

Lenten Reflections



M A R C H 7 - M A R C H 19

+ March 7 – Monday, fourth week of Lent

I am about to create new heavens and a new earth... be glad and rejoice forever in what I am creating. Isaiah 65: 17-18

It's Monday. How much gladness and joy am I bringing to work today? What is the newness that you can co-create with God today?

Mantra: *God, help me to seed my day with silent moments of presence to you.*

+ March 8 – Tuesday, fourth week of Lent

I slept and dreamt life was joy, I awoke and found life was service, I served and lo! Service was joy! Rabindranath Tagore

What connection do you see between service and joy? Take a mini-vacation of a few minutes today and ponder this connection in your daily job/ministry.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

+ March 9 – Wednesday, fourth week of Lent

The Lord has comforted the people and will have compassion on the suffering ones. Isaiah 49:13

St. Teresa of Avila wrote that God has no hands but ours, no ears but ours, no words but ours...how can you be an instrument of God today and give comfort and compassion to the suffering ones?

Mantra: *God, help me to seed my day with silent moments of presence to you.*

+ March 10 – Thursday, fourth week of Lent

...concentrate not on the results, but on the value, the rightness, the truth of the work itself. Thomas Merton

Our society is so oriented to results and success and to experience them in less time rather than more. Quality and outcomes are professional necessities but are these the only lens with which I view my work?

Mantra: *God, help me to seed my day with silent moments of presence to you.*

+ March 11 – Friday, fourth week of Lent

I have not come on my own. John 7:28

Jesus knew his origin and his relationship to God. Everything I am and have is pure gift. Give your prayer of gratitude and thanksgiving priority today!

Mantra: *God, help me to seed my day with silent moments of presence to you.*

+ March 12 – Saturday, fourth week of Lent

Life from the center – from the Stillpoint – is a life of unhurried peace and power: It is simple and serene...It takes no time but it occupies all our time. Quaker spirituality

It's Saturday, a day we welcome to accomplish many tasks and do many things. Begin the day touching in to the Stillpoint – God – and try to go about your tasks and work in a more unhurried pace. Check yourself on your unhurried pace as you go to bed. Was this Saturday different?

Mantra: *God, help me to seed my day with silent moments of presence to you.*



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✦ March 13 – Fifth Sunday of Lent

Then you shall know that I am the Lord, when I open your graves and have you rise from them, O my people! Ezekiel 37:13

Many who come to us for help have graves of despair, rejection, pain, trauma in their lives. How can I help set these persons free? Give them hope? Are my own graves in the way?

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 14 – Monday, fifth week of Lent

Be the change you want to see in the world Mahatma Gandhi

Jesus did not condemn the woman caught in adultery. His kindness changed her heart and life. What change do I need to become today so that others and the world are changed?

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 15 – Tuesday, fifth week of Lent

I always do what is pleasing to him (God). John 8:29

How I wish I could say I always do what is pleasing to God. Just for today, I will ask God for the grace to consciously do everything in a way pleasing to God.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 16 – Wednesday, fifth week of Lent

...the truth will set you free. John 8:32

It does not require many words to speak the truth, wrote Chief Joseph. How do I limit the truth? Truth does set us free but it can also bring about changes that others find unsettling. Risk the truth – speak the truth today.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 17 – Thursday, fifth week of Lent

I will make you exceedingly fruitful. Genesis 17:6

God promises - actions taken in God's name will be "exceedingly fruitful." Reflect today and give thanks for how God is making you fruitful in your ministry and your life.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 18 – Friday, fifth week of Lent

...to identify with the sorrows of the whole world...loving (You) in all sorts and conditions of men [women] Sri Ramakrishna

Lent is a time to be attentive to how we respond, how we love God "in all sorts" of men and women. Make a point today of reaching out in love to someone who seems unlovable.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

✦ March 19 – Saturday, fifth week of Lent and feast of St. Joseph

Her (Mary's) husband Joseph, being a just and righteous man... Matthew 1:19

An Italian custom on this day is to prepare a plate at the table for St. Joseph only to give it to the poor. This is a day to do something for the hungry, the homeless, the poor in imitation of this custom.

Mantra: *God, help me to seed my day with silent moments of presence to you.*

