

Lent 2025

This Lent and Holy Week, we will reflect on how to respond to Pope Francis' Jubilee Year of Hope. In his Bull of Indiction, Pope Francis writes: *"Hope does not disappoint" (Rom 5:5). In the spirit of hope, the Apostle Paul addressed these words of encouragement to the Christian community of Rome. Hope is also the central message of the coming Jubilee, which, in keeping with an ancient tradition, the Pope proclaims every twenty-five years... Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring... For all of us, may the Jubilee be an opportunity to be renewed in hope. God's word helps us find reasons for that hope.*" Guided by this message, we will engage with various daily themes and resources to deepen our reflection: **Migrant Mondays** – Honoring immigrants and migrants; **Truth Tuesdays** – Celebrating diversity and inclusion; **Worker Wednesdays** – Advocating for workers and their rights; **Terrain Thursdays** – Caring for creation; **Family Fridays** – Supporting families and grandparents; **Shelter Saturdays** – Serving the poor and vulnerable; **Solidarity Sundays** – Embracing the human family. Each day, we will invite you to engage with a suggested intention, action, or learning opportunity. As we journey through this Lenten season, may we make intentional choices to embrace the Jubilee Year with hearts renewed in hope.

THE JUBILEE PRAYER

Father in heaven, may the faith you have given us in your son, Jesus Christ, enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen.



Lenten
Reflections

THE SISTERS OF ST. FRANCIS OF PHILADELPHIA

Daily Actions for the Sacred Season of Lent

March

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5 Ash Wednesday Educate yourself about labor rights and workplace justice.	6 Give up single-use plastics for Lent.	7 Fast from social media and instead spend that time with family.	8 Learn about systemic causes of poverty and share resources to help others get involved.
SUNDAY	MONDAY	TUESDAY		
9 1st Week Fast from a daily expense, donate the savings to Catholic Relief Services.	10 Contact elected officials to support just immigration policies and humane treatment of migrants.	11 Read books, listen to podcasts, and attend workshops on racism and systemic inequality.	12 Research and support businesses that pay fair wages and provide safe working conditions.	13 Support legislation that protects natural resources, reduces pollution, and addresses climate change.
14 Write a heartfelt letter or card to a family member, especially grandparents, to show appreciation.	15 Greet and engage with people experiencing poverty or homelessness with dignity and kindness.			
16 2nd Week Use social media to share words and actions that are kind, building bridges rather than divisions.	17 Offer prayers for those seeking safety, stability, and a better life.	18 Support minority-owned businesses in your area.	19 Take a moment to thank a healthcare professional today.	20 Eat more plant-based meals and reduce food waste during Lent.
21 Cook a meal for a family in need or invite loved ones for a family dinner.	22 Give food, clothing, hygiene products, or financial support to local shelters, food pantries, and charities.			
23 3rd Week Cultivate inner peace by forgiving someone today that has wronged you.	24 Support local immigration welcome centers or legal aid organizations.	25 Participate in local activism, racial justice groups, or interfaith efforts that work toward equity and inclusion.	26 Pray for our Federal workers and those who work to keep our country safe.	27 Participate in a local tree-planting or trash clean up event.
			28 Pray for families facing hardships and for unity within homes.	29 Volunteer to serve at a soup kitchen, homeless shelter, or community outreach program.

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Daily Actions for the Sacred Season of Lent

March/April

I want the Jubilee year to foster a greater sense of global brotherhood and solidarity with the poor, as well as care for the environment.

After two years marked by the coronavirus pandemic and the crisis left in its wake, we must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision.

The coming Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire. That is why I have chosen as the motto of the Jubilee,

*'Pilgrims of Hope.'
Pope Francis*



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www.osfphila.org

SUNDAY

30 4th Week

Engage with people from different backgrounds, cultures, and beliefs with respect and openness.

6 5th Week

Love the other. Practice patience, kindness, and mindfulness. Encourage others to do the same!

13 Holy Week

Join Catholics across the country by pledging charity, clarity, and creativity to promote the common good: visit: www.civilizeIt.org.

MONDAY

31

Share accurate information about immigrants and migrants to counter misinformation.

7

Call your legislators and demand sensible immigration reform.

14

Choose restaurants, shops, and services owned by immigrants to uplift their economic well-being.

TUESDAY

1

Do one thing today as an act of peace.

8

Read *Open Wide Our Hearts: The Enduring Call to Love – A Pastoral Letter Against Racism*. Use the Study Guide. Visit www.usccb.org/racism.

15

Invite your parish or faith-sharing group to host a conversation with a group of African American, Latino, or Indigenous persons.

WEDNESDAY

2

Many parents work hard and still struggle to provide for their families. Contribute to family services through your local Catholic Charities.

9

Contact your local representatives to support policies that protect workers.

16

Hold corporations accountable through consumer activism and boycotts.

THURSDAY

3

Properly sort recyclables, donate usable items, and upcycle materials.

10

Pray to hear God's call to live our faith for the common good.

17 Holy Thursday

Start a garden or support local sustainable agriculture.

FRIDAY

4

Visit or call grandparents and elderly relatives to check in.

11

Boost your child's self-esteem, be generous with your love, hugs, and compliments.

18 Good Friday

Reflect on the sacrifice Jesus made for us and discuss as a family.

SATURDAY

5

Cook or pack meals for struggling individuals or families.

12

Advocate for affordable housing & services for those on the margins of our society.

19 Holy Saturday

Pray today for a more loving world, where those who are most in need are cared for and loved.

20

Happy Easter

In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring.... Through our witness, may hope spread to all those who anxiously seek it. May the way we live our lives say to them in so many words: "Hope in the Lord! Hold firm, take heart and hope in the Lord!" (Ps 27:14). (Pope Francis)



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