

The Youth Group Bake Sale has been postponed. Please stay tuned for an updated date!

La Venta de Postres del Grupo Juvenil ha sido pospuesta. ¡Por favor, manténganse atentos para conocer la nueva fecha!

As we journey through this sacred season of Lent, the Church gently calls each of us to pause, reflect, and return more fully to the Lord. In the midst of our busy lives, it can be easy to overlook the quiet invitation of God's mercy—but Lent is a time set apart for renewal, healing, and grace.

One of the most beautiful ways we respond to this call is through the Sacrament of Reconciliation. Our upcoming Lenten Penance Service offers a special opportunity to encounter Christ's forgiveness in a profound and communal way. It is a moment to lay down our burdens, to be freed from what weighs on our hearts, and to begin again with renewed peace.

No matter how long it has been, you are welcome. God never tires of forgiving us; He only asks that we come to Him with open and humble hearts. This service is not about judgment—it is about mercy, compassion, and the joy of being restored.

Let us come together as a parish family, supporting one another in faith, and embracing the grace that God so freely offers. May this Lent be a time of true transformation, leading us closer to the hope and joy of Easter.

Mientras recorremos este tiempo sagrado de Cuaresma, la Iglesia nos invita suavemente a cada uno de nosotros a hacer una pausa, reflexionar y volver más plenamente al Señor. En medio de nuestras vidas ajetreadas, puede resultar fácil pasar por alto la silenciosa invitación de la misericordia de Dios; sin embargo, la Cuaresma es un tiempo reservado para la renovación, la sanación y la gracia.

Una de las formas más hermosas de responder a este llamado es a través del Sacramento de la Reconciliación. Nuestro próximo Servicio Penitencial de Cuaresma ofrece una oportunidad especial para encontrarnos con el perdón de Cristo de una manera profunda y comunitaria. Es un momento para deponer nuestras cargas, para liberarnos de aquello que pesa sobre nuestros corazones y para comenzar de nuevo con una paz renovada.

Sin importar cuánto tiempo haya pasado, usted es bienvenido. Dios nunca se cansa de perdonarnos; solo nos pide que acudamos a Él con un corazón abierto y humilde. Este servicio no trata de juicio, sino de misericordia, compasión y la alegría de ser restaurados.

Unámonos como familia parroquial, apoyándonos mutuamente en la fe y acogiendo la gracia que Dios nos ofrece tan generosamente. Que esta Cuaresma sea un tiempo de verdadera transformación, que nos conduzca más cerca de la esperanza y la alegría de la Pascua.

ST FRANCIS DE SALES CATHOLIC PARISH OF LUMBERTON

SUNDAY, MARCH 22ND, 2026



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Lumberton, NC 28358

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(in english)
Saturdays 5:00 pm
and Sundays 10:30 am

Misas los domingos
(en español)
7:20 am
y 12:30 pm

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Office (oficina): 910-739-4723
Email (correo electrónico): office@sfd-nc.org
Fax: 910-739-5443

Office Hours
Tuesday through Friday

Horarios de Oficina
martes a viernes

9:00 am - 5:00 pm

closed
(cerrado)
12:00 pm - 1:30 pm



Spring Has Sprung! We are seeking volunteers to help keep the grounds of our Church campus looking beautiful. Any assistance is welcome. Please call Rafael or the church office if you are available.

¡Ya llegó la primavera! Buscamos voluntarios para ayudar a mantener hermosos los jardines de nuestro recinto parroquial. Toda ayuda es bienvenida. Por favor, llame a Rafael o a la oficina de la iglesia si tiene disponibilidad.

Did you know that the cleanliness of our church and Social Hall is maintained entirely by volunteers? Every pew you sit in at Mass, as well as the floors and kitchen in the Social Hall, are cared for by parishioners who generously give their time so that all may enjoy a welcoming space for worship, prayer groups, and faith formation.

As our parish continues to grow, we are in need of additional volunteers. With the addition of the St. Jane de Chantal House—now home to six more Faith Formation classrooms—there is an even greater need to keep these spaces clean and ready for our children and families to grow in their faith and learn about God.

Our catechists already give so much of their time and talent. We are now asking if other parishioners would be willing to help by joining a rotating cleaning schedule for this new space on campus.

If you are interested, please contact the church office. Thank you for supporting this humble, often unseen, but greatly needed and deeply appreciated service.

¿Sabía que la limpieza de nuestra iglesia y del Salón Social se mantiene completamente gracias a voluntarios? Cada banca donde se sienta en la Misa, así como los pisos y la cocina del Salón Social, son cuidados por feligreses que generosamente ofrecen su tiempo para que todos puedan disfrutar de un ambiente acogedor para la adoración, los grupos de oración y la formación en la fe.

A medida que nuestra parroquia continúa creciendo, necesitamos más voluntarios. Con la incorporación de la Casa St. Jane de Chantal—que ahora cuenta con seis salones adicionales para la Formación en la Fe—existe una mayor necesidad de mantener estos espacios limpios y listos para que nuestros niños y familias crezcan en su fe y aprendan sobre Dios.

Nuestros catequistas ya ofrecen mucho de su tiempo y talento. Por eso, estamos invitando a otros feligreses a unirse a un esquema rotativo para ayudar con la limpieza de este nuevo espacio en nuestro campus.

Si está interesado, por favor comuníquese con la oficina parroquial. ¡Muchas gracias por apoyar este servicio humilde, muchas veces invisible, pero muy necesario y profundamente valorado!

Upcoming Parish Schedule

Esquema Parroquial Que Viene

- **Thursday March 26th - 6:30 pm Lenten Penance Service**
- Saturday, March 28th - NO CONFESSIONS
- Palm Sunday Weekend, March 28th and 29th - Regular Mass Times (No Changes)
- Holy Thursday, April 2nd - NO NOON MASS - 5:30 pm Mass (eng) and 7:30 pm Mass (span) followed by Adoration until midnight
- Good Friday, April 3rd - NO NOON MASS - 3:00 pm Service (eng) and 7:00 pm Service (span)
- Holy Saturday, April 4th - NO CONFESSIONS - 8:00 pm Easter Vigil Mass
- Easter Sunday, April 5th - NO 7:20 AM MASS - 10:30 am Mass and 12:30 pm Mass

- **Jueves, 26 de marzo - 6:30 pm Servicio Penitencial**
(Las Confesiones) de Cuaresma
- Sábado, 28 de marzo - NO HABRÁ CONFESIONES
- Fin de Semana del Domingo de Ramos, 28 y 29 de marzo - Horarios Normales de Misa (No Cambios)
- Jueves Santo, 2 de abril - NO HABRÁ MISA DEL MEDIODÍA - 5:30 pm Misa (ing) y 7:30 pm Misa (esp), seguida de Adoración hasta la medianoche
- Viernes Santo, 3 de abril - NO HABRÁ MISA DEL MEDIODÍA - 3:00 pm Servicio (ing) y 7:00 pm Servicio (esp)
- Sábado Santo, 4 de abril - NO HABRÁ CONFESIONES - 8:00 pm Misa de la Vigilia Pascual
- Domingo de Pascua, 5 de abril - NO HABRÁ MISA DE LAS 7:20 AM - 10:30 am Misa y 12:30 pm Misa

Adult Faith Formation meets this Wednesday, March 25th. We begin with dinner at 6:30 pm and class from 7:00 pm to 8:00 pm.
Topic of Discussion: The Theology of the Reformation.
All are welcome!



Social Ministry Service Opportunity

Our parish Social Ministry is seeking volunteers to help assemble Easter care packages for the Family Violence Center in Lumberton. Join us in the Social Hall on Saturday, March 28, beginning at 8:30 AM as we come together to serve those in need, Especially as we are about to begin Holy Week. All youth over the age of 12 are welcome to join and teens can earn volunteer service hours! Please consider coming to help!

Oportunidad de Servicio del Ministerio Social

El Ministerio Social de nuestra parroquia está buscando voluntarios para ayudar a armar paquetes de cuidado de Pascua para el Centro de Violencia Familiar en Lumberton. Acompáñenos en el Salón Social el sábado 28 de marzo, comenzando a las 8:30 AM, mientras nos reunimos para servir a quienes lo necesitan, especialmente ahora que estamos a punto de comenzar la Semana Santa. Todos los jóvenes mayores de 12 años son bienvenidos a participar y los adolescentes pueden ganar horas de servicio voluntario. ¡Por favor consideren venir a ayudar!

Easter Flower Donations

As we prepare to rejoice in the miracle of the Resurrection, it is through the support of the community that we are able to purchase flowers and plants to adorn our Church. Your donation makes it possible to experience the joy of the Resurrection in a beautiful space for weeks to come. Donations of any amount are appreciated. Spring flora can be enjoyed in our Sanctuary for the fifty days of Easter! Envelopes are near the door entrances of the church. We thank you for your generosity.

Donaciones de Flores de Pascua

Mientras nos preparamos para celebrar el milagro de la Resurrección, gracias al apoyo de la comunidad, podemos comprar flores y plantas para adornar nuestra Iglesia. Su donación nos permite experimentar la alegría de la Resurrección en un hermoso espacio durante las próximas semanas. Agradecemos cualquier cantidad. ¡Podrá disfrutar de la flora primaveral en nuestro Santuario durante los cincuenta días de Pascua! Los sobres están cerca de las entradas de la iglesia. Agradecemos su generosidad.

THIS WEEK AT A GLANCE

Readings and Masses for the Week ~ Year A
Lecturas y Misas de la Semana ~ Año A

Saturday (March 21st) Mass 5:00 pm (+David Rich)

05th SUNDAY OF LENT

Sunday (March 22nd) Misa 7:20 am (Por el pueblo)

[03rd SCRUTINY] Mass 10:30 am (+Randall J. Soutiere)

Misa 12:30 pm (+Juan Tolentino)

Ez 37:12-14 Ps 130:1-8 Rom 8:8-11 Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

Monday (March 23rd)

Lenten Weekday [5] Saint Turibius of Mogrovejo, Bishop

Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62 Ps 23:1-6 Jn 8:1-11

Tuesday (March 24th)

Lenten Weekday [5]

Nm 21:4-9 Ps 102:2-3, 16-21 Jn 8:21-30

Wednesday (March 25th) Mass 12:00 pm (+Brenda Lininger)

ANNUNCIATION OF THE LORD

Is 7:10-14; 8:10 Ps 40:7-11 Heb 10:4-10 Lk 1:26-38

Thursday (March 26th) Mass 12:00 pm (+Joseph Tassone)

Lenten Weekday [5]

Gn 17:3-9 Ps 105:4-9 Jn 8:51-59

Friday (March 27th) Mass 12:00 pm (+Howard & Nellie Canady)

Lenten Weekday [5] **STATIONS OF THE CROSS**

Jer 20:10-13 Ps 18:2-7 Jn 10:31-42

Saturday (March 28th)

Lenten Weekday [5]

Ez 37:21-28 (Ps) Jer 31:10-12d, 13 Jn 11:45-56

Parish Financial Record

Registro Financiero
Parroquial

4th Sunday of Lent

1st Collection \$4,004.00

2nd Collection \$1,343.00
(Catholic Relief Services Collection)

Total: \$5,347.00

Last Year \$5,370.75

We thank you all for your contributions! Please remember to send your offertory envelope weekly or monthly, or you may give online.

¡Les agradecemos a todos por sus contribuciones! Por favor, recuerde enviar su sobre de ofertorio semanal o mensualmente, o puede dar en línea.

<https://www.parishgiving.org/index?e=EB7D1D74B9E1D3AFD5A6E0FD209BC0BECD23ED5C1C016A00>



Happy Birthday Blessings Bendiciones de Feliz Cumpleaños 22 - 28 March 2026

Bryan Casarrubias Contreras, Jorge Casarrubias Contreras, Mayeli Salado, Nicolas Bacilio Garcia Gabriel, Rhonda Lange, Reinaldo Guevara Salazar, Hody Roblero Montiel, Daniela Trenado Ortiz, Alysson Coctecon Cruz, Cedric Valdez, Richard Ebri, Juan Casarrubias Joya, Leah Walters

In Need of Prayer/En necesidad de oración: David & Rhonda Martin, Sandra Rodríguez, Dr. Jerry Devine, Renete Cortez, Lupita Flores Castellano, Fabien, Joseph & Shelby Young, Cathy Cartrette, Doris Schneider, Doris Warwick, Carolyn Wilkerson, Michelle & James White, Joan Van Huesen, Noelia Powell, Joel Rivera, Kathy Geibert, Mary Lee Wadrose, Juanita Mishoe, Sr Marta Castrejon Flores, Annette Dent, Neal Frazier, Víctor Dorais, Andrea Emilia Bernabey, The Dana Family, Rosario Reantaso, Allie Rogers, Lou Rastelli, the Bowen Family, Michael Charkey, Marion Sherman, Patricia Norton, Jimmy & Marie Davis, Joanne Hayes, Ruth Keen, and Myrtle Gudauskas

Sick and Homebound/Enfermos y confinados en casa: Lydia Yarborough, Josette Terry, Gladys Ortiz, Peggy Malinsky, Lorraine Sinclair, and Ken Cross

Nursing Homes/Residencias de Ancianos: Mary Hammonds and Therese Morel at Wesley Pines (Lumberton), and Elisabeth Oxendine at Carrolton Nursing Home (Fayetteville)

Recently Deceased/Recientemente fallecidos: +Brenda Lininger (Orbituary)

*Please notify the office if there is someone you would like us to add to our prayer list. *
 Por favor notifique a la oficina si hay alguien que le gustaría que agreguemos a nuestra lista de oración.



Our Social Ministry collected **87 pounds** of non-perishable foods for the month of **February!** Thank you so much for your continued support!




Reminder that the collection baskets are near the door entrances inside the church.


Nuestro Ministerio Social recogió **87 libras** de alimentos no perecederos durante el mes de **febrero**. Muchas gracias por su continuo apoyo.

Les recordamos que las canastas de recolección están cerca de las puertas adentro de la iglesia.



BISHOP'S ANNUAL APPEAL
DIOCESE of RALEIGH





ONE BODY IN CHRIST

INSPIRE, COMPASSIONATE, UNITED

Greetings from Raleigh,
 The 2026 Bishop's Annual Appeal is now open. We invite you to support St. Francis de Sales Parish directly through the Sunday collection, online giving, the parish office, or by scanning the QR code. Thank you for your generosity.

sfd-s-n-c.org



BISHOP'S ANNUAL APPEAL
DIOCESE of RALEIGH





UN CUERPO, EN CRISTO

INSPIRADO, COMPASIVO, UNIDO

La Campaña Anual del Obispo 2026 ya está abierta. Les invitamos a apoyar directamente a la Parroquia San Francisco de Sales a través de la colecta dominical, las donaciones en línea, en la oficina parroquial o escaneando el código QR. Gracias por su generosidad.

sfd-s-n-c.org

It's that time of year again! If you need your 2025 Contribution Letter, contact the church office (office@sfd-snc.org) via email, phone or stop by the office during office hours. We will need your name, 2025 envelope number, address, phone number, and how you would like to receive your letter. You can choose to have it emailed, physically mailed, or you may pick it up in the office, We will contact you once your Contribution Letter is completed. Please keep in mind that it can take up to a week for the letter to be ready. If you have any questions please contact Rhonda Lange or the church office. PLEASE...make ANY changes that might need to be made, thank you!

¡Ya llegó esa época del año! Si necesita su carta de contribución de 2025, comuníquese con la oficina parroquial (office@sfd-snc.org) por correo electrónico, teléfono o visite la oficina durante el horario de atención. Necesitaremos su nombre, número de sobre de 2025, dirección, número de teléfono y cómo desea recibir su carta. Puede elegir recibirla por correo electrónico, por correo postal o recogerla en la oficina. Nos comunicaremos con usted una vez que su carta de contribución esté lista. Tenga en cuenta que la preparación de la carta puede tardar hasta una semana. Si tiene alguna pregunta, comuníquese con Rhonda Lange o con la oficina parroquial. Por favor, realice cualquier cambio que sea necesario. ¡Gracias!

Project Rachel Post Abortion Healing Retreat (June 12-14, 2026)

If you desire healing from a past abortion, you are invited to experience the love of Jesus Christ at a Project Rachel weekend retreat June 12-14, 2026, in the Raleigh area. The weekend retreat is strictly confidential, for both women and men and includes discussions, spiritual exercises, the sacrament of reconciliation, a Memorial Service, and a Mass of the Resurrection. Participation offers a beautiful opportunity to experience God's love, forgiveness, and compassion. For more information or to register for the retreat, contact Project Rachel at: project.rachel@raldioc.org or call (919) 852-1021 (English). The website is: rachelinc.org. Cost is \$350 for lodging, meals, and all retreat materials. Discount of \$50 if you register before May, 12th. If there is a financial burden, assistance is always available.

Proyecto Rachel Post Aborto Retiro de Sanación (June 12-14, 2026).

Si desea sanar de un aborto pasado, le invitamos a experimentar el amor de Jesucristo en un retiro de fin de semana de Project Rachel, del 12 al 14 de junio de 2026, en el área de Raleigh. Este retiro de fin de semana es estrictamente confidencial, está dirigido tanto a mujeres como a hombres, e incluye charlas, ejercicios espirituales, el sacramento de la Reconciliación, un servicio conmemorativo y una Misa de la Resurrección. La participación ofrece una hermosa oportunidad para experimentar el amor, el perdón y la compasión de Dios. Para obtener más información o para inscribirse en el retiro, comuníquese con Project Rachel a través del correo electrónico: project.rachel@raldioc.org o llame al (919) 264-5892 (Espanol). El sitio web es: rachelinc.org. El costo es de \$350 e incluye alojamiento, comidas y todos los materiales del retiro. Se ofrece un descuento de \$50 si se inscribe antes del 12 de mayo. Si la situación económica representa una dificultad, siempre hay asistencia disponible.



Thank you for your generous support of The Catholic Relief Services Collection and for revealing Christ's love to those who are poor and marginalized around the world. If you missed the collection, it's not too late to give! Just visit www.usccb.org/nationalcollections for more information.

Muchas gracias por sus generosas contribuciones a The Catholic Relief Services Collection y por revelar el amor de Cristo a los pobres y marginados alrededor del mundo. ¡Si no alcanzaron a dar en la colecta, todavía lo pueden hacer! Solo visiten www.usccb.org/nationalcollections para obtener más información.

Reflexión de esta semana

Quinto domingo de Cuaresma (22 de marzo de 2026)

San Pablo es muy claro en la segunda lectura de hoy. Gracias a nuestro bautismo, Jesús vive en nosotros por medio del Espíritu Santo. Dado que el Espíritu habita en nosotros, aunque nuestros cuerpos estén sujetos a la muerte como consecuencia del pecado, nuestro espíritu vive. El mismo Espíritu que resucitó a Jesús de entre los muertos resucitará nuestros cuerpos mortales a una vida más allá de la muerte. Esta es la promesa segura hecha a todos aquellos que elegimos vivir animados por el Espíritu.

El Evangelio de hoy nos llama a una fe y una confianza más profundas en Jesús, quien nos dice: «Yo soy la resurrección y la vida; el que cree en mí, aunque muera, vivirá».

«¿Crees esto?».

Nadie parecía estar preparado para las siguientes palabras y acciones de Jesús. «¿Acaso no te dije que, si creías, verías la gloria de Dios?». Entonces grita: «¡Lázaro, sal fuera!». Y Lázaro sale, todavía envuelto en su sudario de lino. Jesús tiene que decirles: «Desatadlo y dejadlo ir libre».

¿Cuál es tu respuesta –y la mía– al escuchar los acontecimientos que se nos relatan? La gloria de Dios, revelada en la nueva vida de Lázaro, nos llama a la fe y a la confianza. La muerte física solo pone fin a nuestra vida terrenal; existe vida más allá de la tumba: ¡vida eterna, resurrección de nuestros cuerpos! El Espíritu que habita en nosotros nos hará partícipes de la gloriosa vida resucitada de Jesús.

Sin embargo, antes de que esa promesa se cumpla, tenemos una vida terrenal que completar. La realidad debe irrumpir en medio de los maravillosos acontecimientos que hemos presenciado.

Sabemos que este milagro precipitó los trágicos sucesos del arresto de Jesús, su sufrimiento y, finalmente, su muerte en la cruz. Al escuchar hoy este pasaje, se nos recuerda que existen muertes cotidianas al propio yo y al pecado que debemos afrontar para poder participar en la resurrección de Jesús. Las personas y los acontecimientos de nuestra vida diaria pondrán a prueba nuestra fe y nuestra confianza en Jesús como resurrección y vida. La forma en que afrontamos estas muertes cotidianas al propio yo y al pecado suele ser un buen indicativo de cómo afrontaremos nuestra muerte terrenal definitiva. Verlas como oportunidades para compartir el sufrimiento y la muerte de Jesús nos infunde el valor necesario para aceptarlas con gracia.

Propongámonos, pues, utilizar estos desafíos para profundizar nuestra decisión de seguir a Jesús más de cerca cada día. Jesús nos ha dicho que nuestras muertes diarias al yo y al pecado, así como nuestra muerte física final, nos conducirán a la participación prometida en su gloriosa vida resucitada. Que la gracia de Dios y nuestra fidelidad nos lleven a la plenitud de vida que Jesús nos ha prometido.

www.oblates.org

This week's reflection

Fifth Sunday of Lent (March 22, 2026)

St. Paul is very clear in today's second reading. Because of our baptism, Jesus lives in us through the Holy Spirit. Because the Spirit dwells in us, even though our bodies are subject to death as a consequence of sin, our spirit lives. The same Spirit who raised Jesus from the dead will raise our mortal bodies to life beyond death. This is the sure promise made to all of us who choose to live, animated by the Spirit.

Today's Gospel calls us to a deeper faith and trust in Jesus who tells us: "I am the resurrection and the life: whoever believes in me, though he should die, will come to life."

"Do you believe this?"

No one seemed to be prepared for Jesus' next words and actions. "Did I not tell you that if you believed you would see the glory of God?" Then he shouts: "Lazarus, come out!" And Lazarus comes out, still bound in his linen shroud. Jesus has to tell them to "untie him and let him go free."

What is your response, my response, as we listen to the events recounted for us? The glory of God revealed in Lazarus' new life calls us to faith and trust. Physical death only ends our earthly life; there is life beyond the grave – eternal life, resurrection of our bodies! The Spirit who dwells in us will give us a share in Jesus' glorious risen life.

But before that promise comes true, however, we have an earthly life to complete.

Reality must break through the marvelous events we have witnessed.

We know that this miracle hastened the tragic events of Jesus' arrest, suffering and eventual death on the cross. As we listen today, we are reminded that there are daily deaths to self and sin that we must endure in order to share in Jesus' rising. People and events in our daily living will challenge our faith and trust in Jesus as resurrection and life. How we handle these daily deaths to self and sin is often a good indication of how we will handle our final, earthly death. Seeing them as our opportunities to share in Jesus' suffering and death gives us the courage to accept them gracefully.

Let us resolve, then, to use these challenges to deepen our decision to follow Jesus more closely each day. Jesus has told us that our daily deaths to self and sin, and our eventual physical death, will bring us to our promised share in his glorious risen life. May the grace of God and our faithfulness bring us to the fullness of life Jesus has promised us.

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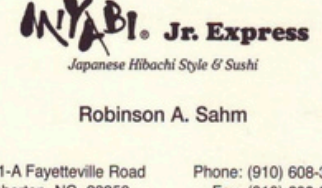
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A Salesian Way of the Cross

Based on the writing of St. Francis de Sales
Translated and somewhat amplified by Lewis S. Fiorelli, OSFS

Opening Prayer

The "Way of the Cross" of suffering and affliction is a sure way, one which leads to God and to the perfection of his love if we are faithful.

First Station -- Jesus Is Condemned To Death

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

"True peace does not lie in fighting but in conquering." The Cross is from God, but it is only "cross" if we do not join ourselves to it; for when we are strongly resolved to desire the cross which God gives to us then it is no longer a "cross" at all. If it is from God, why do we not desire it?

Second Station -- Jesus Is Given His Cross

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

"Nothing is so strong as gentleness, nothing so gentle as real strength." The Cross has been sanctified because it was the instrument which Jesus used for our Redemption. All Christians who aspire to heaven must take up the cross of the Lord and follow him. This will mean walking in his steps, imitating his virtues and having but one purpose and goal: his.

Third Station -- Jesus Falls The First Time

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

"It is love that gives value to our labors." Notice the infinite goodness of the Savior who wished to die the death of men and women so as to enable us to live according to the original expectation for Adam, that is, to live God's life. But to better grasp the humility of Our Lord, listen to what St. Paul writes: "Though he was God's Son, he emptied himself freely." O, God, but it is wondrous that the Eternal Word should empty himself and set aside his proper glory for his creatures who measure up so poorly to his love!

Fourth Station -- Jesus Meets His Mother

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

"Preserve gentleness amid pain." The Mother of Christ seeks out her Son who is the life of her life. And why does she seek him out? To be ever near him, her Son and her God.



Fifth Station -- Simon Of Cyrene Helps Jesus

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“God desires to use our littleness to do Him a service of great importance.” The evangelists do not name the majority of people who figure in the Passion. But they do recall the name of Simon who helps our Lord carry his cross. The cross is the royal gate by which we enter the temple of holiness. Love this altogether precious cross; look upon it with eyes of love.

Sixth Station -- Veronica Cleanses The Face of Jesus

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“God has imprinted on all created things his traces, trails and footsteps.” I reflect upon the manner in which the Lord suffers. In his heart, he suffers willingly, with patience and love. The cross is a remedy capable of healing all our evils.

Seventh Station -- Jesus Falls The Second Time

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“In the midst of conflict say: This is the path to heaven.” He suffers in order to witness to his love for us. O, how great is his love! Lord, I do not know if I have any love at all, but if I do, it is so little that it is content to shed a single tear; and it believes itself perfected when it utters a few sighs. And yet, O Good God, how much I insist and protest that I want to love you and give you my entire heart!

Eighth Station -- Jesus Meets The Women Of Jerusalem

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“Remain in peace for God is with you.” Christ has made it clear that he loves our tears when they are caused by love. If we have tears, let us cry them altogether simply, because we certainly could not have a more worthy subject over which to cry.

Ninth Station -- Jesus Falls The Third Time

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“God knows what we are and will hold out His hand to us in a difficult step.” My iniquity is indeed great. O, Lord, who will deliver me from this labyrinth if not you? We would have reason to fear if we relied on our own strength. But he is for us.

Tenth Station -- Jesus Is Stripped Of His Clothing

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“The world holds us to be fools – let us hold it to be mad.” Christ stripped teaches us what we must do to please him: strip our hearts of all sorts of unworthy affections and pretenses, no longer loving them but desiring nothing other than him.

Eleventh Station -- Jesus Is Nailed To The Cross

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“Our misery is far less than God’s mercy.” The Son of God is nailed to the Cross. What puts him there? Certainly it is love. Well, since it is certain that he died for us the least we ought to do for him is to live from love. He who wants to kiss Christ must mount his cross and be wounded by the thorns of his crown.

Twelfth Station -- Jesus Dies On The Cross

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“The measure of our love is to love without measure.” Our Lord chose the death of the Cross to witness to his Love. There he offered himself in love, unto love, by love and of love.

Thirteenth Station -- Jesus Is Taken Down From The Cross

We adore you O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“Unhappy is death without the love of Christ; unhappy is love without the death of Christ.” Love draws all the pains, torments, sufferings, sorrows, wounds, passion, Cross of our Lord into the heart of his holy Mother. The sword of death which cut through the body of this well-beloved Son also cut through the heart of this all loving Mother.

Fourteenth Station -- Jesus Is Placed In The Tomb

We adore you, O Christ and we bless you; Because by your Holy Cross you have redeemed the world.

“That we may live in your eternal love, O Savior of our Souls, we say eternally, Live Jesus.” Love and death co-penetrate one another in the Savior's passion. We must die to every other love in order to live from Jesus' love, so that we may not die eternally.

Closing Prayer

That we may live in your eternal love, O Savior of our souls, we sing eternally, "Live, Jesus! Jesus is the one I love! Live, Jesus, you whom I love. I love Jesus who lives and reigns forever and ever. Amen!"



Lenten Retreat

BY THE OBLATES OF ST. FRANCIS DE SALES

A FIVE-TO-TEN MINUTE LENTEN RETREAT FOR PEOPLE ON THE GO!

1. Find a place or space that offers you some quiet.
2. Take a moment to be conscious that you are in the loving and living presence of God.
"My God, you are loving me. Help me to spend these few moments with you in prayerful reflection. Help me to sense whatever you desire to stir up in my heart to help keep me grounded."
3. Read slowly and prayerfully the reflection offered for the day (click on the links above) until a word or idea slowly emerges or grabs your attention.
4. In the silence of your heart, speak with God about whatever is stirred up in your heart. Stay with this silent prayer for a while.
5. As your prayer time draws to a close, offer thanksgiving for God's loving presence with you during this time and at all times.
6. Take a word or phrase from your prayer time and carry it in your heart as you go about the activities of your day. In this way, you can remain recollected and focused in the midst of all of your activities.

Ash Wednesday

"Rend your hearts, not your garments, and return to the Lord, your God, for gracious and merciful is he, slow to anger, rich in kindness." (Joel 2.13)

Jesus, I will think of your graciousness and mercy as I begin my Lenten journey. There is no more powerful realization to lead me to continue my change of heart than to remember that You have been rich in kindness to me.

Thursday

"Choose life, that you and your descendants may live, by loving the Lord, your God, heeding his voice, and holding fast to him." (Deut. 30.19)

Jesus, when I choose to follow the lead of Your grace in the moments of my day, I am choosing life. Then, I will better hear Your voice and hold fast to Your hand as I go about my day.

Friday

"This is the fasting that I wish: releasing those bound unjustly, setting free the oppressed, sharing your bread with the hungry, not turning your back on your own." (Is. 58.7-8)

When was the last time my fasting helped my neighbor in a personal way? Jesus, this is what You desire. Let me seek ways this Lent to reach out personally to someone who is oppressed or hungry.

Saturday

"I have come not to call the righteous to repentance, but sinners." (Lk. 5.32)

Jesus, I know that I am a sinner. I will give thanks that You are calling me to a change of heart during this Lent. I will accept Your mercy graciously each day.

1st Sunday of Lent

"Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil." (Lk. 4.1)

Jesus, I am consoled to know that You too were tempted by the devil. I am encouraged by knowing that the Spirit was with You during those forty days. Now, I must remember that the Spirit is with me, especially at times when I am tempted.

Monday - 1st Week

"Be holy, for I, the Lord, your God, am holy... You shall love your neighbor as yourself." (Lev. 19.1,18)

Jesus, my holiness involves loving my neighbor in the same way that You love me. Lent will offer me many opportunities to do just that. My neighbor, not just the one next door, will become the graced way that I will grow in holiness.

Tuesday - Week 1

"In praying, do not babble like the pagans. Your Father knows what you need before you ask him." (Mt. 6. 7-8)

Jesus, help me to be shorter and more trusting in my prayer each day. Give me what you know I need to love as You do. Be generous in the same way to those for whom I pray.

Wednesday - Week 1

"A clean heart create for me, O God, and a steadfast spirit renew within me." (Ps. 51.12-13)

Jesus, you provide the Sacrament of Reconciliation to create a clean heart in me. May I take from this encounter with You the daily grace that can renew a steadfast spirit within me.

Thursday - Week 1

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (Mt. 7.12)

Jesus, You ask me to be active in seeking Your grace each day. I believe in Your gracious care for me. May I always remember to ask and seek and knock.

Friday - Week 1

"If you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift." (Mt. 5.25)

Jesus, help me to prepare well to receive You in the Eucharist by seeking to reconcile with anyone I may have hurt by my lack of patience and love. You give me the gift of reconciliation; may I return that same gift to you through others.

Saturday - Week 1

"Love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father." (Mt. 5.44)

Jesus, how easily I am hurt and how slow I am to forgive. May Your grace move me to forgive more quickly, so that I can be more fully a child of my heavenly Father, forgiving as generously as You forgive. May my willingness to forgive, like Yours, extend beyond all boundaries.

2nd Sunday of Lent

"Then from the cloud came a voice that said, 'This is my chosen Son; listen to him.'" (Lk. 9.35)

Father, I hear Your voice telling me to listen to Your Chosen One. As I continue my Lenten journey, help me to listen to Jesus' voice each day as He speaks to me in the Scriptures and often through my neighbor.

Monday - Week 2

"For the measure with which you measure will in turn be measured out to you." (Lk. 6.38)

Jesus, my measure is oftentimes very small. Your measure is always large and overflowing. Fill my heart each day with Your measure so that Your love in me may overflow to all I encounter.

Tuesday - Week 2

"Though your sins be like scarlet, they may become white as snow; though they be crimson red, they may become white as wool." (Is. 1.18)

Jesus, You overwhelm me with Your willingness to forgive. May the peaceful touch of Your forgiveness encourage me never to return to sinful ways.

Wednesday - Week 2

"Whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave." (Mt. 20.27)

Jesus, you came among us to serve and give Your life as a ransom for many. Give me a share in Your humility so that I may delight in serving others.

Thursday - Week 2

"I, the Lord, alone probe the mind and test the heart to reward everyone according to his ways, according to the merit of his deeds." (Jer. 17.10)

Jesus, you know my mind and heart as I live each day. I desire You to live in my mind and heart so that my deeds will reflect Your loving kindness.

Friday - Week 2

"Remember the marvels the Lord has done." (Ps.105:5)

Jesus, Your gift of remembering allows us to reclaim the joys of the past. As I reflect on the marvels You have done for me during my lifetime and even before, I am able to recapture joy. May I always remember gratefully.

Saturday - Week 2

"Coming to his senses, (the younger son) thought, 'I shall get up and go to my Father and I shall say to him, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son." (Lk. 15.18)

Jesus, You offer me this Lenten season as a way for me to come to my senses. In so many ways, I do not deserve to be a son (daughter) of Our Father. Teach me the humility to acknowledge my sinful ways and show me the way home to my Father.

3rd Sunday of Lent (C)

"If you do not repent, you will all perish as (these people) did." (Lk. 13.3)

Jesus, Your words are strong. I can hear the urgency in them. You have given me this Lenten season as a graced time to turn more completely to you - to experience again how gracious and merciful you are to me.

Monday - Week 3

"Athirst is my soul for God, the living God. When shall I go and behold the face of God?" (Ps. 42.2)

Jesus, I know what it is to be thirsty. I'm not sure that my soul always thirsts for You. I do desire to behold your face. Please awaken a deeper thirst for you in my soul each day this Lent.

Tuesday - Week 3

"Your ways, O Lord, make known to me; teach me your paths; guide me in your truth and teach me, for you are God my savior." (Ps. 25. 4-5)

Jesus, who can teach and guide me better on my Lenten journey than You. Receive me, for I come to you with a contrite heart and a humble spirit. Teach me how to forgive from my heart.

Wednesday - Week 3

"Whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven." (Mt. 5.19)

Jesus, how wise and gracious You are. You have given me all the commands I need to know about living my life in a way that is pleasing to You. Help me to obey them lovingly and teach others by the way I live each day.

Thursday - Week 3

"Listen to my voice; then I will be your God and you shall be my people. Walk in all the ways I command you, so that you may prosper." (Jer.7.23)

Jesus, I hear so many voices during the day that try to influence how I live. Help me to learn to hear Your voice speaking to me, so that I may prosper in Your sight.

Friday - Week 3

"You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." (Mt. 12.29)

Jesus, you ask me to love you with every fiber of my being. I am awed when I hear Your command. Then I remember that You never ask the impossible; Your grace within me makes such complete love possible.

Saturday - Week 3

"The tax collector stood off at a great distance and would not even raise his eyes to heaven but beat his breast and prayed, 'O God, be merciful to me a sinner.' I tell you, the latter went home justified." (Lk. 18.13)

Jesus, what great wisdom and humility I find in the prayerful attitude of the tax collector. My willingness to acknowledge my unworthiness to be in Your presence and my need for Your mercy is the wisdom I need to accept Your saving love.

4th Sunday of Lent (C)

"My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found." (Lk.15. 31-2)

Jesus, what great love You have toward the faithful and the prodigal! You celebrate faithfulness and return with the same generosity. I desire to be faithful. May I always remember Your generosity whenever I am prodigal.

Monday - Week 4

"Lo, I am about to create new heavens and a new earth; the things of the past shall not be remembered or come to mind." (Is. 65.17)

Jesus, when You came to live among us and die for us, You expressed Your desire to create anew and forget the things of the past. Enable me with Your grace to move on from my past and savor the newness of grace in my present and future.

Tuesday - Week 4

"Jesus said to (the man), 'Rise, take up your mat, and walk.' Immediately the man became well, took up his mat, and walked." (Jn. 5.8-9)

Jesus, each morning You take me by the hand and tell me, "Rise, and walk." You give me the strength to get up and go about my day. Continue to hold my hand so that I remember that You are with me the whole day.

Wednesday - Week 4

"Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you." (Is. 49.15)

Jesus, knowing that You will never forget me stirs gratefulness in my heart. May my gratefulness lead me to never forget You as I go about my day.

Thursday - Week 4

"How can you believe, when you accept praise from another and do not seek the praise that comes from the only God?" (Jn. 5.44)

Jesus, as I go about doing good things during the day, am I content to accept the praise of God? Or do I seek to have others praise my efforts? As I continue my Lenten journey, help me to answer these questions in Your favor: content to accept only Your praise.

Friday - Week 4

"For if the just one be the Son of God, he will defend him and deliver him from the hand of his foes. With revilement and torture let us put him to the test that we may have proof of his gentleness and try his patience." (Wis. 2.18-19)

Jesus, You proved these words true in Your suffering and death. While it's hard for me to admit at times, my sins are the reason for Your choosing to suffer and die. What a gift of love Your gentleness and patience continue to be to me.

Saturday - Week 4

"O Lord, my God, in you I take refuge; save me from all my pursuers and rescue me." (Ps. 7.2)

Jesus, I know that the devil pursues me, trying to entice me to sin. I know that I can take refuge in You. Sometimes I forget. Give me gentle reminders of Your loving care.

5th Sunday of Lent (C)

"Forgetting what lies behind but straining forward to what lies ahead, I continue my pursuit toward the goal, the prize of God's upward calling, in Christ Jesus." (Phil. 3.14)

As I continue my Lenten journey with You, Jesus, I am realizing how much You want me to forget my past and move forward in my efforts to love You and my neighbor. You are calling me toward my eternal home.

Monday - Week 5

"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." (Jn. 8.12)

Jesus, I look around me at my world and I see plenty of darkness. Sometimes that darkness discourages me. Your light is my only hope. Teach me to fear no evil, for You are at my side.

Tuesday - Week 5

"When you lift up the Son of Man, then you will realize that I AM, and that I do nothing on my own, but I say only what the Father taught me... I always do what is pleasing to him." (Jn. 8.28-9)

Jesus, what an unbelievable way You have chosen to reveal Your love for Your Father and for me. As I look at your Cross, may my heart be moved with gratefulness and lead me to always do what is pleasing to You.

Wednesday - Week 5

"If you remain in my word, you will truly be my disciple, and you will know the truth, and the truth will set you free." (Jn. 8.31)

Jesus, I am trying to remain in Your word during this Lenten season. More and more I am realizing the truth You are teaching me. Help me to experience the freedom that comes with being Your faithful disciple and remaining in Your word.

Thursday - Week 5

"Amen, I say to you, whoever keeps my word will never see death." (Jn. 8.51)

Jesus, I know that every human person will die. I hear Your words and trust that my death in this world will be the moment when Your promise of eternal life with You will be fulfilled. I will try each day to keep Your word. Then I will not fear death, for You will take me home.

Friday - Week 5

"Sing to the Lord, praise the Lord, for he has rescued the life of the poor from the power of the wicked." (Jer, 20.13)

Jesus, You desire to rescue the life of the poor. I am part of Your Body. Your desire must also be mine. May this desire lead me to personal acts that will touch some of the poor.

Saturday - Week 5

"I will make with them a covenant of peace; it shall be an everlasting covenant with them. My dwelling shall be with them." (Ez. 37.27)

Jesus, I am always in wonder that our God would choose to make such a covenant with us, with me. You and the Father and the Spirit dwell with us and give us peace. May my wonder lead me to work personally to bring Your peace to my brothers and sisters.

Palm/Passion Sunday

i (Phil. 2.6-7)

Jesus, the example of Your humility is not lost on me. You encourage me to put myself humbly at the service of the Father's plan for me. There is nothing too humble for those who love and obey.

Monday of Holy Week

"Here is my servant. I... formed you and set you as a covenant of the people, a light for the nations, to open the eyes of the blind, to bring out prisoners from confinement and from the dungeons, those who live in darkness." (Is. 42.1,7)

Jesus, You are the perfect Suffering Servant. By my baptism, I too have been called to be a servant, a light for the nations. Show me each day how I can be this light. Help me with Your grace so that I will have the courage to reach out to anyone whose eyes You want to open and to those whose confinement You want to end.

Tuesday of Holy Week

"(Peter), will you lay down your life for me? Amen, amen, I tell you, the cock will not crow before you deny me three times." (Jn. 13.38)

Jesus, I feel sorry for Peter. He was so sure of himself and his willingness to follow you even to death. And yet in his human weakness, he denied You three times. Sometimes I share Peter's sureness, and yet I have denied You in my weakness. Help me to weep for my denials as Peter did.

Wednesday of Holy Week

"Insult has broken my heart, and I am weak. I looked for sympathy, but there was none; for consolers, not one could I find." (Ps. 69.21)

Jesus, my Lenten journey has brought me to these holy days when I will follow You in Your Passion and Death. I desire to be with You, for You are my Savior.