4.

- Review the reflections you’ve made and the actions you’ve taken during Lent. What changes do you want to make in the light of them?

Easter Sunday, April 5.

“You are looking for Jesus of Nazareth, who was crucified: he has risen, he is not here.” Mark 16.6

- Where have you found Jesus this Lent?

Celebrate Christ is Risen Alleluia!



A LENTEN JOURNEY



Daily Actions and Reflections

www.jp-shrewsburydiocese.org.uk