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

Second Week of Lent

"Rise, and do not be afraid."

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.”