

Lent/Holy Week 2025 – Reflections & Action Steps

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.

Quotes and Action Steps

Ash Wednesday, March 5

The economy must serve people, not the other way around. Work is more than a way to make a living; it is a form of participation in God’s creation. (CST) **Action:** Educate yourself about labor rights and workplace justice.

Thursday, March 6

We show our respect for the Creator by our stewardship of creation. We are called to protect people and the planet, living our faith in relationship with all of God’s creation. (CST) **Action:** Give up single-use plastics for Lent.

Friday, March 7

The person is not only sacred but also social. Family is the central social institution that must be supported and strengthened. (CST) **Action:** Fast from social media and instead spend that time with family.

Saturday, March 8

A basic moral test is how our most vulnerable members are faring. Our Catholic Social Teachings instruct us to put the needs of the poor and vulnerable first. (CST) **Action:** Learn about systemic causes of poverty and share resources to help others get involved.

Sunday, March 9

Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict. (CST) **Action:** Fast from a daily expense, donate the savings to Catholic Relief Services.

Monday, March 10

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected. (CST) **Action:** Contact elected officials to support just immigration policies and humane treatment of migrants.

Tuesday, March 11

We are one human family whatever our national, racial, ethnic, economic, and ideological differences. (CST) **Action:** Read books, listen to podcasts, and attend workshops on racism and systemic inequality.

Wednesday, March 12

Work is of fundamental importance to the fulfilment of the human being and to the development of society.... It must be carried out with full respect for human dignity and always serve the common good. (Pope Benedict XVI) **Action:** Research and support businesses that pay fair wages and provide safe working conditions.

Thursday, March 13

All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements, and talents. (Pope Francis) **Action:** Support legislation that protects natural resources, reduces pollution, and addresses climate change.

Friday, March 14

Families are places of welcome, and woe if they were to disappear! Society would become cold and unbearable without welcoming families. (Pope Francis) **Action:** Write a heartfelt letter or card to a family member, especially grandparents, to show appreciation.

Saturday, March 15

The poor will never find God indifferent or silent in the face of their plea. God is the one who renders justice and does not forget. (cf. Ps 40:18; 70:6) **Action:** Greet and engage with people experiencing poverty or homelessness with dignity and kindness.

Sunday, March 16

God has created all human beings equal in rights, duties, and dignity, and has called them to live together as brothers and sisters. (Pope Francis) **Action:** Use social media to share words and actions that are kind, building bridges rather than divisions.

Monday, March 17

Immigrants, if they are helped to integrate, are a blessing, a source of enrichment, and new gift that encourages a society to grow. (Pope Francis) **Action:** Offer prayers for those seeking safety, stability, and a better life.

Tuesday, March 18

Instances of racism continue to shame us, for they show that our supposed social progress is not as real or definitive as we think. (Fratelli Tutti, 20) **Action:** Support minority-owned businesses in your area.

Wednesday, March 19

Works of mercy are also works of hope that give rise to immense gratitude—healthcare workers carry out their mission with constant care and concern for the sick and for those who are most vulnerable. (adapted Pope Francis) **Action:** Take a moment to thank a healthcare professional today.

Thursday, March 20

We have not succeeded in responsibly protecting creation. The environmental situation, both on the global level and in many specific places, cannot be considered satisfactory. (Pope Francis)

Action: Eat more plant-based meals and reduce food waste during Lent.

Friday, March 21

The well-being of the individual person and of human and Christian society is intimately linked with the healthy condition of that community produced by marriage and family. (Pontifical Council For The Family) **Action:** Cook a meal for a family in need or invite loved ones for a family dinner.

Saturday, March 22

I ask with all my heart that hope be granted to the billions of the *poor*, who often lack the essentials of life. (Pope Francis) **Action:** Give food, clothing, hygiene products, or financial support to local shelters, food pantries, and charities.

Sunday, March 23

A spirit of welcome, which embraces everyone with respect for his or her dignity, should be accompanied by a sense of responsibility, lest anyone be denied the right to a dignified existence. (Pope Francis) **Action:** Cultivate inner peace by forgiving someone today that has wronged you.

Monday, March 24

The Church wishes to be there where the migrants are, to share with them the joys and the hopes, as well as the grief and the pains of migration. (Archbishop Stephen Fumio, Pontifical Council for Migrants) **Action:** Support local immigration welcome centers or legal aid organizations.

Tuesday, March 25

Our world needs to be reminded that humanity exists as a single human family, within which the concept of racial superiority has no place. (Pope Francis) **Action:** Participate in local activism, racial justice groups, or interfaith efforts that work toward equity and inclusion.

Wednesday, March 26

It is the natural right of the workers to work without hindrance, freely, and on their own initiative within these associations for the achievement of these ends. (Pope John XXIII) **Action:** Pray for our Federal workers and those who work to keep our country safe.

Thursday, March 27

We come together to take charge of this home which has been entrusted to us. Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope.

(Laudato Si') **Action:** Participate in a local tree-planting or trash clean up event.

Friday, March 28

“There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of humans, are created, strengthened, and maintained.” (Winston Churchill)

Action: Pray for the well-being of families facing hardships and for unity within homes.

Saturday, March 29

Poverty calls us to sow hope. . . . Poverty is the flesh of the poor Jesus, in that child who is hungry, in the one who is sick, in those unjust social structures. (Pope Francis) **Action:** Volunteer to serve at a soup kitchen, homeless shelter, or community outreach program.

Sunday, March 30

Goodness together with love, justice, and solidarity, are not achieved once and for all; they have to be realized each day. (Fratelli Tutti, 8) **Action:** Engage with people from diverse backgrounds, cultures, and beliefs with respect and openness.

Monday, March 31

On a national level, immigrants, refugees, and other new arrivals have, over the years, infused new ideas, skills and culture into our country, making it the great nation it is today. (Archbishop Justin Rigali) **Action:** Share accurate information about immigrants and migrants to counter misinformation.

Tuesday, April 1

The first temptation seeks *diversity without unity*. This happens when we want to separate, when we take sides... adopt rigid and airtight positions, when we become locked into our own ideas and ways of doing things. (Pope Francis) **Action:** Do one thing today as an act of peace.

Wednesday, April 2

Working for families is working for the worthy and luminous future of humanity and for the construction of the Kingdom of God. (Gozo, Malta) **Action:** Many parents work hard and still struggle to provide for their families. Contribute to family services through your local Catholic Charities.

Thursday, April 3

The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life. (Pope Francis) **Action:** Properly sort recyclables, donate usable items, and upcycle materials.

Friday, April 4

In a family, parents, grandparents, and children all feel at home; no one is excluded. (Pope Francis) **Action:** Visit or call grandparents and elderly relatives to check in.

Saturday, April 5

We believers need to find occasions to speak with one another and to act together for the common good and the promotion of the poor. (Pope Francis) **Action:** Cook or pack meals for struggling individuals or families.

Sunday, April 6

Love is the light—and in the end, the only light—that can always illuminate a world grown dim and give us the courage needed to keep living and working. (USCCB) **Action:** Love the other. Practice patience, kindness, and mindfulness. Encourage others to do the same!

Monday, April 7

The call to solidarity is also a call to promote the effective recognition of the rights of immigrants and to overcome all discrimination based on race, culture, or religion. (USCCB) **Action:** Call your legislators and demand sensible immigration reform.

Tuesday, April 8

Racism is evil because it attacks the inherent dignity of the human person, created in the image and likeness of God. (USCCB) **Action:** Read (or re-read) *Open Wide Our Hearts: The Enduring Call to Love – A Pastoral Letter Against Racism* using the accompanying Study Guide. Visit www.usccb.org/racism.

Wednesday, April 9

I bring to you, Mother, all workers, both men and women, and I entrust to you especially those who, out of need, are forced to work in an unworthy profession. (Pope Francis) **Action:** Contact your local representatives to support policies that protect workers.

Thursday, April 10

Grounded in our Catholic Tradition, now is the time to protect the earth for our children and grandchildren. (USCCB) **Action:** Pray to hear God’s call to live our faith for the common good.

Friday, April 11

Our children are a test of both our humanity and our faith. As Pope John Paul II said, “In the Christian view, our treatment of children becomes a measure of our fidelity to the Lord himself.” (USCCB) **Action:** Boost your child’s self-esteem, be generous with your love, hugs, and compliments. If you do not have children, pray for those in foster care.

Saturday, April 12

Policies that criminalize homelessness are a direct contradiction of our call to shelter those experiencing homelessness and care for those in need. (Archbishop Gudziak) **Action:** Advocate for affordable housing & services for those on the margins of our society.

Sunday, April 13

As a Church and a nation, we are polarized and divided. Pope Francis challenges us to respond by building a “better kind of politics, one truly at the service of the common good” (Fratelli Tutti, no. 154) **Action:** Join Catholics across the country by pledging charity, clarity, and creativity to promote the common good: visit: www.civilizeIt.org.

Monday, April 14

Refugees, having suffered great loss, including loss of their homes, livelihoods, possessions and oftentimes families, need assistance starting over in a new country. (USCCB) **Action:** Choose restaurants, shops, and services owned by immigrants to uplift their economic well-being.

Tuesday, April 15

Racism emerges in the actions and inactions of individuals; and it is embedded in our institutions and public policies. (*Open Wide Our Hearts*) **Action:** Invite your parish or faith-sharing group to host a conversation with a group of African American, Latino, or Indigenous persons.

Wednesday, April 16

The obligation to earn one's bread by the sweat of one's brow also presumes the right to do so. A society that fails to provide sufficient employment opportunities violates this basic right. (Pope John Paul II) **Action:** Hold corporations accountable through consumer activism and boycotts.

Thursday, April 17 (Holy Thursday)

Let us be renewed by God's mercy ... and let us become agents of this mercy, channels through which God can water the earth, protect all creation, and make justice and peace flourish. (Pope Francis) **Action:** Start a garden or support local sustainable agriculture.

Friday, April 18 (Good Friday)

Families form children in a loving community: Each member of the family shares the responsibility to build this unique community of love. (USCCB) **Action:** Reflect on the sacrifice Jesus made for us and discuss as a family.

Saturday, April 19 (Holy Saturday)

Poverty is not an inevitable misfortune: it has causes that must be recognized and removed, to honor the dignity of many brothers and sisters, after the example of saints. (Pope Francis) **Action:** Pray today for a more loving world, where those who are most in need are cared for and loved.

Sunday, April 20 (Easter Sunday)

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)