



Monday of the Third Week of Lent

We stand in silent thanksgiving for this wonderful day.

“Our work is loving God and God’s creation.

Here the sunflowers, there the hummingbird...

Equal seekers of sweetness.

Here the quickening yeast; there the blue plums.

Here the clam deep in the speckled sand.

Am I no longer young and still not half-perfect?

Let me keep my mind on what matters,

Which is my work,

Which is mostly standing still and

learning to be astonished.”

(Mary Oliver)

Let us pray,

God of creation,

We give you thanks always and everywhere for the beauty of your creation.

Help us to stand still and be astonished at this wonderful Mystery.

Now we give you thanks for the food and drink that you provide for us this day..

We thank you for our willingness to share this food and our lives together in this community.

We ask our prayer through Jesus Christ, your Son and your greatest gift to us. Amen.

Live Jesus in our hearts forever!

Tuesday of the Third Week of Lent

With hands outstretched, let us begin by blessing this food and one another .

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Let us take a moment of silent wonder.

“Waters of Life, wash over me,

Let my soul drink from your wellspring, O God.

Waters of Life, come wash over me,

Quench deep within the thirst of my soul.” (Monica Brown)

Let us pray,
Creator God,
we thank you for the astounding gift of water.
It is precious and so necessary for the sustenance of all life on this planet.
Water flows constantly bringing life to everything it touches.
May the water of our spirit also be healthy and enriching
bringing your joy and nurturance to all we meet on our journey.
Thank you for this meal of food and drink which we have before us.
We are grateful to share it through Jesus Christ, our Lord and brother. Amen.
Live Jesus in our hearts forever.

Wednesday of the Third Week of Lent

We now give thanks for this day with all it brought us.
In silent reverence, we now recall one blessing of this day.
***“Surely, this great nation is a wise and discerning people.
For what other great nation has a God
so near to them as the Lord, our God.” Deut. 4***
Holy Presence of God,
You are in a mysterious way in relationship with us, interconnected with us,
and deeply in love with us.
We pray, during this Lenten season, that we may nourish and deepen
this wonderful relationship with you
through our dedication to prayer, fasting and good works.
We know that you love the whole of your universe
even this food and drink prepared for our nourishment.
We are indeed thankful for these, your gifts. Amen.

Thursday of the Third Week of Lent

“Hallowed be the name of God, most Holy!”
When we hallow someone or something we stand in silence.
It is fitting to do so in the presence of the Mystery of God.
***“Silent Creator,
When we hear your whisper,
in the scent of moonflowers closing their blooms as the sun rises.
Your being glows there and everywhere that life is,
sometimes stopping us in our tracks to pause and sense
the sweet bouquet of a living thing thriving out of sight,
but much in evidence to the alert.
Give us ears to hear your messages
in the air around us, irrepressible Spirit,***

*alert to the soaring music
just below the surface of Life.
Amen” (William Cleary)*

Friday of the Third Week of Lent

It s Friday and another week has passed. We give an Alleluia!
We give thanks now for the gifts that this week has brought to us.

The Word today is from a poem by Mary Oliver.

*“How I wish I had a voice like a meadowlark’s,
Sweet, clear, and reliably slurring all day long
From the fencepost or the long grass where it lives
in a tiny but adequate grass hut
beside the mullein and the everlasting, the faint pink roses
that have never been improved,
but come to bud, then open like little soft sighs
under the meadowlark’s whistle,
its breath-praise, its shrill song, its anthem, its thanks,
its alleluia.*

Alleluia, oh Lord!”

Let us pray,

Like the meadowlark,

we give praise to God for this week’s work.

We sing an alleluia for the sacred experiences we have had.

We sing an alleluia for the challenges we met this week.

For all that has been we give you thanks and Lord,
bless us and bless this food which we are about to eat.

Through Christ, our Lord and brother. Amen.

Live Jesus in our hearts forever!



Monday of the Fourth Week of Lent

We gather to share this meal and to share our stories of the day. I invite you to place your right hand on your heart and take a moment to give thanks for the joys and sorrows you have experienced in the course of the day. Just be conscious of how you feel right now.

We listen to the Word given to us today.

Jesus said: "Ask and it shall be given to you, search and you will find; Knock and the door will be opened to you. For everyone who asks receives and everyone who searches finds and everyone who knocks, the door will be opened."

Jesus,

Many times we are unaware of what we seek or why we have to knock or why we need to search. We would rather just go unconsciously and asleep through our days and thorough our lives being in our comfortable daily rites and rituals.

Jesus,

Arouse us; awaken us to see and feel the new and emerging life that you offer to us beyond our imagining.

As we share and give thanks for this meal, we seek deep fellowship and brotherhood as Christian Brothers.

Live Jesus in our hearts forever.

Tuesday of the Fourth Week of Lent

We take a moment of silence to look deep inside. What is deep inside?

What do you see deep inside of you? Who are you deep inside?

As we get in touch with this deepest inner core,

I now invite you to listen attentively to the words of St. Paul to the Ephesians.:

"Out of his infinite glory may he give you the power through his Spirit for your hidden self to grow strong so that Christ may live in your hearts through faith." Eph 3

Let us pray,

Lord,

We know the person that we are within holds our greatest gift.

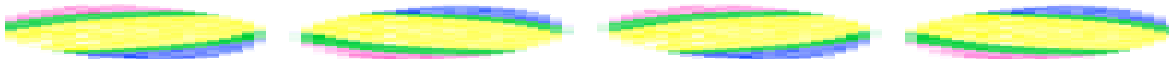
Inside, we experience poverty, pain, shadow, suffering and sin.

We have a hole in our soul.

In our brokenness, we are powerless and therefore radically open to your healing presence.

Make us more aware of this sublime truth as we sit to enjoy this meal together. Amen

Live Jesus in our hearts forever.



Wednesday of the Fourth Week of Lent

We gather for this meal prepared for us by loving hands.

Let us take a moment to be silent and give thanks.

Our Word today is from Richard Rohr's book "Radical Grace".

"God's love is total, unconditional and forever.

The State of Grace – God's attitude towards us- is eternal.

Sometimes we are able to believe this and that is Grace.

***Other times we get down on ourselves, carry guilt, anger, fear and burdens
and are not able to believe that God loves us at all.***

***That's the greatest sin- not to believe the Good News-
not to accept the unconditional love of God!"***

Let us pray,

God of Unconditional Love,

Fill us continually with your eternal, absolute love.

Fill us so much that we can truly love ourselves as your creation.

Fill us so much that we can discover that we have the power
to give this same love to all we meet in our lives.

We ask our prayer through Jesus

who showed us the depth of your love for us. Amen.

Live Jesus in our hearts forever.

Thursday of the Fourth Week of Lent

Before we sit down to enjoy our meal together
let us take a moment to recall the events of this day.

Each day brings its own beauty and gifts.

What were the beauties and gifts of the day for you?

The Word for today.

"You are God's seed.

***As the pear tree grows into a pear and
the hazel seed grows into the hazel tree,
so does God's seed in you become God."***

(Meister Eckhart)

Let us pray

Creator God,

It is wondrous to believe that, made in your image,
we have the power and gifts

to serve as co-creators of beauty,

blessed with extraordinary power and grace.

During this Lenten season,

allow your Seed of Love planted deep within us

to grow and flourish so that we can truly be
your hands and feet in this broken world of ours.
Amen. Live Jesus in our hearts forever.

Friday of the Fourth Week of Lent

Eating is one thing; dining is another. There is a big difference.
Do we eat or do we dine in this community? Let us listen to the poet W. H Auden!

“A daydream is a meal at which images are eaten.

**Some of us are gourmets, some gourmands,
and a good many take their images precooked out of a can
and swallow them down whole, absent-mindedly
and with little relish.” W.H Auden**

Let us pray,

God of all Creation,

We thank you for the bountiful gifts of your creation,
for community life, for the life of each person assembled for this meal.

We thank you for the food and for the hands that prepared it.

May we be ever grateful for all we have

Knowing that many of our brothers and sisters in this world
will go to bed hungry tonight. And so tonight, in opposition to W.H.Auden,

we will make an effort to eat our meal more slowly,
with great presence to one another and with great relish.

Amen.



Monday of the Fifth Week of Lent

***“Be praised, My Lord, through Sister Water;
she is very useful, and humble, and precious, and pure.”***

Francis of Assisi

Today we honor Water on this **International Water Day**.

We know Water is precious. It is pure gift!

All life on this planet perishes without water.

Yet, according to recent statistics, humans dump 2 billion tons of sewage
in the world’s waters each year and

2.5 billion people on the planet live without proper sanitation.

We destroy ourselves when we pollute water supplies.

We listen now to these prophetic words
from the UN Committee on Economic, Cultural and Social Rights:

***“Water is fundamental for life and health.
The human right to water is indispensable for leading a healthy life in human dignity.
It is a pre-requisite to the realization of all other human rights.”***

Let us pray,
Creator God,

We thank you for your gift of water.

It refreshes, renews and sustains all life on our planet.

What a wonderful gift it is for all life.

May we do all in our power to protect this valuable resource
from pollution and waste.

We ask our prayer through Jesus Christ, our Lord and Brother. Amen
Live Jesus in our hearts forever!

Tuesday of the Fifth Week of Lent

Before we sit for our meal today, let us take a moment to feel our breathing.

Without the breath of oxygen we die.

Are we aware that we live in God’s oxygen all the time?

I invite you to listen to these wise words of
Bernard of Clairvaux.

***“I have ascended to the highest in me, and look! The Lord is towering above that.
In my curiosity I have descended to explore my lowest depths,
yet I found God even deeper.
I looked outside myself, I saw God stretching beyond the furthest I could see;
and I looked within, God was yet further within.
Then I knew the truth of what I had read,
‘In God we live and move and have our being.’”***

Let us pray,

We thank you that we live and move and have our being in you.

We thank you for being more than we can even imagine you to be.

We thank you for Jesus, your Son and our Brother.

For this food which we are about to eat, we thank you.

Amen. Live Jesus in our hearts forever.

Wednesday of the Fifth Week of Lent

Before we sit to fill our bodies with the food prepared for us today,

I invite you first to listen to the words of

St Catherine of Siena who has a lovely Lenten message for us.

“No sooner is your vessel emptied than it is filled.

For nothing can remain empty.

If it is not something material, it will fill with air.

Just so, the heart, is a vessel that cannot remain empty.

***As soon as you have emptied your heart
of all those transitory things you loved so inordinately,***

***It is filled with gentle heavenly love
That brings you to the water of grace.”***

Let us pray,
God of Love,

During this Lenten season, empty our hearts,
Remove from them the angers, the frustrations, the pettiness,
the wounds that block and prevent us from living life to the full,
so that You, our God, can fill our hearts with your love and gentleness.
We ask this prayer through Jesus Christ, our Lord and Brother. Amen.
Live Jesus in our hearts forever.

Thursday of the Fifth Week of Lent

Let us take a moment of silence to reflect on the day we just had.
Were you conscious that our God was present in every minute of this day?
A Moment of Silence

***“For those who look with physical eyes, God is nowhere to be seen.
For those who contemplate God in Spirit, God is everywhere!
God is in all, yet beyond all!” St Symeon***

Let us pray,
We thank you for the wonderful gift of this day
with all of its opportunities, challenges and joys that came our way!
Creator God,

Help us to be more and more conscious
Of your dynamic presence in each one of us, in your wonderful creation,
And in the food and drink of which we are about to partake.
We ask this through Christ, Our Lord. Amen
Live Jesus in our hearts forever.

Friday of the Fifth Week of Lent

We take a moment to thank God that it Friday
and the work of the week has ended.
The Word for us today is from Richard Rohr’s book entitled “Things Hidden”:

***“Nothing in this world is an end in itself- including church,
pastors, priests, bishops, popes, Bible- nothing.
Only God is an end; everything else is a means! Only God can save us!”***

Creator of us all,
Help us to remember that the purpose of everything
We do and say in this life
Is the slow transformation of our human hearts
into an intimacy with the very heart of God.

So that we can radiate that love to all we encounter on life's journey
Help us not to forget this truth!

Now, we give you thanks for this food which we are about to eat.

Help us to be mindful of those who have no food today.

Amen. Live Jesus in our hearts forever!



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