

Lord Jesus Christ, our Loving Savior,  
amid Your Passion, Simon of Cyrene was right at Your side,  
carrying Your Cross and feeling, in part, the burden of our  
sins along with You. When Your followers abandoned You and  
the world turned against You, Simon experienced this dark  
hour.

Simon was not a willing companion on Your journey to  
Calvary, but You had better plans for him than what he could  
have imagined for himself. There was no place of higher  
prestige then where You could give him insight into Your love.  
Whilst under the weight of Your Cross, Simon saw the great  
length to which Your love would go and still You went farther.

Lord Jesus, You are right at our side in our struggles. Simon's  
participation in your Passion shows us that we never need to  
bear our burdens alone. Please give us the grace to unite our  
trials with your Cross. Give me a willingness to bear my  
burdens in You, with You and for You. May any hardship that I  
face give a deeper insight into Your love for me and I ask You  
give me hope in Your resurrection that, in suffering with You,  
I may rise with You as well. *Amen.*

Prayer written by Seminarian Rev. Mr. Alexander Brown

# Lent 2023

PRAY. FAST. GIVE.



*"Rise, and do not be afraid."*

## Second Week of Lent

### **Saturday, March 4**

Pray the reflection  
above about Simon.

### **Sunday, March 5**

Attend Sunday Mass  
today and spend 10 extra  
minutes before or after  
Mass in quiet prayer.

### **Monday, March 6**

Today be thoughtful  
about extending  
kindness to those you  
meet.

### **Tuesday, March 7**

Say a Hail Mary today  
and ask the Blessed  
Mother for her  
intercession for your  
loved ones that have  
left the Church.

### **Wednesday, March 8**

Recall the life of St. John  
of God today and follow  
the promptings of the  
Holy Spirit with trust in  
your heart.

### **Thursday, March 9**

Plan a simple, meatless  
meal for tomorrow and  
place the savings in  
your rice bowl.

### **Friday, March 10**

Take time to list five  
things you were grateful  
for this week and offer a  
prayer of thanksgiving.



Our Mission: "A Roman Catholic family of faith, centered in the Holy  
Eucharist, faithful to the Church's teachings, bringing the Light of  
Christ to each other and to our community."