

<p>Feb 26<sup>th</sup> Ash Wednesday God of love, rich in justice and mercy, may my Lenten journey of fasting, prayer and almsgiving open my heart to reach out to others with love and joy, recognising that Christ is present. Amen.</p>	<p>Feb 27<sup>th</sup> Parish Lenten Programme Taize style, prayer and refectio God of life, may my choices be guided by your love so that all people may live to their full potential. Amen.</p>	<p>Feb 28<sup>th</sup> God of all, let my fast be pleasing to you. Inspire me to share what I have with others so no one goes hungry or homeless. Amen.</p>	<p>Feb 29<sup>th</sup> Christ Jesus, you call us all to follow you. Strengthen me so that I might turn and follow you, reaching out to others with love. Amen.</p>	<p>March 1<sup>st</sup> 1<sup>st</sup> Sunday of Lent Christ Jesus, you know what it is to feel hungry and alone. Open my eyes to my brothers and sisters who will not eat today, and fill me with compassion, so that I may reach out to them in love. Amen.</p>
<p>2<sup>nd</sup> March Christ Jesus, work through me so that I may be filled with your love. In turn, may I reach out with love to those who are hungry, thirsty, a stranger, sick or imprisoned, and see you in all people. Amen.</p>	<p>3<sup>rd</sup> March Pray the Our Father Use this link for the Cafod Our Father prayer collection <a href="https://cafod.org.uk/Pray/Prayer-resources/Our-Father-collection">https://cafod.org.uk/Pray/Prayer-resources/Our-Father-collection</a></p>	<p>4<sup>th</sup> March God the Creator, open my heart to change. Lead me to care for our common home, and all my brothers and sisters who share this earth with me. Amen.</p>	<p>5<sup>th</sup> March God of compassion, hear my call in my time of need. Lead me to be there for others and to treat them as I want to be treated. In this way, may all people know that you are with them. Amen.</p>	<p>6<sup>th</sup> March Family Fast Day Lord, we pray alongside the women of Zimbabwe, as part of Women's World Day of Prayer. Bless those who work with expectant mothers, and all women who face daily challenges. Give them strength and hope for the future. May your grace sustain them. Amen</p>
<p>7<sup>th</sup> March God of all, everyone is valuable in your sight. Help all workers whose rights are ignored. Open my eyes to the dignity of each person, made in your image. Help me to seek forgiveness from people I have wronged, and to forgive others in my turn. Through Christ our Lord, Amen.</p>	<p>8<sup>th</sup> March 2<sup>nd</sup> Sunday of Lent On International Women's Day, keep in your prayers all women who are faced with poverty and injustice in our world.  God of light, inspire me to listen to your Son Jesus and to follow his example of love and compassion. Work through me as I try to bring about change in my own life and throughout the world. Amen</p>	<p>9<sup>th</sup> March God of love, may I be compassionate as you are compassionate, and generous as you are generous. Through me, may others know of your love. Amen</p>	<p>10<sup>th</sup> March God of justice, give me the strength to do what I know is right. Lead me to help others and to encourage those I meet to do the same, so that all people may flourish. Amen.</p>	<p>11<sup>th</sup> March God of joy, help me to see that true happiness comes from you. Fill me with your love and lead me to serve others in whatever way I can. Amen.</p>

<p>12th March God of life, help me not to put off until tomorrow what I should be doing today. May I listen to the wisdom of my sisters and brothers who live in harmony with creation and learn from them how to alter my lifestyle, for the sake of everyone and for the sake of our common home. Amen.</p>	<p>13th March Creator God, restore my relationships with others and the earth, so that we might feel truly connected. Work through us to produce your fruit. Amen.</p>	<p>14th March Lord, you are compassion and love. Work through me so that I may bring your love to those I meet, and to those I might not meet but whose lives and stories still touch my own. Amen.</p>	<p>15th March 3rd Sunday of Lent In this Year of the Word, our encounter and exchange with the Word of God can change our outlook and inspire us to consider living in a whole new way, as happened for the Samaritan woman when she conversed with Jesus.  Word made Flesh, speak to us as we read the scriptures. Teach us to listen to the people we encounter so that we can understand their reality and work together to build a fairer world. Amen.</p>	<p>16th March God of miracles, grant me courage to take the first step and strike up a conversation, for with you nothing is impossible. Help me to listen and to share with others, so that together we can all build a better future. Amen.</p>
<p>17th March Forgiving God, lead me to forgive others. Guide us all with your love so that together we may build a more peaceful and just world. Amen.</p>	<p>18th March Ever-living God, you remain constant even when all about us changes. Help me to hold true to your word, to return to the roots of what is good, to stand firm in the face of challenges, and to do what I can to encourage hope for the future in this generation and for generations to come. Amen</p>	<p>19th March St Joseph Christ Jesus, you call us to stand with you, to show our faith in all that we do. Lead me now to put your love into action in my life, faithful to the tasks you have entrusted to me. Amen.</p>	<p>20th March God my refuge, you save me when I call in distress. Lift the burdens of your people and work through us, so that all people may live a dignified life. Amen.</p>	<p>21st March Forgiving God, pour out your mercy upon me, so that I may be merciful to others. Wash away my pride and clothe me with humility. Help me to recognise that all people, no matter who they are, are precious in your sight. Amen.</p>

<p>22<sup>nd</sup> March 4<sup>th</sup> Ssunday of Lent Mothering Sunday Loving God, you are always with me and your care surrounds me like a mother's love. May I take courage and hope from knowing that I am so valued. Bless today the loving actions of every mother who struggles to provide clean water for her children. Amen.</p>	<p>23<sup>rd</sup> March Lord, may the tears of those who suffer be wiped from their eyes by the compassion and love of their neighbours and friends. May I, through my Lenten prayer and actions, support work towards a better world for all. Amen</p>	<p>24<sup>th</sup> March St Oscar Romero Creator God, I am sorry for the times I have resisted changing for the better. May we all be inspired to change the way we live and witness to our hope for a new world of peace, beauty and fullness. Amen.  Saint Oscar Romero, pray for us.</p>	<p>25<sup>th</sup> March The Annunciation Mary, the angel brought you joyful news for all the world: that you would give birth to Jesus. Pray for me to find joy in carrying out the tasks that God has given me and to support others so that they too may live a dignified and full life. Amen.</p>	<p>26<sup>th</sup> March God our Father, sometimes I find it hard to make time to contemplate the wonder and beauty of the world you have created. Yet I know that you are the Creator of all that is. Inspire in me a gratitude for your great gifts and lead me to care for your creation. Amen.</p>
<p>27<sup>th</sup> march Lord, I pray for all those who are having to cope with bereavement. Grant them the strength and courage to face a future that is different from their hopes and dreams. May they find the support they need and some comfort in their grief. Amen</p>	<p>28<sup>th</sup> March Lord, teach me to search for understanding rather than to make harsh or immediate judgements. Remind me that I do not always know what someone is facing in their life. May I practise the habit of supporting rather than blaming. Amen.</p>	<p>29<sup>th</sup> March 5<sup>th</sup> Sunday of Lent Christ Jesus, free us from the constraints that prevent us from reaching out to others with love. Fill us with compassion and move us to make a difference in whatever way we can, so that others may see your love in us. Amen.</p>	<p>30<sup>th</sup> March Christ Jesus, free us from the constraints that prevent us from reaching out to others with love. Fill us with compassion and move us to make a difference in whatever way we can, so that others may see your love in us. Amen.</p>	<p>31<sup>st</sup> March Lord God, we turn to you when we find ourselves in difficulty. May we also listen to those in need, especially to those who are sick, frightened or living in poverty. May we never turn our faces away from those in distress. Amen.</p>
<p>1<sup>st</sup> April Father, help me to listen to your word and respond to the truth that you show me. May I have the courage and strength to bring about change in whatever small ways I can. Amen.</p>	<p>2<sup>ns</sup> April Lord God, we are called to lives of service, especially to serve those who are poor, excluded or vulnerable. Grant me the strength to respond to your call, in whatever way I can. May I always seek to act out of love for all your people, our global family. Amen.</p>	<p>3<sup>rd</sup> April Loving, merciful Lord, grant us the capacity to be quiet and to listen. Lead us to the joy of being present to others and hearing their story. Let us look with love and gratitude on the world around us and open our hearts to those in need. Amen</p>	<p>4<sup>ht</sup> April Merciful God, may our attentiveness to others lift their spirits and enable them to find hope, even in dark and difficult times. Amen.</p>	<p>5<sup>th</sup> April Palm Sunday Christ Jesus, forgive me for the times I have lost courage and been unable to speak up for what I know is right. Strengthen my voice to speak from my heart and help ensure that all people can make themselves heard. Amen.</p>

<p>6<sup>th</sup> April          God of life, fill me with your hope and help me to see your goodness in this world. Strengthen all your children, so that we may hold firm, take heart and stand alongside those who are in need. Amen.</p>	<p>7<sup>th</sup> April          God our Father, you knew each one of us by name before you formed us in the womb. Every life is unique and precious to you. Work through me so that I can be the person you know and want me to be, helping those around me. Through your grace may all people flourish and reach their potential. Amen.</p>	<p>8<sup>th</sup> April          Lord, open our ears to hear your word, to hear the cry of the earth and the cry of people who are poor. Speak through us so that we may always find the right words of comfort for those who are weary. May our response to our sisters and brothers be one of compassion and love. Amen.</p>	<p>9<sup>th</sup> April          Maundy Thursday          Christ Jesus, you call us to walk humbly with you and to serve one another in love. Inspired by your example may we reach out to one another, tending to one another's needs. Amen.</p>	<p>10<sup>th</sup> April          Good Friday          God of mercy, forgive us our sins.          For the times we have closed our eyes to injustice: Lord, have mercy.          For the times we have closed our ears to the cry of the earth and the cry of the poor: Christ, have mercy.          For the times we have closed our hearts to our sisters and brothers in need: Lord, have mercy.           Jesus, remember me when you come into your kingdom</p>
<p>11<sup>th</sup> April          Holy Saturday          God of life, we look forward with hope to the resurrection when all things will be renewed. May we renew the face of the earth. Amen.</p>	<p>12<sup>th</sup> April          Easter Sunday          Risen Christ, we praise you and give you thanks for your glory as we celebrate your resurrection today. Fill our hearts with your love, so that we too may renew the face of the earth. Amen.</p>			