

LENT 2026

CRUX

First Sunday of Lent

- Begin your weekly meeting in prayer.
 - Lord, help guide us and reveal to us our identity that is defined by you. Reveal to us your divine nature and instill in us the trueness of your word. This Lent, help us to remain steady in ourselves and to ward off temptations, staying steadfast to your will. Amen.
- Read Sunday's Gospel and watch the free video with Fr. Columba for this week.
- Take some time to discuss and reflect on the video using the following questions:
 - What are our goals for this season of Lent?
 - How has doubt entered your life this season? What reassurance are we given from God to help us avoid doubt?
 - Have you ever felt that you need to earn your identity? Share that experience.
 - How can we reassure ourselves of our identity in Christ? What disciplines might we be able to follow to help instill in us our intrinsic identities as Sons and Daughters of God?
- As we go into next week, let's allow ourselves to examine our hearts before we do something. Thank God and do even small acts with gratitude before surrendering through our fasting, exercise, spiritual reading, and examen. **Have you chosen your Four Daily Practices yet?**
 1. **Daily Exercise** - A small, intentional way to care for the body God has given us—offered as discipline, not performance. Ideas: stretching, walking, an exercise class, or pickleball.
 2. **Daily Fast** - Choosing restraint in what we consume, allowing physical hunger to turn our hearts toward prayer. Ideas: fasting from dessert, alcohol, coffee, condiments, or eating in the car.
 3. **Daily Examen** - Pausing each evening to review the day, recognize blessings and challenges, and grow in awareness and gratitude.
 4. **Spiritual Reading** - Setting aside time each day to read and reflect on Scripture or other sacred texts. Fr. Columba recommends reading through the Gospel of Mark. Other suggestions: *The Return of the Prodigal Son* by Henri Nouwen; *The Practice of the Presence of God* by Brother Lawrence; or *Voices of the Saints* by Bert Ghezzi.

READINGS

1. Genesis 2: 7-9; 3: 1-7
2. Romans 5: 12-19
3. Matthew 4: 1-11

OPTIONS TO VIEW FR. COLUMBA'S VIDEO



- Scan the above QR code to watch on a mobile device
- Use the TV in your small group room to watch the video on the Ascension APP
- Have your small group leader read the Day 5 reflection from their *Crux: Daily Lenten Meditations* book aloud

Litany for Crux

BY: FR. COLUMBA JORDAN, CFR

Lord have mercy.
Christ have mercy.
Lord have mercy.

Lord have mercy.
Christ have mercy.
Lord have mercy.

The Response is “Jesus, Help me.”

- Jesus, help me to let go of the belief that prayer and fasting are optional practices.
- Jesus, help me to let go of the belief that my physical life is separate from my spiritual life.
- Jesus, help me to let go of the belief that I am too busy to exercise.
- Jesus, help me to let go of the belief that exercise is something that others are capable of, but I am not.
- Jesus, help me to let go of the belief that I do not need to use the gift of the body that you have given me.
- Jesus, help me to let go of the belief that it is too difficult to fast.
- Jesus, help me to let go of the belief that I need to do large or extreme fasts for my fasting to matter.
- Jesus, help me to let go of the belief that I cannot offer up even the smallest fast for you.
- Jesus, help me to let go of the belief that I need to prove myself through fasting and working out, instead of resting in my identity as your beloved child.
- Jesus, help me to let go of the belief that Lenten disciplines are for my own temporary self-improvement, instead of helping me grow closer to you.
- Jesus, help me to let go of the belief that I can grow in my relationship with you apart from reading your word in the Bible.
- Jesus, help me to let go of the belief that I am not capable of planning time during my day for you.
- Jesus, help me to let go of the belief that something is wrong with my prayer if I'm not delighting in your presence or perceiving insights.
- Jesus, help me to let go of the belief that I need to constantly examine my progress in the spiritual life while praying.
- Jesus, help me to let go of the belief that I am a soul without a body.
- Jesus, help me to let go of the belief that I am a body without a soul.
- Jesus, help me to let go of the belief that I can do anything apart from you.

Lord Jesus Christ, help me to bring my weakness to you each day, so that through me your power may be made known. Guide me through this Lent, helping me to persevere and stay faithful to you, as you lead me deeper into relationship with you, our Father, and the Holy Spirit during my pilgrimage on Earth, and most importantly, forever in the Kingdom of Heaven. Amen

HOW TO PRAY THE DAILY EXAMEN



Begin by drawing your attention to God's presence and love for you. Pray the sign of the cross and any other prayers you normally start or end your day with.

- **Step 1: Gratitude:** First, thank God for his gifts of the day, large and small.
- **Step 2: Petition:** Petition God for any graces that you may need as you pray the Examen.
- **Step 3: Review:** Review your actions and feelings throughout the day. This entails more than a mere overview of each hour, but should focus on interior movements such as your desires, struggles, anxieties, and joys.
 - Where did you hear God's promptings and draw close to him?
 - Where might you have turned away from God's promptings?
- **Step 4: Forgiveness:** Ask God for his mercy and forgiveness for any wrongdoing. It is essential that we root this step in a deep trust in God's love. God rejoices in our desire to return to him, and not only awaits us, but runs to meet us: "while [the prodigal son] was yet at a distance, his father saw him and had compassion, and ran and embraced him" (Luke 15:20).
- **Step 5: Resolve:** Finally, turn your attention to the next day, planning concretely how you'd like to grow closer to God.

UPCOMING EVENTS

FRIDAY FISH FRY DINNERS

In the season of Lent, bring the family on Fridays from 5 – 7 PM in the School Cafeteria

STATIONS OF THE CROSS

Fridays During Lent
in the Chapel
6:30 PM (English)
7:15 PM (Spanish)

LONG SLEEVE RELIEF DRIVE FOR FARMWORKERS

March 7-8, 2026
Please bring your clean new/used long- or short-sleeved cotton shirts to Mass for the Farmworker Relief Drive. . These shirts are needed by the workers who harvest the food we eat.