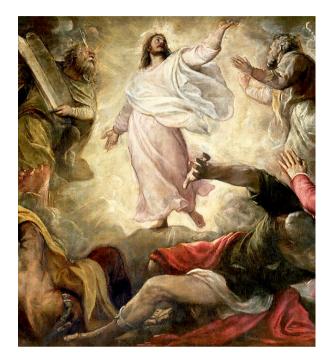
Lord Jesus Christ, our Loving Savior,

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.*

PRAY. FAST. GIVE.



"Rise, and do not be afraid."

Prayer written by Seminarian Rev. Mr. Alexander Brown



Saturday, March 4 Pray the reflection above about Simon.

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.



Sunday, March 5 Attend Sunday Mass today and spend 10 extra minutes before or after

Wednesday, March 8

Mass in quiet prayer.

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

Monday, March 6

Today be thoughtful about extending kindness to those you meet.

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."