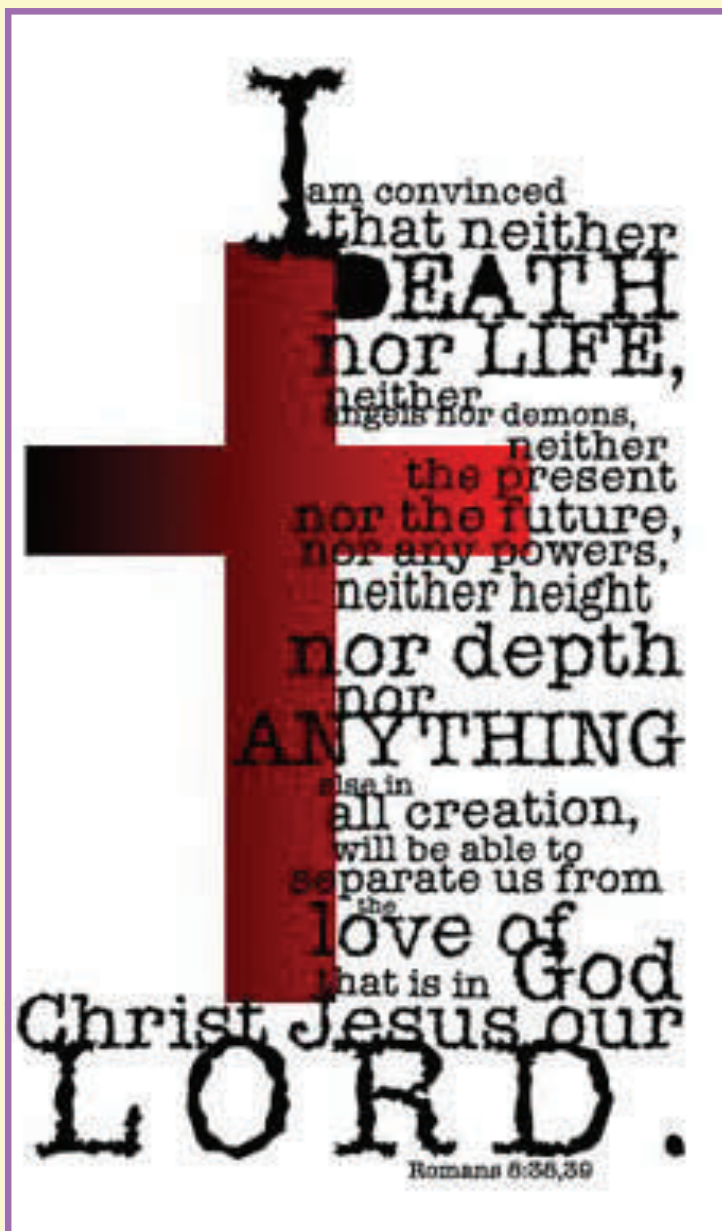


Lent Week 4—2010



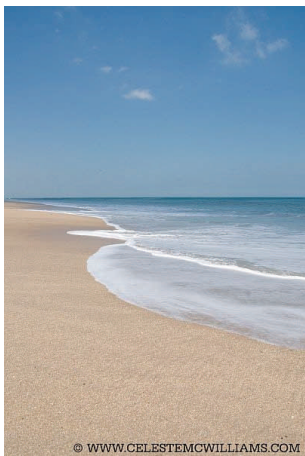
Sunday 14th March

**Slow me down Lord!
Ease the pounding of my heart by
the quietening and calming of my
mind.**

**Teach me the art of appreciating
what is ordinary:**

**of slowing down and to look at and become more aware
of the beauty around me;**

**to take time to be with others, to sit and enjoy music or
a good book—to give myself time for myself.**



Monday 15th March

*Lord, you tell me not to let my heart be
troubled or afraid.*

*I ask you not to let my heart grow hard-
ened.*

*Instead, touch my heart with your Spirit
and transform whatever you find to be
like stone.*

*Give me wisdom and understanding and
a warm heart whose love abounds like
the seashore.*

Tuesday 16th March

**Lord God of peace, we thank you for the hopes, the
effects and the achievements which your Spirit of
peace has inspired in our days—stirring up love**

where there was hatred, sympathy where there was suspicion, care where there was indifference. Open our minds and our hearts even more so that we may be more truly makers of peace.

Wednesday 17th March—St. Patrick.



*God our Father
You sent Saint Patrick to preach your
glory to the people of Ireland.
By the help of his prayers, may all
Christians proclaim your love to all
people.
Grant this through Christ our Lord.*

Thursday 18th March

May God bless us with anger at injustice, oppression and exploitation of people, so that we will work for justice, equality and peace
May God bless us with tears to shed for those who suffer from pain, rejection, starvation and war, so that we will reach out our hand to comfort them and change their pain into joy.



Friday 19th March—St Joseph

God our Father,

Creator and Ruler of the universe, in every age you call us to develop and use our gifts for the good of others.

With St. Joseph as our example and guide, help us to do the work you have asked and come to the rewards you have promised. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.



Saturday 20th March

Lord Jesus, I ask for the power of your Spirit that I may remain positive throughout all that happens each day of my life, knowing that nothing can ever separate me from your love. May any difficulties and frustration and pain of this day be transformed in your presence for the benefit of others.