

Lent 2024



Ash Wednesday

We start today on our journey through Lent. If you can, go to Mass today and receive the sign of the cross with ashes on your foreheads. Pray today for thankfulness, for forgiveness and for kindness.



Thursday 15th February

Shine your light on us Lord. We pray for our families and friends that you will guide them and protect them with your love. We remember and pray especially for those we have not been able to see for a long time.

Friday 16th February

Pray the stations of the cross. As you start on this journey through Lent remember Jesus before Pilate and the start of his journey to Golgotha.



Saturday 17th February

Sadly many children do not know a happy home. Pray for all those children who are neglected or abused.

Sunday 18th February

On this first Sunday of Lent the response we give to the psalm is:

“The people that follow you believe your ways are truth and love.”

Help us to show your truth and love to other people, by our actions to show we are your followers.



Monday 19th February

At this time there are so many places in the world with war and conflict. Take time today to pray for peace throughout the world.

Tuesday 20th February

Pray the prayer that Jesus himself taught us, the Our Father, and think carefully about each line.

“Our Father, who art in heaven, hallowed be thy name”



Wednesday 21st February

We have many challenges in our life. We have crosses to carry. Jesus carried his cross to Golgotha and took our sins with him. Jesus fell and got up and carried on. Pray for the strength to carry on when you have problems.

Thursday 22nd February

Today is the Feast of St Peter's Chair.

“Grant, we pray, almighty God, that no tempests may disturb us, for you have set us fast on the rock of the Apostle Peter's confession of faith.”

(from the Roman Missal)



Friday 23rd February

So many people in the world do not have enough to eat and no clean water to drink. CAFOD supports many people throughout the world. Make a donation to CAFOD—even a few pence can make a difference. Or maybe give some money to another charity you know that helps people.

Saturday 24th February

What are you good at? What gifts has God given you? Use your God given gifts to help someone today. A small act can make a big difference to somebody.



Sunday 25th February

In the Gospel reading today the disciples Peter, John and James see Jesus's transfiguration. God speaks to the disciples. “This is my Son, The Chosen One. Listen to him.” Pray today to be able to truly listen to Jesus.

Monday 26th February

There are times in our lives when we do not know which path to take. Ask the Lord to show you the right way. Let the Lord lead you down the right road.



Tuesday 27th February

It is easy to follow everyone else; to copy what they do. Before you do something ask God for help. Pray to make the right choice and not to just follow the crowd.

Wednesday 28th February

In the Deaf Community we sign to communicate. It is the language of the Deaf Community. We all sign in church Deaf and hearing alike. We make the sign of the cross. Start each day making the sign of the cross.



Thursday 29th February

The liturgical colour during Lent and Advent is violet. This is the colour symbolising suffering and sadness. Lent and Advent are the seasons of penance and preparation.

Take this opportunity to go to confession before to Easter comes. Many churches offer extra opportunities at this time of year.

Friday 1st March

Today is St David's Day. Pray for any friends or family you may have in Wales. Remember also the Welsh Assembly and those in public office in Wales.



Saturday 2nd March

Our world is a beautiful gift from God. Creation is amazing. Look at God's creation; a tree, flower or animal and thank God for this wonderful world that he has given us.

Sunday 3rd March

God's laws are good.

God's laws show people the right way to live.

All his laws are true and just and fair.

Lord, let my thought and my words and actions make you happy.



Monday 4th March

Is there a charity that has helped you or a member of your family? Try today to help that charity. Donate to a local foodbank (a lot of supermarkets have collection points) if you can or maybe tidy up at home and get something ready to donate to a local charity shop.

Tuesday 5th March

Some people will be baptised at Easter and join the church. There are some children and adults preparing for their first Holy Communion and Confirmation. Pray for all those preparing to receive these Sacraments.



Wednesday 6th March

Homelessness is a problem for many people. Poverty, ill health and circumstances sometimes mean that people end up sleeping on the streets. Pray for those who have no where to sleep tonight.

Thursday 7th March

Many people work hard to keep our transport system working and safe. Pray that the recent industrial action is concluded soon and the problems resolved.



Friday 8th March

The Stations of the Cross take us along Jesus's road to Golgotha. If you cannot visit your local church to look at the Stations of the Cross try and imagine it. What did that road to Golgotha look like? Imagine what it would have been like to be Simon of Cyrene or Veronica.

Saturday 9th March

Light a candle or look at an icon picture. Relax in God's love and feel his presence.



Sunday 10th March

Mothering Sunday; a time to remember our mothers and thank God for them. Mary is Mother to us all so we join in prayer with her as we pray "Hail Mary, full of grace"

Monday 11th March

Mary trusted God. She said "yes" to him. She put her whole faith in God and God's plan. Trust that God has a plan for you and your life. Put your life in God's hands.



Tuesday 12th March

Gossip is horrible. It can be cruel. You can't undo what has been said. If someone starts to gossip to you today about another person, ignore them and do not listen.

Wednesday 13th March

We live in a wonderful world that is full of colour and light. Enjoy the colours that you see around you today and thank God for all the beauty you see around you.



Thursday 14th March

There are many different religious orders. Men and woman who live to serve the Church and different communities. Pray for those in religious life who do so much to support us all.

Friday 15th March

There are many Saints that we can turn to, who can help us in times of need. Maybe you have a Saint that is important to you. Ask that Saint to pray for you today.



Saturday 16th March

Friends really make our lives rich and full. A good friend can make a huge difference to our lives. Today tell one of your friends how important they are to you and pray for your friend. Write them a letter if they are not near to you.

Sunday 17th March

Today we remember the people of Ireland and St Patrick. Pray for the people of Ireland, their government and all those who have friends and family in Ireland.



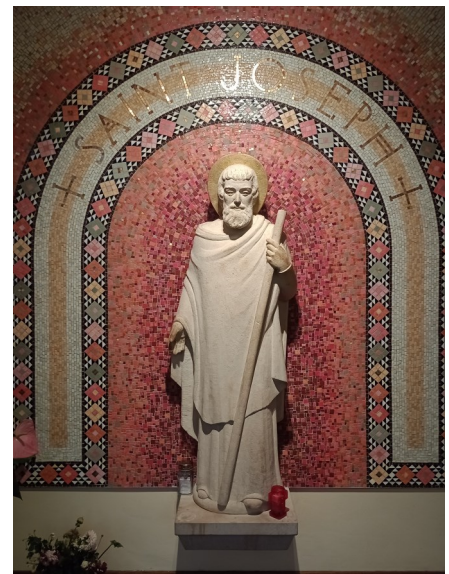
Monday 18th March

Many people suffer from depression and have mental health problems. These challenges are often hidden. Pray for those people who experience mental health illnesses and for those that support them.

Tuesday 19th March

Today is St Joseph's Day.

Joseph cared for Mary and for Jesus. He accepted God's call to be Jesus' earthly father. Pray for all father's and for men who support their families.



Wednesday 20th March

Today is the first day of Spring in the northern hemisphere. Thank God for the beauty we see around us as the flowers blossom and plants start to grow.

Thursday 21st March

Many places around the world suffer from drought. People do not have access to clean and safe drinking water. Others suffer from floods. Ask God to provide clean, safe water where it is needed along with care and support for those affected by floods.



Friday 22nd March

Family life can be wonderful and it can be challenging. Pray today for families, for parents looking after their children and for children to have loving and caring parents.

Saturday 23rd March

The Lord will guard us as a shepherd guards his flock. One of Jesus's parables tells us of the shepherd who looked for his lost sheep. Even if you feel lost, the Lord will seek you and protect you.



Sunday 24th March

Palm Sunday—Jesus entered Jerusalem to a cheering crowd travelling humbly on a donkey. Help us Lord to walk humbly and follow you.

Monday 25th March

Think about the number of times you see things that remind you of Christ in our world today, when you see people helping each other and caring for those less fortunate. Pray to be more like Christ in your life.



Tuesday 26th March

Today in the Diocese of Westminster the Chrism Mass is celebrated. Pray for the deacons, priests and bishops and thank God for all they do for us.

Wednesday 27th March

We all need a comforting hand or a consoling word from time to time. Pray for those people who look after us and thank God for their presence in our lives.



Thursday 28th March

Maundy Thursday. Jesus took a towel and washed his disciples feet. Help us to learn how to serve others.

“Love one another as I have loved you.”

Good Friday

Pray the Stations of the Cross. Walk with Christ on his way to Calvary.

At 3p.m. we remember the Lord's Passion.



Holy Saturday

The Easter vigil is our celebration of Christ's resurrection.

Easter Sunday

The Lord is risen, he is risen indeed Alleluia!



The Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen

Glory be to the Father

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end. Amen.



Caritas
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