

FROM FEAR TO HOPE – A Lenten Reflection

Opening Song

All sing:

Nada te Turbe (Taizé)

Nada te turbe, nada te espante
Quien a Dios tiene, nada le falta
Nada te turbe, nada te espante
Solo Dios basta

*(Let nothing disturb you, nothing frighten you,
All things are passing. God never changes.
Patience obtains all things. Whoever has God lacks nothing.
God is enough – Saint Teresa of Avila)*

Welcome and Introduction

ACKNOWLEDGEMENT OF FEAR

Reading

Job 2:25-26

For what I feared overtakes me;
what I dreaded comes upon me.
I have no peace nor ease;
I have no rest, for trouble has come!

Instrumental

Lágrima (Francisco Tarrega)

Litany of Humility

Response - Deliver me Jesus

From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being suspected,
From the fear of being wronged,
From the fear of being abandoned,
From the fear of being refused.

Reflection

Fear (Khalil Gibran)

It is said that before entering the sea
a river trembles with fear.
She looks back at the path she has travelled,
from the peaks of the mountains,
the long winding road crossing forests and villages.
And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.
But there is no other way.
The river can not go back.
Nobody can go back.
To go back is impossible in existence.
The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.

GOD FINDS US

Song
All sing: **Only in God (John Foley S.J.)**
Only in God will my soul be at rest
From Him comes my hope, my salvation.
He only is my rock of safety, my strength,
My glory, my God.

Reading **Luke 15:20**
So he got up and went back to his father.
While he was still a long way off, his father caught sight of him,
and was filled with compassion.
He ran to his son, embraced him and kissed him.

Instrumental **Abide With Me**

Adoration of the Blessed Sacrament

Song **Come Adore this Wondrous Presence (Ronan McDonagh)**
Come, adore this wondrous presence,
bow to Christ, the source of grace.
Here is kept the ancient promise
of God's earthly dwelling-place.
Sight is blind before God's glory,
faith alone may see his face.

Glory be to God the Father,
praise to his co-equal Son,
adoration to the Spirit,
bond of love, in Godhead one.
Blest be God by all creation
Joyously while ages run. Amen

Reflection

As we sit in the presence of Jesus, we invite you to think of a fear that you would like to offer to him. After a moment of silence, we will ask the sisters to bring up candles which represent all our fears and all the fears of those who have asked for prayer. They lay them in front of the monstrance, the feet of Jesus and surrender them to him.

Song **Christe Lux Mundi (Taizé)**

All sing:
Christe lux mundi,
qui sequitur te,
habebit lumen vitae,
lumen vitae

*(Christ, The Light of the World,
[She/He] Who follows you,
Will have The Light of Life,
The Light of Life)*

Time for Silence

Reading

Luke 15:20

So he got up and went back to his father.
While he was still a long way off, his father caught sight of him,
and was filled with compassion.
He ran to his son, embraced him and kissed him.

HOPE

Song

All sing:

Be Not Afraid (Bob Dufford)

Be not afraid
I go before you always
Come, follow me and I will give you rest

Reading

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation;
the old has passed away, behold, the new has come.

Time for Silence

Prayer of the Faithful

For all facing fear and anxiety in the midst of Covid, that God may grant us peace and hope to meet uncertain times

For the more personal fears and anxieties that have shadowed us through this Lenten season, that we may trust in God's desire to be present and compassionate in even those spaces of our lives.

For all those who are suffering as a result of war and destruction at this time. We pray in a special way for the people of Ukraine. We pray that peace will be restored in our world.

Reading**2 Corinthians 5:17**

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come.

Concluding Prayer**Let us pray,**

O Christ Jesus,
when all is darkness
and we feel our weakness and helplessness,
give us the sense of Your presence,
Your love, and Your strength.

Help us to have perfect trust
in Your protecting love
and strengthening power,
so that nothing may frighten or worry us,
for, living close to You,
we shall see Your hand,
Your purpose, Your will through all things.
(St. Ignatius of Loyola)

Concluding Song**In Christ Alone (Getty/Townend)**

In Christ alone my hope is found
He is my light, my strength, my song
This cornerstone, this solid ground
Firm through the fiercest drought and storm

What heights of love, what depths of peace
When fears are stilled, when strivings cease
My comforter, my all in all
Here in the love of Christ I stand

In Christ alone who took on flesh
Fullness of God in helpless babe
This gift of love and righteousness
Scorned by the ones He came to save
Till on that cross as Jesus died

The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live
There in the ground His body lay

Light of the world by darkness slain
Then bursting forth in glorious day
Up from the grave He rose again
And as He stands in victory
Sin's curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ
No guilt in life, no fear in death
This is the power of Christ in me
From life's first cry to final breath
Jesus commands my destiny
No power of hell, no scheme of man
Can ever pluck me from His hand
Till He returns or calls me home
Here in the power of Christ I'll stand