

<b>Sun Mar 1</b>	am: 24, 29 pm: 8, 84	Gen. 12:1-4a	Romans 4:1-35	John 3:1-7
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## SECOND SUNDAY OF LENT

**LITURGICAL THEME FOR THE DAY:** As we step into the second week of Lent, we are called once again to the journey of purification, self-discipline, and sacrificial service. This season of grace invites us to embrace penance and prayer, seeking renewal in the presence of Christ. While these truths are familiar, they often need fresh reminders. Today's Gospel prompts us to ask a fundamental question: *Who do we say Christ is?* We could answer quickly by reciting a line from the Catechism, yet the richness of our faith invites us to go deeper—to contemplate Christ not merely as a title, but as the living fulfillment of God's covenant with humanity. The second week of Lent calls us to encounter Him anew—as the faithful covenant-keeper who draws us into God's promises, as the humble servant whose cross invites us to love sacrificially, and as the ever-present source of spiritual renewal. In doing so, our Lenten journey becomes not just a season of waiting, but a lived experience of transformation, preparing us to celebrate the joy of Easter with renewed hearts.

**BIBLICAL MEDITATION OF THE DAY:** Today's Gospel, which is familiar to so many of us (especially as it pertains to the 3<sup>rd</sup> chapter and the 16<sup>th</sup> verse), reminds us that the Lenten journey is not merely a personal exercise of self-discipline; it is a pilgrimage that leads us back to the source of God's boundless love. The challenge to strip away distractions and become more attuned to that love was not easily embraced in the time of Nicodemus, nor is it today. John 3:1-17 invites us to move from intellectual curiosity (Nicodemus) to lived transformation. As we walk the Lenten path, this passage can sharpen our focus: to be reborn by water and Spirit, to rest in God's overwhelming love, and to embody that love in tangible ways—so that, when Easter dawns, we emerge not merely cleansed, but truly renewed.

**PRAYER OF THE DAY:** God our Father, help us to hear your Son. Enlighten us with your word, that we may find the way to your glory. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

**ANCIENT WISDOM/PRESENT GRACE:** "You can shut Him up for a fool, you can spit at Him and kill Him as a demon; or you can fall at His feet and call Him Lord and God. But let us not come up with any patronizing nonsense about His being a great human teacher. He has not left that open to us. He did not intend to" – C.S. Lewis in *Mere Christianity*.

**LENTEN DISCIPLINE –** Mindful of the first lesson today, consider spending a few hours in prayer, asking: *What area of my life does God want me to step out of?* When you have some insight, write a short statement (1–2 sentences) describing this "land" (e.g., deeper compassion, renewed prayer life, reconciliation with someone) and share it with another.

**SONG OF THE HEART, SONG OF THE SEASON** – Nicodemus came to Jesus *by Saint James Choir* <https://youtu.be/6jRbWykuzOA?si=OWgtF7bRA2iDzDiY>

<b>Mon Mar 2</b>	am: 56, 57, 58 pm: 64, 65	Gen 41:46-57	1 Cor 4:8-21	Mark 3:7-19a
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**SECOND MONDAY OF LENT:** *St. David of Wales, Bishop and Missionary, 589 AD  
Patron Saint of Poets and the Country of Wales (Transferred from Sunday)*

**LITURGICAL THEME FOR THE DAY:** David is the patron saint of Wales. He became a priest, engaged in missionary work, and founded many monasteries, including his principal abbey in southwestern Wales. Many stories and legends sprang up about David and his Welsh monks. Their austerity was extreme. They worked in silence without the help of animals to till the soil. Their food was limited to bread, vegetables, and water.

In about the year 550, David attended a synod where his eloquence impressed his fellow monks to such a degree that he was elected primate of the region. The episcopal see was moved to Mynyw, where he had his monastery (now called St. David's). He lived an ascetical life, which he shared with others. His Rule forbade the eating of meat; he is also the patron of vegetarians and vegans. It is said that he made a pilgrimage to Jerusalem and was made a bishop by the Patriarch. He ruled his diocese until he had reached a very old age. His last words to his monks and subjects were: "Be joyful, brothers and sisters. Keep your faith and do the little things that you have seen and heard with me."

**BIBLICAL MEDITATION OF THE DAY:** When was the last time you slipped away to a hidden corner of the world simply to pray? A place of stillness—away from the clamor of schedules, the rush of crowds, the endless to-do list? Today's Gospel from Mark reminds us that such withdrawal was not an incidental habit of Jesus; it was a deliberate, essential practice. Throughout the Synoptic Gospels, we see the Master repeatedly seeking solitary moments—whether on the mount, beside the sea, or in a deserted garden. If retreat was vital to Him, it must also be a priority in our own rhythm of life. Consider that our culture celebrates constant activity. We pride ourselves on being "doers," juggling home, work, church, and countless obligations. Yet Jesus shows us a counter-cultural truth: the most effective service springs from a rested, attentive heart. Without intentional withdrawal, our efforts become frantic, our compassion thins, and the flame of discipleship flickers.

When Jesus led the apostles up the hill, He was not merely offering a scenic view. He was setting them apart for preparation—creating space for the Holy Spirit to settle, for hearts to be tuned, and for minds to receive the task ahead. In that quiet, the disciples could hear—not just the words spoken, but the still, small voice that steadies us for the Kingdom.

**PRAYER OF THE DAY:** Almighty God, who called your servant David to be a faithful and wise steward of your mysteries for the people of Wales; In your mercy, grant that, following his purity of life and zeal for the gospel of Christ We may with him receive the crown of everlasting life, through Jesus Christ our Lord. *Amen*

**ANCIENT WISDOM/PRESENT GRACE:** “We therefore grossly deceive ourselves in not allotting more time to the study of divine truths. It is not enough barely to believe them, and let our thoughts now and then glance upon them: that knowledge which shows us heaven, will not bring us to the possession of it, and will deserve punishments, not rewards, if it remains slight, weak, and superficial. By serious and frequent meditation, it must be concocted, digested, and turned into the nourishment of our affections before it can be powerful and operative enough to change them and produce the necessary fruit in our lives. For this, all the saints affected solitude and retreats from the noise and hurry of the world, as much as their circumstances allowed them. - --- St. Apollinaris, *On the Truth*

**LENTEN DISCIPLINE** – Make a concrete plan this second week of Lent to withdraw, to listen, and to be refreshed. Perhaps a day of silence—choose a Saturday or Sunday to forgo errands, social media, and even meals prepared for others, dedicating the whole day to contemplative prayer. You can also simply take a holy hour prayer vigil in a local parish nearby.

**SONG OF THE HEART, SONG OF THE SEASON** – O Great Saint David - <https://youtu.be/CAR110H9voQ?si=PeFe8rRjleIHtY-8>

<b>Tues Mar 3</b>	am: 61, 62 pm: 68	Gen 42:1-17	1 Cor 5:1-8	Mark 3:19b-35
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**SECOND TUESDAY OF LENT** - *St. Chad of Litchfield, Monk, Abbot and Missionary Bishop, 672 (Transferred)*

**LITURGICAL THEME FOR THE DAY:** The Celtic tradition in which Chad was raised and educated had developed independently of the Roman Church of the continent. At the Synod of Whitby in 664, Chad had defended the liturgical and administrative practices of the Celtic Church; yet when the Synod ruled in favor of the Roman customs, Chad gracefully accepted and supported the Church's decision.

Subsequently, Chad was appointed Bishop of York by King Oswy during the long absence of the previous appointee, who had gone to the continent to receive consecration. Shortly thereafter, Theodore of Tarsus became Archbishop of Canterbury, the first to be acknowledged throughout England as head of the English Church. In the course of his program to reorganize and unify the Church, Theodore denied the legitimacy of Chad's appointment and questioned his consecration. Chad willingly and graciously resigned. Greatly impressed with Chad's humility and devotion, Theodore reconsecrated him and

sent him to be Bishop of Lichfield. As Bishop, Chad was a dedicated and tireless pastor and missionary. One innovation which he eventually adopted was the use of a horse. The Celtic bishops, in accordance with the example of the apostles and the strict rule of poverty they embraced, had made all of their journeys on foot. He died after 2+ years as a restored bishop.

**BIBLICAL MEDITATION OF THE DAY:** The apostle Paul’s urgent warning to the Corinthian church is unmistakably a call to purify the community. He uses the image of *leaven*—the tiny yeast that spreads through dough—to illustrate how a single sin can permeate an entire body of believers. During Lent, we, too, are invited to examine the “leaven” in our own lives: attitudes, habits, or relationships that subtly corrupt our witness to Christ. The discipline of fasting, prayer, and almsgiving becomes the practical means by which we remove that leaven, making space for the new bread of holiness. Paul, in this passage, does not shy away from confronting serious moral failure, even though it is uncomfortable. He writes, “We must deal with the sinful brother...” This courageous look at self and others calls us to a Lenten posture of honesty—not merely hiding our flaws, but bringing them into the light of the Gospel for correction. 1 Corinthians 5:1-8 challenges us to see Lent not merely as personal sacrifice, but as a communal call to purify, confront, and renew. By deliberately removing the subtle “leaven” that threatens our witness, we prepare ourselves—and our churches—to receive the fullness of the risen Christ at Easter.

**ANCIENT WISDOM/PRESENT GRACE:** “The Lord moves the air, raises the winds, darts lightning and thunders from heaven to excite the inhabitants of the earth to fear him, to dispel their pride, [and] vanquish their boldness.” - - *St. Chad of Lichfield*

**PRAYER OF THE DAY:** Lord, as we walk this holy road, grant us the courage to uncover the hidden leaven within us. Help us to cleanse our hearts with the fire of Your Word, that we may become a pure temple for Your Spirit. May this season of self-examination lead us to the glorious new life promised in the Resurrection. Amen.

**LENTEN DISCIPLINE:** Take fasting from a “Leaven” to heart by choosing a habit (e.g., gossip, excessive screen time) to abstain from. Extend this act to a community accountability, whereby you partner with a trusted friend for regular check-ins.

**SONG OF THE HEART, SONG OF THE SEASON** – Leaven of the Stage by Jade Lundgren <https://youtu.be/KO837ugqbmE?si=cWK1nT7xZyN0em57>

Wed Mar 4	am: 72 pm: 119:73-96	Gen 42:18-28	1 Cor 5:6-6:8	Mark 4:1-20
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**SECOND WEDNESDAY OF LENT** – <http://www.excitingholiness.org/first-edition/index.cgi?m02/d17.html> *John & Charles Wesley, Priests, Evangelists and Missionaries (transferred) 1788, 1791*

**LITURGICAL THEME FOR THE DAY:** John Wesley was educated at Charterhouse School and Christ Church, Oxford, and after ordination to the priesthood in 1728 became for a time his father's curate. Later, John accompanied his brother Charles to America and published his first hymnbook in Charlestown in 1737. Returning to London, John became a travelling preacher and a leader in the Methodist movement, which eventually separated from the Church of England and established its own chapel. Charles Wesley was educated at Westminster School and Christ Church, Oxford. He was ordained in 1735 and travelled to Georgia as secretary to the governor, James Oglethorpe, but stayed there only a few months. Returning to England, he became, like his brother John, a travelling evangelist and missionary. A prolific poet, Charles Wesley wrote more than 6000 hymns and is widely regarded as the greatest of all English hymn writers.

**BIBLICAL MEDITATION OF THE DAY:** At the very start of today's epistle, Saint Paul writes, "Let us keep the festival of Easter with sincerity and truth." That sentence can feel surprising—after all, we are only a few days into Lent. Yet Paul is already pointing us toward the depth of sincerity that the Easter celebration demands. Sincerity is more than just going through the motions; it is truly believing what we say and do. But belief alone is not enough—we must also *believe the truth* of the Gospel with conviction and passion. Paul's brief admonition, though placed early in the second week of Lent, serves as a timely reminder to clarify exactly what we are moving toward in this holy season.

#### **The two themes Paul emphasizes**

1. **Repentance** – a heartfelt turning away from sin, not a burdensome duty but a gift of the Holy Spirit that awakens in us a deep yearning for purity and grace.
2. **The Good News** – the proclamation that through Christ's death and resurrection, we are invited into new life.

Without sincere repentance, a Lenten journey is essentially a journey without a destination. What guides us on the way? The Truth, the Way, and the Life (John 14:6). When we truly repent, the pattern of a holy Lent naturally leads to an enlivened Easter, because we are imitating Christ.

**PRAYER OF THE DAY:** Gracious Father, You have called us into this season of preparation, inviting us to walk toward the celebration of Easter with sincere hearts. Grant us the grace to believe truly what we proclaim—that Christ died and rose, that His love is the only truth that sustains us. Help us to turn away from every habit,

thought, or word that keeps us from the fullness of Your grace. WE ask this through Christ our Lord. Amen

**ANCIENT WISDOM/PRESENT GRACE:** “All that a Christian does, even in eating and sleeping, is prayer, when it is done in simplicity, according to the order of God, without either adding to or diminishing from it by his own choice.” - John Wesley, from *A Plain Account of Christian Perfection*.

**LENTEN DISCIPLINE** – Go to [http://www.cyberhymnal.org/bio/w/e/s/wesley\\_c.htm](http://www.cyberhymnal.org/bio/w/e/s/wesley_c.htm) and listen to the variety of hymns from Charles Wesley and make that the music for your day. Perhaps such inspired work from morning to night may change your perspective. If you cannot go online, go to the Index of your favorite hymnal and see how many works of his are there, and use them for meditation.

**SONG OF THE HEART, SONG OF THE SEASON** – Come Thou Font of Every Blessing by the Wesleys sing by the Crosbys [https://youtu.be/R\\_7T5k\\_1-2k?si=N8g1UGaeLK2Xr2LP](https://youtu.be/R_7T5k_1-2k?si=N8g1UGaeLK2Xr2LP)

<b>Thur Mar 5</b>	am: 70, 71 pm: 74	Gen 42:29-38	1 Cor 6:12-30	Mark 4:21-34
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**SECOND THURSDAY OF LENT:** *St. Kieran/ Ciaran of Saigher, Monk and Bishop, 4<sup>th</sup> Century*

**LITURGICAL THEME OF THE DAY:** Today in the west, we mark the date for St. Kieran, a 4th-century saint from the south of County Cork. He left Ireland before the arrival of St. Patrick. Already a Christian and of royal Ulster blood, he had determined to study for the Church; hence, he secured an education at Tours and Rome. On his return from France, he built himself a little cell in the woods of Upper Ossory. He was ordained a bishop, and on his homeward journey, he met St. Patrick, who instructed Kieran to travel until he came to a well where he should find a monastery. Patrick gave him a bell, which was not to ring until such a time as Kieran reached the correct well. He at last reached a well called Uaran, where he built his monastery known as Saighir-Kiaran, which is in County Offaly. His monastery flourished, and he ordained many holy men to the priesthood. He was not content to preach to the native Irish but also spent time in Cornwall, Brittany, Wales, and Scotland. The name St. Kieran is still remembered in many of these places with gratitude.

**BIBLICAL MEDITATION OF THE DAY:** These verses contain several parables that no doubt are quite familiar to us, such as hiding the lamp under a bushel basket, but perhaps the one that gets our attention is the parable of the mustard seed, which really speaks to me. Verses 30-32 of the NIV Life Application Bible read as follows: “What shall we say the Kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest seed you plant in the

ground. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds of the air can perch in its shade.”

A doubter would look at those seeds and think it impossible. But part of the Christian Faith is to hold fast to the promise that the impossible is possible under the grace of God and in accord with his holy will. Such a storyline captures our imagination in secular circles, as we often cheer for the underdog in team or match play. To the doubter, the mustard seed is the underdog. To the cynic whose hope is grounded in the transitory things of this world, the promises of Christ seem inconsequential, yet they fail to see and understand that the Christian faith, while it may pale in the face of modern technology when it is lived out in true community, God does accomplish great things.

**PRAYER OF THE DAY:** God of peace, who gave such grace to your servant Kieran that whomever he met he drew to Christ: fill us, we pray, with tender sympathy and joyful faith, that we also may win others to know the love that passes knowledge; through him who is the shepherd and guardian of our souls, Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.  
**Amen**

**ANCIENT WISDOM/PRESENT GRACE:** “God in His infinite goodness sometimes sees fit to test our courage and love by depriving us of the things which it seems to us would be advantageous to our souls; and if He finds us earnest in their pursuit, yet humble, tranquil and resigned to do without them if He wishes us to, He will give us more blessings than we should have had in the possession of what we craved. --- St. Philip Neri

**LENTEN DISCIPLINE** – Go to the local nursery and purchase some seeds of a plant that will grow, but that will require your attention between now and Easter. Make a note in your journal as to what this experience was like and compare it to the spiritual journey.

**SONG OF THE HEART, SONG OF THE SEASON** – Be Thou My Vision/ Slane  
[https://youtu.be/80MCpSMDs6E?si=QLBumunFVF\\_-1xfp](https://youtu.be/80MCpSMDs6E?si=QLBumunFVF_-1xfp)

<b>Fri</b> <b>Mar 6</b>	am: 69 pm: 73	Gen 43:1-15	1 Cor 7:1-9	Mark 4:35-41
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**SECOND FRIDAY OF LENT - 42 Martyrs of Amorion in Phrygia (845)**

**LITURGICAL THEME FOR THE DAY:** The story of these Martyrs is being played out again as we in the Church stand shocked over the acts of ISIS towards the Christian Community in Syria and Iraq. The recent slaying of the Egyptian Christians should not only break our hearts but compel us, as these disciples who we remember this day were compelled. They were taken captive when Amorion in Phrygia fell to the Muslims in 838, during the reign of Emperor Theophilus. Many of them were officers, and

because of their status and reputation, their captors, rather than kill them, attempted to convert them to Islam. The forty-two were kept in a miserable dungeon in Syria, where they were alternately promised the highest honors and privileges if they would convert and threatened with the most horrible consequences if they refused. This continued for seven full years, but none would deny his faith in Christ. Finally, unable to shake their faith, their captors beheaded them all in 845.

**BIBLICAL MEDITATION OF THE DAY:** In today's Gospel, Mark describes in detail how Jesus calms a rough sea and windy storm to the astonishment of his disciples. The Sea of Galilee is situated in a basin surrounded by mountains, where violent storms are not uncommon. It was evening, and Jesus wanted to leave Galilee and go to the region of the Gerasenes. Mark describes an exhausted and sleeping Jesus on a cushion in the back of the boat. Other boats were close by, as well as his disciples. As the storm threatened them, they awoke Jesus and said, "Teacher, don't you care if we drown?" He got up and said, "Quiet, Be Still!" "Why are you so afraid? Do you still have no faith?" This was one of many times that Jesus' authority was confirmed. He not only could perform miracles on people, but also over nature. Like the disciples, we may have times in our lives that feel like "storms." Problems can be like storms, coming in and taking away our peace. But Jesus is with us in these storms, just like He was with the disciples in the boat. We don't need to panic or be afraid.

While God does not magically remove every one of our problems, He does promise to be with us through them and to provide strength and help. This Lent, perhaps one of the challenges for us as a people is that we may not trust Jesus completely. We may become afraid and panic in moments of fear. Can we pursue the disciplines of prayer and study along with some spiritual direction to attain that calmness and trust?

**PRAYER OF THE DAY:** Gracious God, these servants of yours at Phrygia remembered this day did so contend on earth for Christ's glory, and were shown forth as godly crown-bearing Martyrs, have been vouchsafed to dwell with you in Heaven joyously. Since you have broken all the snares of the enemy's cunning by your sufferings and the blood of your tortures and wounding, give us the grace as you gave them at Phrygia the strength and courage to face the suffering for the Gospel so that we may honor you. **Amen**

**ANCIENT WISDOM/PRESENT GRACE:** "The early church was married to poverty, prisons, and persecutions. Today, the church is married to prosperity, personality, and popularity. –*Leonard Ravenhill*

**LENTEN DISCIPLINE** – Today, martyrdom abounds throughout the earth. Pray for martyrs in the world by using this prayer guide at <https://www.persecution.com/globalprayerguide/>

**SONG OF THE HEART, SONG OF THE SEASON** – Ancient Words by Michael W. Smith  
<https://youtu.be/3vmTkXNpwzs?si=gLxME6tCVD3WxD5Q>

<b>Sat Mar 7</b>	am: 75, 76 pm: 23, 27	Gen 43:16-34	1 Cor 7:10-24	John 7:1-13
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## SATURDAY OF LENT II – Perpetua & her Companions, Martyrs at Carthage, 292

**LITURGICAL THEME FOR THE DAY:** Vibia Perpetua was a young, married noblewoman of Carthage, and Felicity was her personal slave. Saturas was possibly a priest, and there were two other men, Saturninus and Revocatus, the latter also a slave. Felicity was pregnant. It seems most of them were catechumens when arrested and only baptized later in prison. They were condemned as Christians by the Roman authorities and dispatched to the public arena, there to be mauled by wild animals. They all survived and were then taken to be executed by the sword. Before this, they all exchanged the Kiss of Peace and affirmed their faith in Christ, the Son of God.

**BIBLICAL MEDITATION OF THE DAY:** As we walk the Lenten path, the world can feel dim—our routines grow heavy, doubts whisper louder. Psalm 27 reminds us that God’s light pierces even the darkest valleys, which certainly Saint Perpetua had a sense of. Lent invites us to seek God’s presence more intently—through prayer, Scripture, silence, or the simple act of pausing in the day. It is a time to consider the season as one of repentance, meant to be a grim fast but a confident waiting, trusting that God’s promises endure, even when our plans falter.

**PRAYER OF THE DAY:** Lord, you are my light and salvation. In this Lenten journey, help me to seek your presence, to trust your promises, and to walk boldly in the confidence that you are my stronghold. May the darkness of my habits be replaced by the radiance of your love. Amen..

**ANCIENT WISDOM/PRESENT GRACE** “The believing have, in love, the character of God the Father by Jesus Christ, by whom, if we are not in readiness to die into his suffering, his life is not in us. – St. Ignatius of Antioch, (from **the Letter to the Magnesians 5**)

**LENTEN DISCIPLINE** – Reflect on the challenges and choices you have in your life to express a sincere and truthful celebration of the Gospel. Keep a journal of when you have been sincere in the faith and perhaps the times you may have been disingenuous about your faith and practice. Pray that the Holy Spirit will fill you with the conviction to bear witness to your baptism just as St. Perpetual and her companions did without compromise.

**SONG OF THE HEART, SONG OF THE SEASON** – Hymn for St. Perpetua by K.L. Cooper <https://youtu.be/BL1uJquXYw8?si=Vo273u8qDaG1y8L>