



Lent: Time for Renewal



Ignite Your Passion
Empower His Mission



Opening Reflection: Lenten Days of Prayer, Reflection and Intention

This Lenten season, members are invited to step away from distractions, whether food, technology, or worldly attachments, to focus more deeply on God and the needs of others, particularly the poor. We are invited to mirror Jesus' time in the desert, a time of sacrifice and deep reflection. As He was tempted, He relied on God's word for strength.

Over the next 45 days, we will spend time reflecting on each of the three pillars—faith, service and social justice. May this season of prayer, reflection and intention draw us closer to God's love, while inspiring us to live out the League's mission with greater passion and purpose, helping us grow in holiness and align more closely with the teachings and actions of Jesus.

As you reflect on these pillars, you are called to:

Ignite Your Passion for Prayer: Spend time reflecting on the power of prayer and deepen your personal relationship with God through quiet time, prayer and reflection.

Empower His Mission Through Service: Reflect on how you can help the poor in your community. Small acts of service can create big change.

Blessed Be the Poor: Focus on social justice. Think about local or global issues of poverty and homelessness and reflect on how you can address systemic injustices.

Fast for Compassion: Consider how fasting can be used not only to grow closer to God but to foster empathy for the poor and vulnerable.

Reconcile and Renew: Reflect on the importance of repentance and forgiveness as you prepare for Easter.

Wednesday, February 18, Ash Wednesday

Prayer: Oh, Jesus, I surrender my whole self to You; take care of my everything.

Reflection: Do I give my whole self to the Lord? Am I holding back, and why?

Intention: For the surrender of whole selves to the Lord.

Thursday, February 19

Prayer: Lord, help us remember that in serving others, we serve You. Open our hearts to recognize the needs of those around us and answer Your call to serve with compassion.

Reflection: Jesus came to serve, not to be served. As Catholic women, our call to service flows from our baptism. Lent invites us to examine how willingly we respond to those in need.

Intention: For hearts open to Christ's call to loving service.

Friday, February 20

Prayer: “Have mercy on me, O God, according to your steadfast love; according to your abundant mercy, blot out my transgressions” (Psalm 51:1).

Reflection: Do I ask for God’s mercy for the transgression of my sins?

Intention: For God’s mercy on us sinners.

Saturday, February 21

Prayer: Lord, may we always uphold the dignity of every person, especially those who are marginalized, remembering that all are created in Your image.

Reflection: Every person is created in God’s image. Our service must always uphold human dignity, especially for the marginalized.

Intention: For respect and compassion toward all people.

Sunday, February 22

Prayer: Lord, build in us the moral fibre of St. Thomas More, who stood firm for the truth.

Reflection: “Those... who claim their own rights, yet altogether forget or neglect to carry out their respective duties, are people who build with one hand and destroy with the other” (*Compendium of the Social Doctrine of the Church*, 156).

Intention: That we may all remember our responsibilities to one another, to our families and to society.

Monday, February 23

Prayer: Lord, help me fast from selfishness, anger and grudges, and be filled with gratitude, joy, patience and compassion.

Reflection: Have I been drawn into a time of negativity? How do I move past that into a more positive place?

Intention: To move away from the sin of negativity.

Tuesday, February 24

Prayer: “O Lord, all my longing is known to you; my sighing is not hidden from you” (Psalm 38:9).

Reflection: In the Lord’s Prayer, we are reminded to forgive as we are forgiven. Is it easier to ask for mercy or give it?

Intention: To forgive as we are forgiven.

Wednesday, February 25

Prayer: Lord, help move us to activism and advocacy when there is injustice. Inspire us to roll up our sleeves through the example of women like Blessed Anne Marie Javouhey.

Reflection: “As far as possible citizens should take an active part in public life” (*Catechism of the Catholic Church*, 1915).

Intention: For a society full of engaged citizens, working for justice.

Thursday, February 26

Prayer: Lord, help me to remember that raising children can be a difficult task and parents need prayers.

Reflection: Do young parents in my community need a helping hand in raising their children? Could I invite them for a meal and offer support?

Intention: For those parents who can use support and guidance, especially from League members.

Friday, February 27

Prayer: "Many are the torments of the wicked, but steadfast love surrounds those who trust in the Lord" (Psalm 32:10).

Reflection: Do I ask for God's grace and mercy through the sacrament of reconciliation enough?

Intention: To ask for God's grace and mercy through the sacrament of reconciliation.

Saturday, February 28

Prayer: Lord, give us the courage to act for the good of others.

Reflection: Solidarity, according to St. John Paul II, is not just a feeling of vague compassion at the misfortune of others, but "a firm and persevering determination to commit oneself to the common good; ...to the good of all and of each individual."

Intention: For a firm and persevering commitment to solidarity.

Sunday, March 1

Prayer: "I wait for the Lord, my soul waits, and in his word I hope" (Psalm 130:5).

Reflection: Is knowing sorrow a necessity for a full relationship with the Lord?

Intention: To find hope in God's mercy.

Monday, March 2

Prayer: Lord, remember those who are experiencing difficult living conditions or circumstances.

Reflection: Many people experience difficulties such as job loss, alienation from family members or addictions. Does someone in my life need a visit or a meal made for them?

Intention: For those who are struggling with their present lives and uncertain futures.

Tuesday, March 3

Prayer: Lord, help us to embody authentic Catholic charity, fueled by faith, serving the poor with our whole selves.

Reflection: St. Pier Giorgio Frassati befriended and gave all he had to the poor in his community. He said, "Jesus comes to me every morning in Communion, and I return the visit by going to serve the poor."

Intention: For the laity, striving towards holiness, "*verso l'alto.*"

Wednesday, March 4

Prayer: “But you, O Lord, are enthroned forever; your name endures to all generations” (Psalm 102:12).

Reflection: Do we have courage and confidence against all enemies?

Intention: For courage and confidence for all generations.

Thursday, March 5

Prayer: Lord, help us recognize You in every person, honour their dignity, and serve You through small acts of great love.

Reflection: Inspired by St. Teresa of Calcutta, we are called to change the world by loving those closest to us, seeing God’s image in them, and serving Him through simple, dignifying acts of love.

Intention: That we may see Jesus in everyone we meet.

Friday, March 6

Prayer: Lord, help us to extend our service beyond borders, supporting the global church through our prayers, resources and efforts.

Reflection: Our service extends beyond borders. Through the League’s voluntary funds, we support the global church.

Intention: For those served through organizations like Development & Peace—Caritas Canada and Catholic Near East Welfare Association.

Saturday, March 7

Prayer: Lord, give us the strength to serve the abandoned and forgotten, even when it costs us.

Reflection: St. Damien of Molokai served lepers with dignity, inviting them to work and serve alongside him. True solidarity means participation, not patronage.

Intention: That the Eucharist may strengthen us as we service.

Sunday, March 8

Prayer: Lord, empower the women in our community to serve with compassion and mercy, making a difference in the world around them.

Reflection: Catholic women have long been witnesses of compassion and mercy in church and society.

Intention: For women serving quietly and faithfully in our communities

Monday, March 9

Prayer: Lord, help us to bloom where we are planted, glorifying God in service to our families and communities.

Reflection: St. Frances of Rome taught us that we can build community anywhere. While her husband served as a military leader, she remained steadfast in prayer, charity and care for the poor. She showed us that holiness can be lived faithfully within family life, even in times of fear, sacrifice and disruption.

Intention: For military families, whose lives are full of uncertainty and separation, that they may be full of faith and hope, and supported in community.

Tuesday, March 10

Prayer: “Therefore my spirit faints within me; my heart within me is appalled” (Psalm 143:4).

Reflection: Do we allow the Lord to show us the path we should walk?

Intention: To ignite our passion and empower His mission.

Wednesday, March 11

Prayer: Lord, strengthen our families, and help us serve one another with love, patience and forgiveness.

Reflection: Christian service begins in our homes and families, where love, patience and forgiveness are practiced daily.

Intention: For families experiencing hardship.

Thursday, March 12

Prayer: Lord, may the fruit of our work produce goodness in the world and transformation in our minds and spirits.

Reflection: St. Benedict of Nursia taught us that work is more than making a living; it is a form of participating in God’s creation. While our identities are not rooted in what we do, through work we can serve our community and unite ourselves closer to Christ.

Intention: For all those who are searching for work.

Friday, March 13

Prayer: “Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance” (Psalm 51:14).

Reflection: How can we “speak truth to power” in our lives?

Intention: To bring gospel vales to the marketplace and challenge the leaders when necessary.

Saturday, March 14

Prayer: Lord, give us the courage to call out injustice and act in defence of those being exploited. Empower us to protect the dignity and freedom of all people.

Reflection: St. Peter Claver was called the “Slave of the Slaves” for bringing dignity to those enslaved in Colombia, serving their corporal and spiritual needs with compassion. His example reminds us that all people deserve freedom and to know the love of God.

Intention: For the end of exploitation.

Sunday, March 15

Prayer: Lord, help us to remember those who have no place to call home, whether due to financial situation or addictions.

Reflection: Many people have difficult living situations. Am I called to donate to a local Catholic charity or to donate my time volunteering?

Intention: For those who have no permanent housing, that they may find temporary shelter leading to a permanent home.

Monday, March 16

Prayer: “Teach me to do your will, for you are my God. Let your good spirit lead me on a level path” (Psalm 143:10).

Reflection: Have we forgotten the goodness of God and His merciful deeds?

Intention: To trust the Lord to guide us in His work.

Tuesday, March 17

Prayer: Loving God, ignite our passion for mercy and help us embrace Your mission by walking gently with those who suffer. Amen.

Reflection: In caring for those who are ill or nearing life’s end, we meet Christ Himself. Compassion and presence become signs of hope and dignity.

Intention: For all who receive palliative care, that they may know comfort, dignity and God’s loving presence.

Wednesday, March 18

Prayer: Lord, help us to be close to the marginalized.

Reflection: St. Roque Gonzalez, a Jesuit martyr and missionary, defended the freedom of Indigenous people during a time of slavery and conquest in Paraguay. We can follow his path by fighting vigorously against injustice while loving enemies and oppressors towards the truth.

Intention: For the respect of each person’s fundamental right to life and the things required for human decency.

Thursday, March 19

Prayer: “Be gracious to me, O Lord, for I am languishing; O Lord, heal me, for my bones are shaking with terror” (Psalm 6:2).

Reflection: Does knowing that God is all loving mean we do not have to worry about our sins, or do realize that he will love us even as sinners?

Intention: To accept God’s unconditional and universal love.

Friday, March 20

Prayer: Lord, bless those who have recently come to our country or community.

Reflection: We are called to welcome the stranger and to see Jesus in the people who are new to our communities.

Intention: That all who have moved to our communities and parishes may feel welcomed in their new homes.

Saturday, March 21

Prayer: Lord, give us the wisdom to fight poverty with justice and charity, through institutional reform and personal compassion.

Reflection: St. Vincent de Paul leveraged his influence and relationships to encourage others to give their lives in service. He strove to meet the immediate needs of the poor, and to address the root causes of poverty. He believed the option for the poor is not an individual pursuit, but a communal mission.

Intention: That our service to the poor is an inspiration to others.

Sunday, March 22

Prayer: “If you, O Lord, should mark iniquities, Lord, who could stand” (Psalm 130:3).

Reflection: Can we truly repent our sins if we have not truly recognized them?

Intention: To turn to the Lord and ask for His mercy.

Monday, March 23

Prayer: Lord, open our hearts and homes to those in need.

Reflection: Dorothy Day believed hospitality was a radical act of justice. Catholic teaching calls us to welcome Christ in the stranger.

Intention: For generous and welcoming hearts.

Tuesday, March 24

Prayer: “Hear my prayer, O Lord; let my cry come to you” (Psalm 102:1).

Reflection: Are we willing to break through heaven’s gates with prayer?

Intention: For the gift patience in trusting God.

Wednesday, March 25

Prayer: Lord, grant us humility in our service. Help us to trust in You and recognize everything we have as a gift.

Reflection: Poverty of spirit reminds us that everything we have is a gift. Service begins with humility and trust in God.

Intention: For humility in our service and gratitude for God's blessings.

Thursday, March 26

Prayer: Lord, give us courage to live our faith openly in the world.

Reflection: Dorothy Day believed faith must shape society, not remain private. Justice, peace and care for the poor are gospel responsibilities.

Intention: For courage to live the gospel in public life.

Friday, March 27

Prayer: Lord, help me to think of people whom I normally do not encounter in my life.

Reflection: Many people exist on the margins— not downtrodden, but also not thriving. Does a local Catholic charity supporting these people need my help or a donation?

Intention: That I may be aware of those in my community who may often be invisible.

Saturday, March 28

Prayer: Lord, help us to live simpler, more balanced lives, grounded in the gospel and our duty to care for our common home.

Reflection: St. Giles was a monk who recognized the damage caused by excessive feasting and disregard for resources in seventh-century France. His example inspires us to use only what we really need and to be good stewards of the gifts God provides.

Intention: For an end to excessive consumption.

Sunday, March 29, Palm Sunday

Prayer: Lord, comfort those who are dealing with the loss of a loved one or who are spending time alone.

Reflection: I can take time to phone or to visit someone who may be missing their loved one.

Intention: For those missing their spouse, family member or loved one, may they find comfort in the support of others.

Monday, March 30

Prayer: "Do not enter into judgement with your servant, for no one living is righteous before you" (Psalm 143:2).

Reflection: Do we judge too quickly, and are we able to let go and be merciful?

Intention: To show more mercy than vengeance.

Tuesday, March 31

Prayer: Lord, help us to be tender in our care for animals and the Earth.

Reflection: St. Isidore the Farmer knew that God wrote two books—the bible and the book of nature. He farmed with care and intention rather than exploiting land for profit.

Intention: For farmers and those who work the land.

Wednesday, April 1

Prayer: Lord, help us to recognize You in the poor, the lonely and the forgotten. Teach us to serve with eyes that see You in every person we meet.

Reflection: Christ is present in the hungry, the lonely and the forgotten. When we serve, we encounter Jesus Himself.

Intention: For the grace to recognize Christ in those we serve.

Thursday, April 2, Holy Thursday (Mass of the Lord's Supper)

Prayer: Lord, help us to care for our neighbours, animals and the Earth with love and praise. Help us to reach across divides in a spirit of reconciliation and peace.

Reflection: This year, we commemorate the 800th anniversary of the death of St. Francis of Assisi. He renounced material possessions, viewed all of nature as a reflection of God and strove to stop the Crusades through dialogue rather than warfare.

Intention: That we may all become instruments of God's peace.

Friday, April 3, Good Friday (Passion of the Lord)

Prayer: Lord, may we be generous with our time and resources, helping to feed the hungry, clothe the naked and shelter the homeless.

Reflection: Feeding the hungry, clothing the naked and sheltering the homeless are the heart of our League service mission.

Intention: For generous hands and willing hearts.

Saturday, April 4, Holy Saturday (Easter Vigil)

Prayer: "Blessed are you who are poor, for yours is the kingdom of God" (Luke 6:20).

Reflection: Do I recognize my spiritual need for God rather than worldly wealth or status?

Intention: For spiritual growth and stronger faith.

Easter Sunday (The Celebration of the Resurrection of Jesus)

Alleluia! Rejoice, Christ is risen and brings new life.

Resources:

Marcheschi, Graziano. "Reflections on the Seven Penitential Psalms: Psalm 32," United States Conference of Catholic Bishops, [usccb.org/prayer-and-worship/liturgical-year/lent/reflection-seven-penitential-psalms-32](https://www.usccb.org/prayer-and-worship/liturgical-year/lent/reflection-seven-penitential-psalms-32).

Vogt, Brandon. *Inspired by Saints and Social Justice: A Guide to Changing the World*