

The Garratt Publishing  
**Lent Calendar 2023**

A Journey through  
**Jesus' Ministry**

22 FEBRUARY 2023

ASH WEDNESDAY

## A Journey through Jesus' Ministry

This year, Garratt Publishing's Lent Calendar is exploring the places where Jesus did his ministry. As there are more miracles and teachings than there are days in Lent, we have focussed on select events in Jesus' life as told in Matthew's Gospel – the Gospel of the lectionary this year.

While there is still debate over where many of the events in Jesus' life occurred, the locations shown are generally accepted by scholars as being the most likely place for the selected event, based on descriptions in the Gospel and archaeological finds. The images selected show what the landscape looks like today, and in some cases, what it may have been like in Jesus' time.

The event and the Gospel text relating to the event have been provided, along with a brief reflection selected from one of our popular Lenten titles.

We hope this calendar will enrich your Lenten Journey.

### Loving God

*As we begin this Lenten journey we pray for open hearts and minds so that we can use this precious time to grow in discipleship as we accompany Jesus on the road to Jerusalem.*

*As companions on the journey, may we nurture each other by compassionate and attentive listening and by carrying each other's burdens where we can. May we journey with hope filled hearts, knowing that we are not alone, or you are always with us.*

Amen

**GOD IS ON THE JOURNEY, TOO**

**Garratt Lenten Program Year A**

Christopher J Monaghan CP



23 FEBRUARY 2023

**EVENT**

Jesus begins His ministry in Galilee.

**GOSPEL**

**Matthew 4:13**

*He left Nazareth and made his home in Capernaum by the lake, in the territory of Zebulun and Naphtali.*

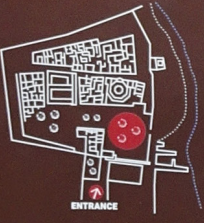


# Capharnaum, City of Jesus



*"Jesus stepped into a boat, crossed over and came to [Capernaum] his own town."*

Matthew 9:1



Capharnaum (Capernaum) was the thriving town on the northwest shore of the Sea of Galilee, where many events in the earthly life and public ministry of Jesus Christ took place. Jesus chose five Apostles from Capharnaum; fishermen Simon (Peter), Andrew, James and John, and the tax collector Matthew. He performed many miracles here, notably the healing of the paralytic lowered through the roof of Peter's house, and the feeding of the five thousand with just a few loaves and fishes. Jesus preached the famous "I Am the Bread of Life" discourse in the Capharnaum synagogue (Jn 6:35), and delivered the Sermon on the Mount from atop a hill in the nearby Korazim Plateau, just 2000 meters away. The evangelist Matthew actually calls Capharnaum "His own city" (Mt 9:1), Jesus's adopted hometown, after Nazareth. When the Gospels tell of Jesus entering or leaving the house, they are usually referring to St. Peter's family home, here in Capharnaum, where Jesus often stayed.

Capharnaum at that time was also a key transit point between the lands of Herod Antipas and those of his brother Philip; it earned substantial revenue from taxes and import duties. In the succeeding centuries, the town was an important pilgrimage center for the early Christians, but in the aftermath of the 746 AD earthquake, Capharnaum began to fall into ruin. The town had completely faded by the sixteenth century; accounts at that time only mention the nearby ruins of Khirbet el-Minyeh.

Re-discovered in the late nineteenth century, the site of Capharnaum was acquired by the Franciscan Friars of the Custody of the Holy Land in 1894. Throughout the twentieth century, friar archaeologists excavated and brought to light again many of the ancient ruins of this Holy Place — including the house of St. Peter.

Because of their work and guardianship, it is possible for us today to visit the place where Jesus spent most of his time while here on earth.

*The Latin spelling "Capharnaum" is used by the Franciscan Friars throughout this Holy Place. The English spelling is "Capernaum".*

*There are four things Christ wants us to know; first of all that he is the ground and source of all our life and being. Second, he is with us in mercy and strength even as we do wrong, even as we are surrounded by enemies that we have enabled through our own foolish actions. Thirdly, he gently and lovingly draws us to understand how we went astray. Fourthly, that despite all, he remains steadfastly on our side, willing us to turn to him and love him as much as he loves us.*

Julian of Norwich

**GOD IS ON THE JOURNEY, TOO**  
**Garratt Lenten Program Year A**  
 Christopher J Monaghan CP

**24 FEBRUARY 2023**

**EVENT**

Baptised by John the Baptist  
in the Jordan river.

**GOSPEL**

**Matthew 3:13-17**

<sup>13</sup> Then Jesus came from Galilee to John at the Jordan, to be baptised by him. <sup>14</sup> John would have prevented him, saying, 'I need to be baptised by you, and do you come to me?' <sup>15</sup> But Jesus answered him, 'Let it be so now; for it is proper for us in this way to fulfil all righteousness.' Then he consented. <sup>16</sup> And when Jesus had been baptised, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. <sup>17</sup> And a voice from heaven said, 'This is my Son, the Beloved, with whom I am well pleased...'



*Lord of all hopefulness, help me to remember that I walk always in the shadow of your wings even when the path seems dire.*

*Lead me to the nourishment I need.*

**NOT BY BREAD ALONE**  
**Daily Reflections for Lent 2023**  
Susan H Swetnam



**25 FEBRUARY 2023**

**EVENT**

The Temptation of Jesus.

**GOSPEL**

**Matthew 4:1**

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.*

*Loving and gracious God, who sees and knows the depths of our hearts even more clearly than we do, open our eyes to how loved we are by you.*

*Open our minds to see where we are unfree, and in need of space and fasting from hidden tastes that hold us back from loving.*

*Open our hearts and hands to take the first step to which your Spirit guides us.*

*Amen*

**LIGHT FROM WITHIN**  
**Garratt Lenten Program Year A**  
Maeve Louise Heaney VDFM



26 FEBRUARY 2023

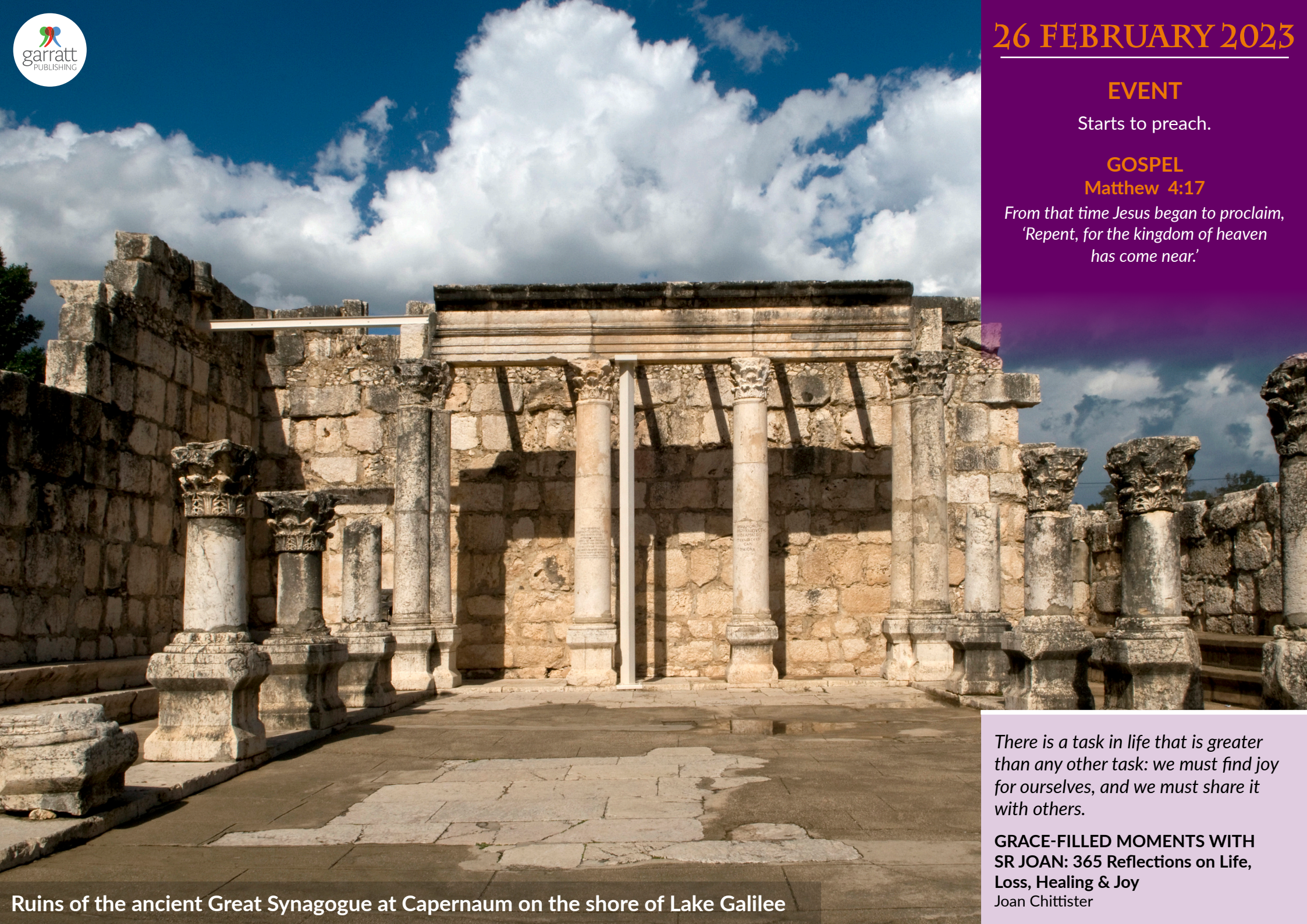
**EVENT**

Starts to preach.

**GOSPEL**

**Matthew 4:17**

*From that time Jesus began to proclaim,  
'Repent, for the kingdom of heaven  
has come near.'*



*There is a task in life that is greater than any other task: we must find joy for ourselves, and we must share it with others.*

**GRACE-FILLED MOMENTS WITH SR JOAN: 365 Reflections on Life, Loss, Healing & Joy**  
Joan Chittister

Ruins of the ancient Great Synagogue at Capernaum on the shore of Lake Galilee

EVENT

Jesus heals Many at Peter's House.

GOSPEL

Matthew 8:14-17

<sup>14</sup> When Jesus entered Peter's house, he saw his mother-in-law lying in bed with a fever; <sup>15</sup> he touched her hand, and the fever left her, and she got up and began to serve him. <sup>16</sup> That evening they brought to him many who were possessed by demons; and he cast out the spirits with a word, and cured all who were sick. <sup>17</sup> This was to fulfil what had been spoken through the prophet Isaiah, 'He took our infirmities and bore our diseases.'

*Gracious Lord, make us turn to you when our lives become difficult; let us see your face in the faces of those who aid us.*

**NOT BY BREAD ALONE**  
**Daily Reflections for Lent 2023**

Susan H Swetnam

28 FEBRUARY 2023




## EVENT

Jesus Ministers to  
crowds of People.

## GOSPEL

Matthew 4:23

*Jesus went throughout Galilee, teaching  
in their synagogues and proclaiming the  
good news of the kingdom and curing  
every disease and every sickness  
among the people.*



THE LATE FOURTH CENTURY A.D  
"WHITE SYNAGOGUE"  
BUILT UPON THE REMAINS OF THE  
"SYNAGOGUE OF JESUS"

*Loving God, we thank you for  
fathering us, for the coming of your  
kingdom, for our daily bread, for  
forgiveness, for saving us from the  
time of trial.*

**THIS CUP WE BLESS**  
**A Tea or Coffee Break for Every Day**  
**During Lent**

Michael McGirr



## EVENT

Jesus cleanses a Leper.

## GOSPEL

**Matthew 8:2-3**

<sup>2</sup>...and there was a leper who came to him and knelt before him, saying, 'Lord, if you choose, you can make me clean.'

<sup>3</sup> He stretched out his hand and touched him, saying, 'I do choose. Be made clean!' Immediately his leprosy was cleansed.



*Dear Lord, thank you for speaking to me through the Bible.*

*Please help me to acquire a taste for it, as I continue to feast upon the riches of your Word.*

**GIVE UP WORRY FOR LENT!  
40 Days to Finding Peace in Christ**

Gary Zimak

## EVENT

He heals a paralysed man.

## GOSPEL

**Matthew 9:2**

*And just then some people were carrying a paralysed man lying on a bed. When Jesus saw their faith, he said to the paralytic, 'Take heart, son; your sins are forgiven.'*



Ruins of the ancient town of Capernaum

*Lord, you desire to be with me and walk with me along life's journey. Awaken in my heart a desire and commitment to be with you in prayer. Amen.*

## MINDFUL MEDITATIONS

**For Every Day of Lent and Easter Years A, B and C**

Rev Warren J Savage,  
Mary Ann McSweeney

3 MARCH 2023



## EVENT

Jesus calls Matthew the tax collector to be a disciple.

## GOSPEL Matthew 9:9

*As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, 'Follow me.' And he got up and followed him.*



*Old styles of worship, old criteria piety, old ways of relating to the world – good as all of them may once have been – cannot build for us a new Jerusalem in this place at this time. The forces of history face us with new challenges. New visions of equality and community are calling us in this day.*

Joan Chittister

**A CHURCH FOR ALL  
A Guide to the Australian Plenary  
Council and Beyond Daily Reflections  
for Lent**

Australasian Catholic Coalition for  
Church Reform

Ruins of the ancient Great Synagogue at Capernaum

4 MARCH 2023



## EVENT

Delivers the Sermon on the Mount.

## GOSPEL Matthew 5

<sup>1</sup>When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. <sup>2</sup>Then he began to speak, and taught them, saying:

<sup>3</sup>'Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup>'Blessed are those who mourn, for they will be comforted. <sup>5</sup>'Blessed are the meek, for they will inherit the earth. <sup>6</sup>'Blessed are those who hunger and thirst for righteousness, for they will be filled. <sup>7</sup>'Blessed are the merciful, for they will receive mercy. <sup>8</sup>'Blessed are the pure in heart, for they will see God. <sup>9</sup>'Blessed are the peacemakers, for they will be called children of God. <sup>10</sup>'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. <sup>11</sup>'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup>Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.



Loving God

Increase in us the gift of gratitude and awareness.

May we notice the people who sit at our gate waiting patiently to call us to a deeper relationship with you.

Amen

**THIS CUP WE BLESS**

**A Tea or Coffee Break for Every Day  
During Lent**

Michael McGirr

Church of the Beatitudes located on the Mount of the Beatitudes

5 MARCH 2023

## EVENT

Heals the servant of a Roman Centurion.

## GOSPEL

Matthew 8:5-8

<sup>5</sup> When he entered Capernaum, a centurion came to him, appealing to him <sup>6</sup> and saying, 'Lord, my servant is lying at home paralysed, in terrible distress.' <sup>7</sup> And he said to him, 'I will come and cure him.' <sup>8</sup> The centurion answered, 'Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed...'



*Risen Christ, your presence abides within and around me.*

*As I continue to make my way through life may all that I am and all that I do each day demonstrate and reflect your radiant goodness.*

*I rejoice in the renewed kinship I have with you.*

*I celebrate the Risen Christ's abiding presence.*

*Amen.*

**JESUS FRIEND OF MY SOUL**  
**Reflections for the Lenten journey**

Joyce Rupp

Wall, street and houses - ruins of the Roman-period town Capernaum

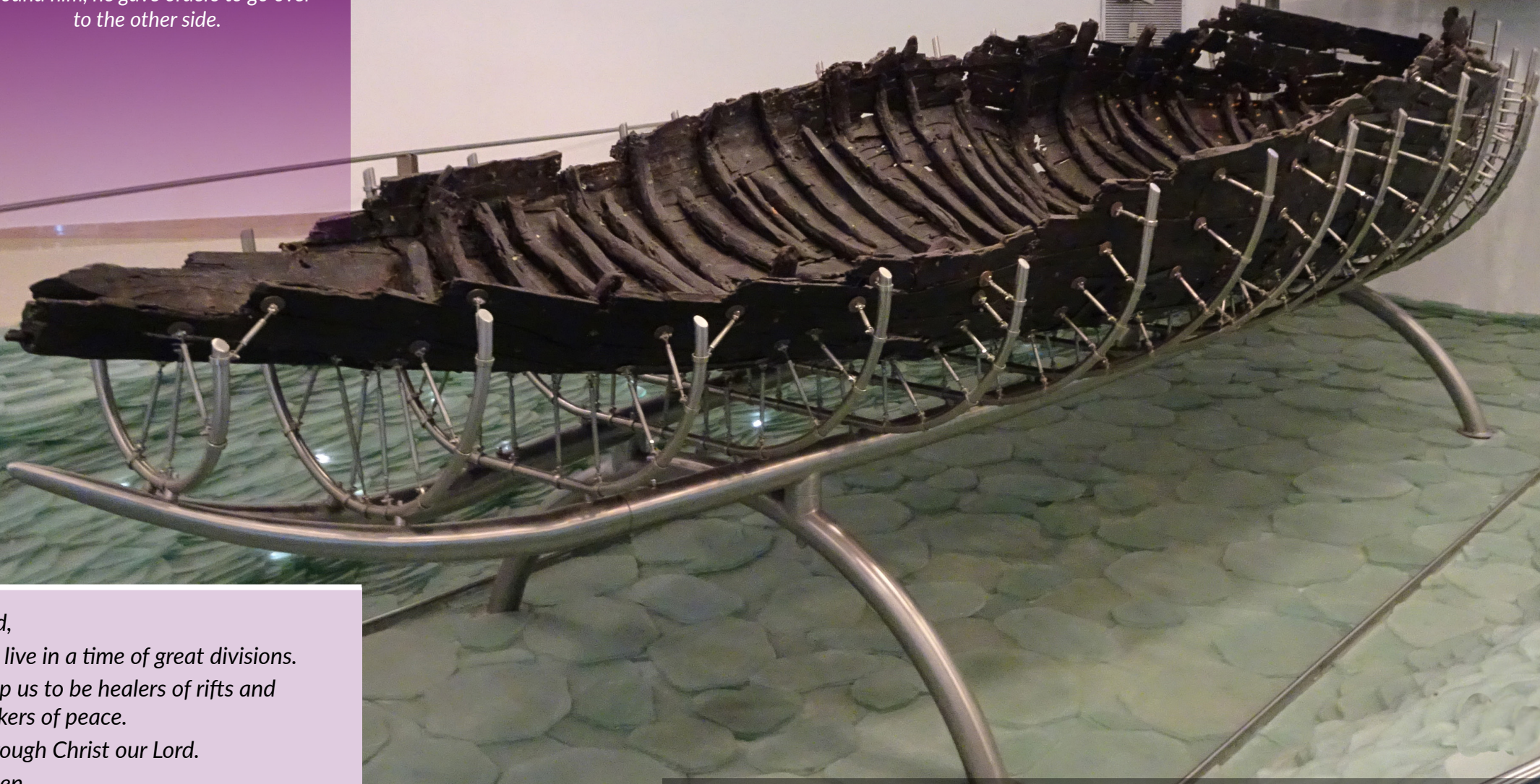
6 MARCH 2023

**EVENT**

Sails across the Sea of Galilee.

**GOSPEL**  
**Matthew 8:18**

*Now when Jesus saw great crowds around him, he gave orders to go over to the other side.*



God,  
We live in a time of great divisions.  
Help us to be healers of rifts and  
makers of peace.  
Through Christ our Lord.  
Amen

DAILY PRAYER 2023

The *Jesus Boat*, is an ancient fishing boat from the 1st century CE, discovered in 1986 on the north-west shore of the Sea of Galilee in Israel.



**7 MARCH 2023**

**EVENT**

Calms a storm on the Sea of Galilee.

**GOSPEL**

**Matthew 8:24-26**

*<sup>24</sup> A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. <sup>25</sup> And they went and woke him up, saying, 'Lord, save us! We are perishing!' <sup>26</sup> And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm.*

*Help me to order my days Lord, so that I may grow in the freedom to serve you.*

**NOT BY BREAD ALONE**  
**Daily Reflections for Lent 2023**

Susan H Swetham

## EVENT

Land in region of  
Gerasenes/Gadarenes.

## GOSPEL

**Matthew 8:28**

*... he came to the other side, to the  
country of the Gadarenes.*

*Spirit of God, you dwell within and  
pray with and for us, even when we  
know not how.*

*We thank you for the gift of your  
presence within and among us.*

*We thank you that you guide our  
growth as children and disciples,  
moulding us as needed according to  
our calling.*

*Teach us to be open and receptive to  
the intuitions we receive from you, and  
to collaborate with your plans through  
us and in the world we are entrusted  
with.*

*Amen*

**LIGHT FROM WITHIN**  
**Garratt Lenten Program Year A**  
Maeve Louise Heaney VDFM



## EVENT

Jesus heals the  
Gadarene Demoniacs.

## GOSPEL

**Matthew 8:29-33**

<sup>29</sup> Suddenly they shouted, 'What have you to do with us, Son of God? Have you come here to torment us before the time?'

<sup>30</sup> Now a large herd of swine was feeding at some distance from them. <sup>31</sup> The demons begged him, 'If you cast us out, send us into the herd of swine.' <sup>32</sup> And he said to them, 'Go!' So they came out and entered the swine; and suddenly, the whole herd rushed down the steep bank into the lake and perished in the water.

<sup>33</sup> The swineherds ran off, and on going into the town, they told the whole story about what had happened to the demoniacs.

With our hearts aching for what is happening in Ukraine, let us not forget wars in other parts of the world, such as in Yemen, Syria, Ethiopia... I repeat: May weapons be silenced! God is with peacemakers, not with those who use violence.

Pope Francis



Ruins at Kursi of the largest 5th Century CE Byzantine Monastery and Church – the traditional location of the Jesus' *Miracle of the Swine*.



10 MARCH 2023

**EVENT**

Greeted by the whole city.

**GOSPEL**

**Matthew 8:34**

*Then the whole town came out to meet Jesus; and when they saw him, they begged him to leave their neighbourhood.*



Loving God,  
*Help us to be always open to your surprises, to discover what we reject can be the source of strength.*  
*May you be our rock.*  
Amen

**THIS CUP WE BLESS**  
**A Tea or Coffee Break for Every Day**  
**During Lent**  
Michael McGirr

Ruins of Gadara in Umm Qais, Jordan

11 MARCH 2023

## EVENT

Rejected again in his home town.

## GOSPEL

**Matthew 13:54, 57**

*<sup>54</sup> He came to his home town and began to teach the people in their synagogue, so that they were astounded and said, 'Where did this man get this wisdom and these deeds of power? <sup>57</sup> And they took offence at him. But Jesus said to them, 'Prophets are not without honour except in their own country and in their own house.'*

*An authentic faith – which is never comfortable or completely personal – always involves a deep desire to change the world, to transmit values, to leave this earth somehow better than we found it. We love this magnificent planet on which God has put us, and we love the human family which dwells here, with all its tragedies and struggles, its hopes and aspirations, its strengths and weaknesses. The earth is our common home and all of us are brothers and sisters.*

*Amen.*

Pope Francis - *Evangelii Gaudium*, #183.

**AN INDIGENOUS VOICE TO  
PARLIAMENT**

**Considering a Constitutional Bridge**

Fr Frank Brennan

12 MARCH 2023



## EVENT

Feeds the 5,000.

## GOSPEL

Matthew 14:14-19

<sup>14</sup> When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. <sup>15</sup> When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.'<sup>16</sup> Jesus said to them, 'They need not go away; you give them something to eat.'<sup>17</sup> They replied, 'We have nothing here but five loaves and two fish.'<sup>18</sup> And he said, 'Bring them here to me.'<sup>19</sup> Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds.



Dear God, may my words always be gentle and tender so that they may help, heal, and give joy to others.

Amen

**MAKE ROOM FOR LENT!**

Daily Meditations, Actions & Prayers  
Lent 2023

Joe Sica

Mosaic, The Church of the Multiplication of the Loaves and the Fishes, Tabgha, Israel



13 MARCH 2023

## EVENT

Jesus walks on the water.

## GOSPEL

**Matthew 14:22a, 25-27**

*<sup>22</sup> Immediately he made the disciples get into the boat and go on ahead to the other side... <sup>25</sup> And early in the morning he came walking towards them on the lake. <sup>26</sup> But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. <sup>27</sup> But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'*

*Whatever troubles may be before you, accept them bravely, remembering Whom you are trying to follow. Do not be afraid. Love one another, bear with one another, and let charity guide you all your life. God will reward you as only He can.*

**Mary MacKillop**

## EVENT

Heals many people.

## GOSPEL

**Matthew 14:34-36**

*<sup>34</sup> When they had crossed over, they came to land at Gennesaret. <sup>35</sup> After the people of that place recognized him, they sent word throughout the region and brought all who were sick to him, <sup>36</sup> and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.*

*When our eyes are focused only on ourselves, and the things we have made our own in life, we lose our perspective. We missed the real meaning of life.*

**GRACE-FILLED MOMENTS WITH  
SR JOAN**

**365 Reflections on Life, Loss,  
Healing & Joy**  
Joan Chittister

Gennesaret is now known as Kinneret. The remains of Kinneret have been excavated at a site called Tell el-'Oreimeh in Arabic or Tel Kinrotin in Modern Hebrew



15 MARCH 2023

EVENT

The Canaanite Woman's Faith.

GOSPEL

Matthew 15:21-22, 24, 26b-28

21 Jesus left that place and went away to the district of Tyre and Sidon. 22 Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.'

24 He answered, 'I was sent only to the lost sheep of the house of Israel.'

26 ...It is not fair to take the children's food and throw it to the dogs.' 27 She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.'

28 Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

Loving God,  
May we notice the signs and portents of every day.  
The kindness of people and the wonder of the earth.  
May we understand the signs of your grace.  
Amen

THIS CUP WE BLESS  
A Tea or Coffee Break for Every Day  
During Lent  
Michael McGirr

Old Souks. The historic center of Sidon, Lebanon



16 MARCH 2023

**EVENT**

Feeds the 4,000.

**GOSPEL**

**Matthew 15:33-36**

*<sup>33</sup> The disciples said to him, 'Where are we to get enough bread in the desert to feed so great a crowd?' <sup>34</sup> Jesus asked them, 'How many loaves have you?' They said, 'Seven, and a few small fish.' <sup>35</sup> Then ordering the crowd to sit down on the ground, <sup>36</sup> he took the seven loaves and the fish; and after giving thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds.*



*Calmer of hearts,  
you steady my spirit when the storms  
of life disturb and threaten to drown  
my peace.  
When I am with others who are  
distracted, may I bring the same  
unwavering presence to calm the harsh  
tempests that menace them.  
Amen.*

**JESUS FRIEND OF MY SOUL**  
**Reflections for the Lenten journey**  
Joyce Rupp

Gerasa Roman Southern/South Theatre in Jerash, Jordan



17 MARCH 2023

**EVENT**

Sails to a town near Magdala.

**GOSPEL**

**Matthew 15:39**

*After sending away the crowds, he got into the boat and went to the region of Magadan.*



*Lord God, make every moment of my daily life a prayer to you.*

*Grace me with the patience and endurance to keep you at the centre of my life.*

*Let me not simply reserve prayer with you for Sundays or before meals, but move me to offer up every act, every word, every thought, and every breath in praise of your name.*

*May I also keep in mind those in greatest need in my parish community, city, country, and world.*

*Help me make my life a prayer to you and keep you as my guiding light that aids me in navigating the ocean of life and illuminating those people who should be a priority.*

**LENT AND EASTER WISDOM FROM POPE FRANCIS**

John Cleary

**The altar in the church in Magdala on the Sea of Galilee, where, after the lowering of the water in the lake, a boat from the time of Christ was found.**



18 MARCH 2023

EVENT

The Pharisees and Sadducees ask for proof – a sign from heaven.

GOSPEL

Matthew 16:1-4

<sup>1</sup>The Pharisees and Sadducees came, and to test Jesus they asked him to show them a sign from heaven. <sup>2</sup>He answered them, 'When it is evening, you say, 'It will be fair weather, for the sky is red.' <sup>3</sup>And in the morning, 'It will be stormy today, for the sky is red and threatening.' You know how to interpret the appearance of the sky, but you cannot interpret the signs of the times. <sup>4</sup>An evil and adulterous generation asks for a sign, but no sign will be given to it except the sign of Jonah.' Then he left them and went away.

Lord you are the one God. Forgive my lack of vision help me to know love and serve my sisters and brothers regardless of their faith, race, or lifestyle.

**MINDFUL MEDITATIONS**  
For Every Day of Lent and Easter Years A, B and C

Rev Warren J Savage,  
Mary Ann McSweeney

Excavations of the 1st century CE synagogue in Magdala, Galilee, Israel

19 MARCH 2023

**EVENT**

Travels to Caesarea Philippi  
(upper Galilee).

**GOSPEL**

**Matthew 16:13**

*Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?'*



*Loving God, we have so many desires and hopes in our hearts. Lead us so that we know that our deepest thirst cannot be quenched unless we bring ourselves into the circle of your love. It is there that we find meaning purpose and true life. May we learn to drink deeply from the well of love and life that Jesus offers so freely. Amen.*

**GOD IS ON THE JOURNEY, TOO**  
**Garratt Lenten Program Year A**  
Christopher J Monaghan CP

**Ruins of an old Roman city in Caesarea, Israel**



20 MARCH 2023

## EVENT

Peter confesses that Jesus is Christ.

## GOSPEL

**Matthew 16:16, 18**

<sup>16</sup> Simon Peter answered, 'You are the Messiah, the Son of the living God.'

<sup>18</sup> And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it.

Prayer the old manuals say "is the lifting of the mind and heart to God." And that's it. Try it once an hour and watch your life change faster than any amount of word reputation can possibly achieve.

**GRACE-FILLED MOMENTS WITH  
SR JOAN**

**365 Reflections on Life, Loss,  
Healing & Joy**  
Joan Chittister



21 MARCH 2023

**EVENT**

The Transfiguration.

**GOSPEL**

**Matthew 17:1-2**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves.  
<sup>2</sup> And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white.

Lord God, make every moment of my daily life a prayer to you.

Grace me with the patience and endurance to keep you at the centre of my life.

Let me not simply reserve prayer with you for Sundays or before meals, but move me to offer up every act, every word, every thought, and every breath in praise of your name.

May I also keep in mind those in greatest need in my parish community, city, country, and world.

Help me make my life a prayer to you and keep you as my guiding light that aids me in navigating the ocean of life and illuminating those people who should be a priority.

Amen.

**LENT AND EASTER WISDOM FROM POPE FRANCIS**

John Cleary

Mount Tabor is also known as Har Tavor, Itabyrium, Jebel et-Tur, and the Mount of Transfiguration

22 MARCH 2023

## EVENT

The disciples see Jesus transfigured in presence of Elijah and Moses.

## GOSPEL Matthew 17:3-5

<sup>3</sup> Suddenly there appeared to them Moses and Elijah, talking with him.

<sup>4</sup> Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.'<sup>5</sup> While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!'

God, fill me with your love.  
Increase my desire to be completely open to you in this covenant of internal love.

Amen

**RESTORE**  
**A Guided Lent Journal for Prayer and Meditation**

Miriam James Heidland  
Illustrated by Valerie Delgado



23 MARCH 2023

**EVENT**

Jesus makes prophecy on his last days in Galilee.

**GOSPEL**

**Matthew 17:22-23**

*<sup>22</sup> As they were gathering in Galilee, Jesus said to them, 'The Son of Man is going to be betrayed into human hands, <sup>23</sup> and they will kill him, and on the third day he will be raised.' And they were greatly distressed.*

*Dear Jesus, thank you for always being there to pick me up whenever I fall. I can't do anything without your help. Please grant me the grace to move away from worrying and move closer to you. Amen.*

**GIVE UP WORRY FOR LENT!  
40 Days to Finding Peace in Christ**

Gary Zimak

Carved decorative lintel at the ruins of Capernaum in Israel

24 MARCH 2023

**EVENT**

Jesus pays the temple tax with a fish.

**GOSPEL**

**Matthew 17:24-27**

*<sup>24</sup> When they reached Capernaum, the collectors of the temple tax came to Peter and said, 'Does your teacher not pay the temple tax?' <sup>25</sup> He said, 'Yes, he does.' And when he came home, Jesus spoke of it first, asking, 'What do you think, Simon? From whom do kings of the earth take toll or tribute? From their children or from others?' <sup>26</sup> When Peter said, 'From others,' Jesus said to him, 'Then the children are free. <sup>27</sup> However, so that we do not give offence to them, go to the lake and cast a hook; take the first fish that comes up; and when you open its mouth, you will find a coin; take that and give it to them for you and me.'*

*To find the God we are looking for, we must realise first that God is within us. Second we must understand that we will never find God even there, unless we discover what it is what is that is crowding God out. 'The inspiration you seek is already within you', the poet Rumi writes. 'Be silent and listen.'*

**GRACE-FILLED MOMENTS WITH  
SR JOAN**

**365 Reflections on Life, Loss,  
Healing & Joy**  
Joan Chittister



A half-shekel minted at the Phoenician city of Tyre around 102 to 101 BCE





25 MARCH 2023

## EVENT

The Parable of the Lost Sheep.

## GOSPEL

**Matthew 18:12-14**

<sup>12</sup> What do you think? If a shepherd has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray?

<sup>13</sup> And if he finds it, truly I tell you, he rejoices over it more than over the ninety-nine that never went astray.

<sup>14</sup> So it is not the will of your Father in heaven that one of these little ones should be lost.

Loving God,

through the incarnation of your son, Jesus, you embraced the joy and suffering of humanity.

Like Mary, grow in us a faithful trust so that we may say yes to your call and forever sing of your praise.

Through Christ our Lord.

Amen

DAILY PRAYER 2023

Galilee Awassi sheep on a hill with olive trees and flowering medicinal squill



26 MARCH 2023

**EVENT**

Leaves Galilee (for last time).

**GOSPEL**  
**Matthew 19:1**

*When Jesus had finished saying these things, he left Galilee and went to the region of Judea beyond the Jordan.*

*Lord, bless the people whose work we don't see. People who bring us food: farmers, workers, drivers, and grocers. People who keep us safe: soldiers, police officers, firefighters, and other safety workers. People who heal us: doctors, nurses, technicians, hospital workers.*

**LENT IN REAL LIFE**  
**Daily Reflections, Prayers**  
**and Family Activities**  
**Lent for Families 2023**  
Connie Clark

Old Roman road in Judea

27 MARCH 2023

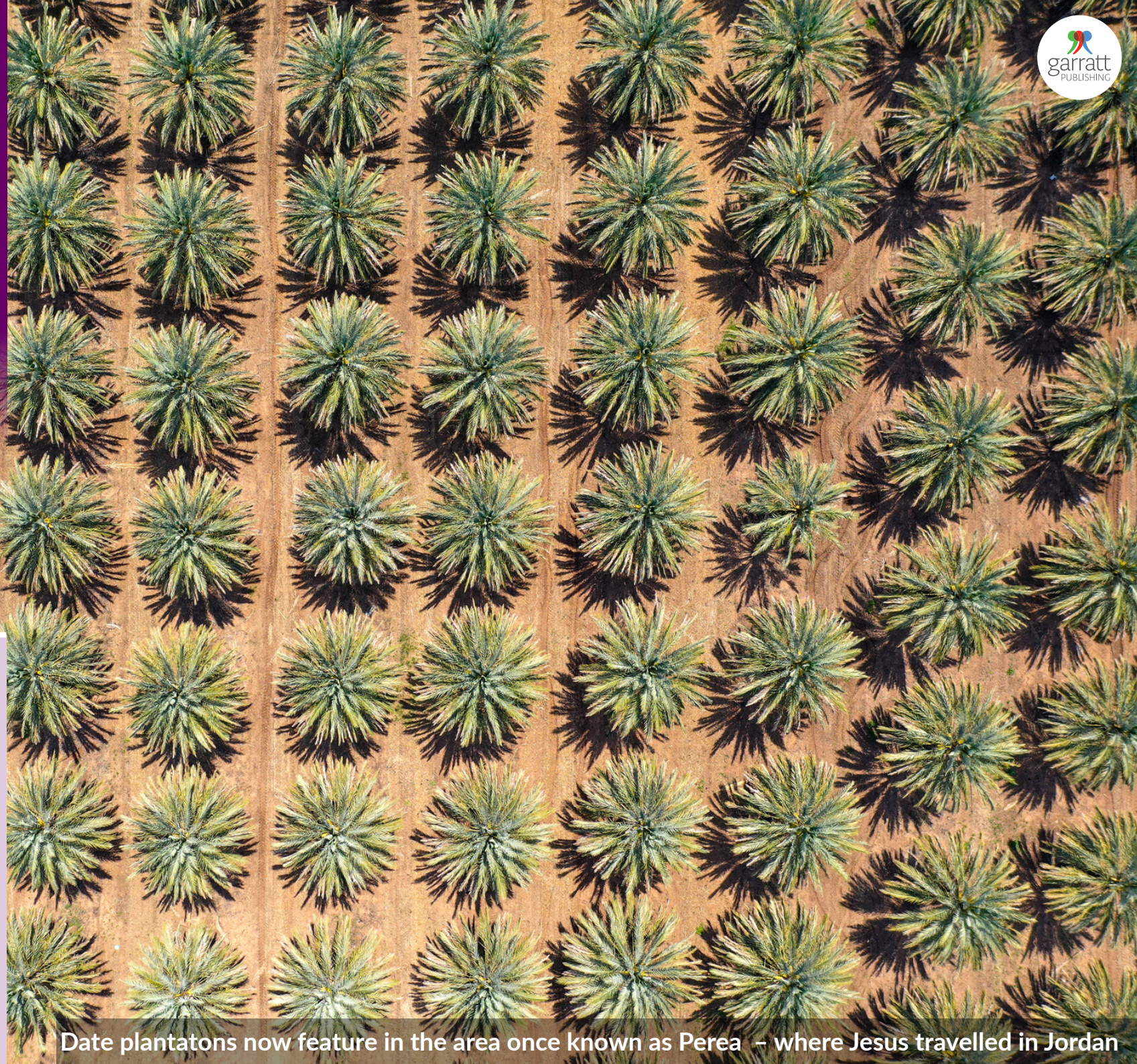
## EVENT

Blesses little children,  
speaks to rich young man.

## GOSPEL

**Matthew 19:13a**

*Then little children were being brought to  
him in order that he might lay his hands  
on them and pray.*



*Jesus was the champion of the dispossessed, the outcast, the fringe dweller, the sick, and the sinner and our duty is to act as he did. He did, not judge, but invited them into the home of his heart, where there was always room for another to be loved. We need to find that room in our hearts, to make our hearts big with love for one another.*

*Have you a home in your heart for the outsider?*

**PRAYERS & REFLECTIONS FOR  
TEACHERS 2023**

Ann Rennie

Date plantations now feature in the area once known as Perea – where Jesus travelled in Jordan



28 MARCH 2023

## EVENT

Jesus heals two blind men.

## GOSPEL

**Matthew 20:29-30, 32-34**

<sup>29</sup> As they were leaving Jericho, a large crowd followed him. <sup>30</sup> There were two blind men sitting by the roadside. When they heard that Jesus was passing by, they shouted, 'Lord, have mercy on us, Son of David!' <sup>32</sup> Jesus stood still and called them, saying, 'What do you want me to do for you?' <sup>33</sup> They said to him, 'Lord, let our eyes be opened.' <sup>34</sup> Moved with compassion, Jesus touched their eyes. Immediately they regained their sight and followed him.

*Risen Jesus, you heal our broken hearts and give us peace. Help me to be a source of encouragement to those troubled by pain and suffering.*

## HOPEFUL MEDITATIONS

**For Every Day of Easter through Pentecost Years A, B and C**

Rev Warren J Savage, Mary Ann McSweeney

Tell al-Sultan archaeological site in Jericho, Palestine

## EVENT

The Anointing at Bethany.

## GOSPEL

**Matthew 26:6-13**

<sup>6</sup> Now while Jesus was at Bethany in the house of Simon the leper, <sup>7</sup> a woman came to him with an alabaster jar of very costly ointment, and she poured it on his head as he sat at the table. <sup>8</sup> But when the disciples saw it, they were angry and said, 'Why this waste?' <sup>9</sup> For this ointment could have been sold for a large sum, and the money given to the poor.' <sup>10</sup> But Jesus, aware of this, said to them, 'Why do you trouble the woman? She has performed a good service for me. <sup>11</sup> For you always have the poor with you, but you will not always have me. <sup>12</sup> By pouring this ointment on my body she has prepared me for burial. <sup>13</sup> Truly I tell you, wherever this good news is proclaimed in the whole world, what she has done will be told in remembrance of her.'

Your call to return to you almighty God, echoes through the ages. Open my ears to hear your word that renews me during this Lenten season. Move me with your spirit to a change of heart. I ask this in the name of your son, Jesus Christ who with you and the Holy Spirit are one God, forever and ever. Amen..

## DAYBREAKS

Daily Reflections for Lent and Easter

Fr Mark G Boyer



Ruins of the house of Simon the Leper, Bethany. c 1934-1939

30 MARCH 2023

## EVENT

Before Passover, visits Jerusalem every day and returns to Bethany at night, for 6 days.

## GOSPEL Matthew 21:17

*He left them, went out of the city to Bethany, and spent the night there.*



Archaeological site inside old town Jerusalem. David Tower on top of the wall

*Respectful guide, how often you have patiently waited for me until I was ready to grow spiritually. Ready my heart to listen to your suggestions and to have the courage to accept and follow them. I will forgo my pushy efforts to change people.*

**JESUS, FRIEND OF MY SOUL**  
**Reflections for the Lenten Journey**  
Joyce Rupp

31 MARCH 2023



## EVENT

Overturns table of money changers and merchants.

## GOSPEL

**Matthew 21:12**

*Then Jesus entered the temple and drove out all who were selling and buying in the temple, and he overturned the tables of the money-changers and the seats of those who sold doves.*

*Spend some time each day allowing the joy of God to fill your heart.*

*Spend a little time mourning with him also as joy is lost for so many.*

*Any fasting is to remind us that the Lord of all joy suffers in his people, maybe those near to us.*

*True prayer brings us nearer to others and near to God, especially near to those in any type of pain.*

*It also brings us nearer to ourselves our hopes, desires, and anything about the mystery of ourselves.*

*Time and again God promises me goodness.*

*I pray that my eyes may be opened to appreciate where God is working in my life.*

*Amen*

**DAILY PRAYER 2023**



South-eastern corner of Temple Mount walls with Al-Aqsa Mosque and Davidson Center excavation archeological park in Jerusalem Old City

1 APRIL 2023



## EVENT

This excitement is noticed  
by the chief priests.

## GOSPEL

Matthew 21:15

*But when the chief priests and the scribes  
saw the amazing things that he did, and  
heard the children crying out in the  
temple, 'Hosanna to the Son of David',  
they became angry.*



*Dear God, my memories help me hold  
onto the things I love, and the things I  
never want to lose.*

Amen

**MAKE ROOM FOR LENT!**

Daily Meditations, Actions & Prayers  
Lent 2023

Joe Sica

**The Temple Mount is the place where the Biblical temples were built, starting from King Solomon almost 3,000 years ago. Herod's temple was destroyed by the Romans and never rebuilt again. It was replaced by the Muslim shrines in the 8th century CE which stand there today, with the Golden Dome of the Rock the city's symbol.**



2 APRIL 2023

PALM SUNDAY

### EVENT

Jesus' Triumphal Entry into Jerusalem.

### GOSPEL

Matthew 21:1-2, 6-8

<sup>1</sup> When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, <sup>2</sup> saying to them, 'Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me.' <sup>6</sup> The disciples went and did as Jesus had directed them; <sup>7</sup> they brought the donkey and the colt, and put their cloaks on them, and he sat on them. <sup>8</sup> A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road.



The apse mural inside the Franciscan Church of Bethphage, Mount of Olives

Loving God, in whose name we gather and pray, today we bring to You, in this time of prayer, those who suffer, who feel lost, who do not know how to name you or where to find peace. We pray for those who ask for our prayer, and for those who do not, but for whom we feel the need to pray. Transform this broken world, loving God, and may our surrendered lives serve as open spaces for your love to break through. Amen

LIGHT FROM WITHIN

Garratt Lenten Program Year A

Maeve Louise Heaney VDFM

# 3 APRIL 2023

## EVENT

The Institution of the Lord's Supper.

## GOSPEL

**Matthew 26:26-30**

<sup>26</sup> While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' <sup>27</sup> Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; <sup>28</sup> for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. <sup>29</sup> I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.'

<sup>30</sup> When they had sung the hymn, they went out to the Mount of Olives.

As we journey through Lent we are preparing ourselves for the culminating season of the Christian Church, Easter. Here is the reason we profess ourselves followers of Jesus of Nazareth, the man and the son of God, the human and the divine. During this period, we ask for forgiveness and repent of our sins as we take spiritual stock and acknowledge that we could do better and be better followers of and for our God, for ourselves, and for those we companion in our daily lives.

**PRAYERS & REFLECTIONS FOR  
TEACHERS 2023**

Ann Rennie

## EVENT

Jesus prays in Gethsemane.

## GOSPEL

**Matthew 26:36**

*Then Jesus went with them to a place called Gethsemane; and he said to his disciples, 'Sit here while I go over there and pray.'*



*Eternal rest grant unto them O Lord.  
And let perpetual light shine upon  
them.  
May the souls of the faithful  
departed, through the mercy of God,  
rest in peace.  
Amen*

**LENT IN REAL LIFE**  
Daily Reflections, Prayers  
and Family Activities  
**Lent for Families 2023**  
Connie Clark

The Church of All Nations, located on the Mount of Olives, is also known as the Basilica of the Agony. It enshrines a section of bedrock where Jesus is said to have prayed before his arrest.



5 APRIL 2023

EVENT

The Betrayal and Arrest of Jesus.

GOSPEL

Matthew 26:47-50

47 While he was still speaking, Judas, one of the twelve, arrived; with him was a large crowd with swords and clubs, from the chief priests and the elders of the people. 48 Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him.' 49 At once he came up to Jesus and said, 'Greetings, Rabbi!' and kissed him. 50 Jesus said to him, 'Friend, do what you are here to do.' Then they came and laid hands on Jesus and arrested him.

What kind of disciple am I in the community?

Lord you are the loving humble servant of God. Give me the grace to be loving and humble like you in the world today. I will pray for humility; I will fast from pride; I will attend the Mass of the Lord's Last Supper; and pray for the sick.

MINDFUL MEDITATIONS  
For Every Day of Lent and Easter  
Years A, B and C

Rev Warren J Savage,  
Mary Ann McSweeney



Exterior of Church of All Nations (Basilica of the Agony) where Jesus was arrested by the Roman soldiers



6 APRIL 2023

MAUNDY THURSDAY

## EVENT

Peter's Denial of Jesus.

## GOSPEL

Matthew 26:69-75

<sup>69</sup> Now Peter was sitting outside in the courtyard. A servant-girl came to him and said, 'You also were with Jesus the Galilean.'<sup>70</sup> But he denied it before all of them, saying, 'I do not know what you are talking about.'<sup>71</sup> When he went out to the porch, another servant-girl saw him, and she said to the bystanders, 'This man was with Jesus of Nazareth.'<sup>72</sup> Again he denied it with an oath, 'I do not know the man.'<sup>73</sup> After a little while the bystanders came up and said to Peter, 'Certainly you are also one of them, for your accent betrays you.'<sup>74</sup> Then he began to curse, and he swore an oath, 'I do not know the man!' At that moment the cock crowed.<sup>75</sup> Then Peter remembered what Jesus had said: 'Before the cock crows, you will deny me three times.' And he went out and wept bitterly.

Lord, help me to view each encounter as an opportunity for service.

**40 DAYS OF FAITH, HOPE, AND LOVE**  
Reflections and Prayers to Renew the  
Spirit for Lent 2023

Alice Camille

7 APRIL 2023

GOOD FRIDAY

## EVENT

The Death of Jesus.

## GOSPEL

Matthew 27:46, 50-51

<sup>46</sup>And about three o'clock Jesus cried with a loud voice, 'Eli, Eli, lema sabachthani?' that is, 'My God, my God, why have you forsaken me?' ... <sup>50</sup>Then Jesus cried again with a loud voice and breathed his last. <sup>51</sup>At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split.



*Jesus, as I venerate your cross today, I imagine your arms outstretched a sign of your great love for me and for all people.*

*You have given yourself completely, perfectly.*

*It is finished.*

**NOT BY BREAD ALONE**

**Daily Reflections for Lent 2023**

Susan H Swetnam

**Golgotha, the place of Jesus' crucifixion within the Basilica of the Holy Sepulchre**



8 APRIL 2023

HOLY SATURDAY

**EVENT**

The Burial of Jesus.

**GOSPEL**

**Matthew 27:57-60**

*57* When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. *58* He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. *59* So Joseph took the body and wrapped it in a clean linen cloth *60* and laid it in his own new tomb, which he had hewn in the rock..

*Dear Lord, on your cross you loved me to the utmost to free me from all that weighs down on me. Thank you. Help me share that love with others.*

**A SEASON OF DEEP AND EVERLASTING HEALING**  
**Daily Reflections, Actions and Prayers for Lent 2023**

Deacon Eddie Ensley PhD, Deacon Robert Herrmann

Stone of Unction, the spot, where Jesus' body was prepared for burial by Joseph of Arimathea. The Church of the Holy Sepulchre in Jerusalem

9 APRIL 2023

EASTER SUNDAY

## EVENT

The Resurrection of Jesus.

## GOSPEL

Matthew 28:1-2, 5-6a

<sup>1</sup> After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. <sup>2</sup> And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. <sup>5</sup> But the angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. <sup>6</sup> He is not here; for he has been raised...

*Almighty and ever-living God,  
Today we rejoice in the gift of salvation.  
Fill our hearts with the joy of the  
resurrection, and grant us abundant  
love so that we may, like the women at  
the tomb, run gladly to tell the Good  
News.*

*Through Christ our Lord, Amen.*

DAILY PRAYER 2023

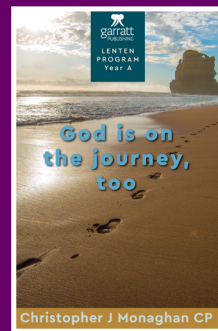
Unearthed in 1867, The Garden Tomb is considered by some to be the site of the burial and resurrection of Jesus. However, *The Garden Tomb (Jerusalem) Association* – who maintains the Garden Tomb – refrains from claiming this as the authentic tomb of Jesus, but suggests it is more evocative of the events described in the Gospels.



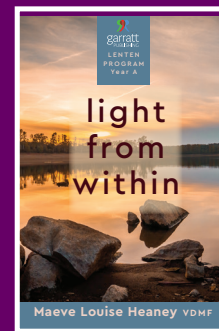


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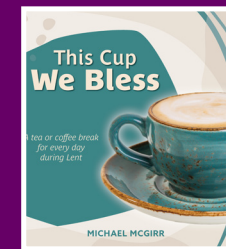
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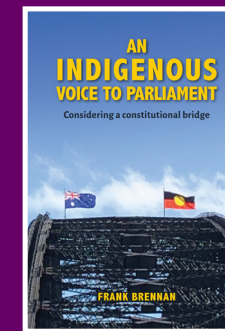
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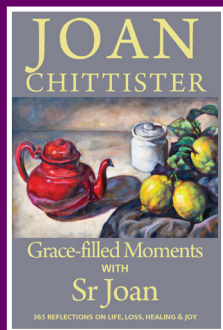
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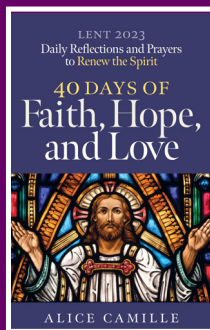
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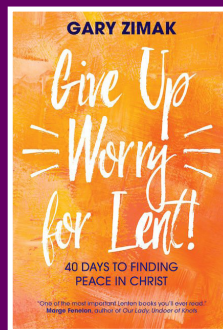
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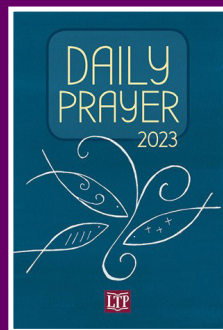
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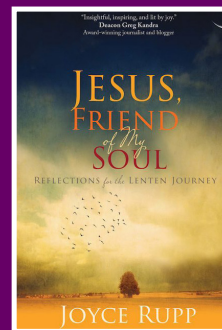
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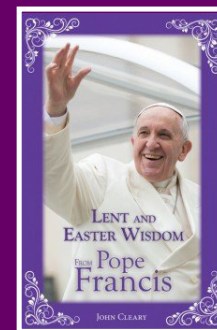
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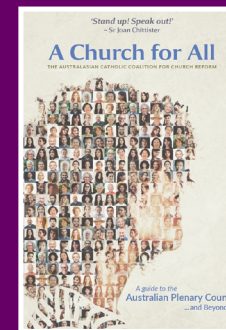
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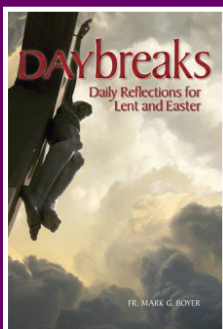
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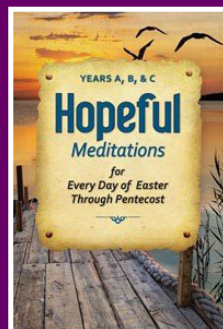
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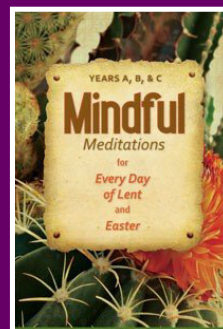
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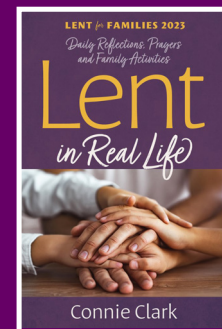
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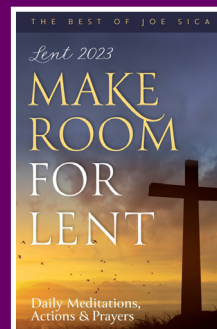
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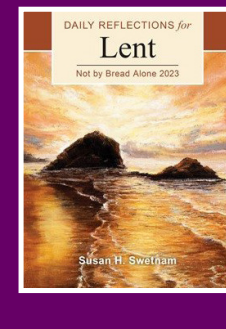
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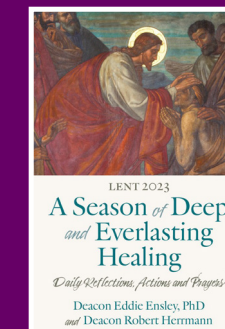
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