

## **Week Two: Living with courage**

*"I command you; be strong and steadfast! Do not fear or be dismayed, the Lord, your God, is with you wherever you go."*  
Joshua 1:9

Life is not always an easy, straight and narrow path. It is filled with twists and turns, moral choices and stressors. But through it all, God is with us. May God receive our prayers and ease our feelings of anxiety and doubt.

### **Reflection:**

*What action must I take to surrender my doubts and fears to God's care? O God, open my heart to your reassurance of hope and love, extending the light of compassion to all.*

## **Week Three: Compassion for ourselves and others**

*"[And] be kind to one another, [tenderhearted], forgiving one another as God has forgiven you in Christ."*  
Ephesians 4:32

Being kind and compassionate to one who has wronged us is hard. Many times, the desire to "get even" is present. But Christ calls us to forgive - not just once, but again and again, just as our sins are forgiven ... always. May we look with tenderness and compassion upon all, forgiving those who have hurt us and forgive ourselves as well.

## **Celebrating 250 years of Prayer and Service**

In honor of our Congregation's founding and Nano's legacy of service, hospitality, and faithfulness, we continue to share the light of Nano as a reflection of Christ's love.



Sisters of the Presentation  
of the Blessed Virgin Mary

*In Joyful Service*

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*The light shines in  
the darkness, and  
the darkness has not  
overcome it.*

*John 1:5*



*Our Lenten journey*



# Our Lenten Journey

The teachings of Christ invite us to listen, pray and serve one another. Our Foundress Nano Nagle spent hours in prayer, listening to where God was calling her. She did not have every answer, but she kept persevering, knowing she was to do more for others.

Throughout this season of Lent, we invite you to inner reflection and ways to see beyond oneself, striving to bring the light of Christ to others. Weekly reflections are offered below as a guide for your Lenten Journey. **Let us join together to be a light in the darkness.**

## Week One: Foresight for the future

*“For I know well the plans I have in mind for you, says the Lord, plans for your welfare and not for woe, so as to give you a future of hope.”*  
Jeremiah 29:11

Our good and gracious God knows us, knows our every thought and desire. God knows our steps before we take them and is by our side to guide us on the right path. May we take time to listen to where God is calling us to serve, shining light into the darkness.

Reflection:  
*How is God gently nudging me toward growth, healing and a deepening of the light of faith? May I respond with courage, trust, and openness to where God is leading me next.*

## Week Four: Steadfast in faith

*“They that hope in the Lord will renew their strength, they will soar on eagles’ wings; They will run and not grow weary, walk and not grow faint.”*  
Isaiah 40:31

Having faith sometimes feels difficult. Those around us may not share our views and disagreements happen. May we remember that we can only control our own thoughts and feelings, keeping the Word of God central to our being.

Reflection:  
*In what ways is God inviting me to slow down and trust in the journey? May I be made aware of those in need and become a light of hope, and bringing love, kindness and peace to others.*

## Week Five: The Spirit within us

*“In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law.”*  
Galatians 5:22-23

Jesus lived each of these Spiritual traits. He unceasingly exuded love, joy, peace, kindness and gentleness with those he met. He didn’t judge others. He accepted saints and sinners alike, outstretching his arms for all.

## Week Six: Living with a servant heart

*“For the Son of Man did not come to be served but to serve and to give his life as a ransom for many.”*  
Mark 10:45

Jesus is the model of unconditional love, lavish service and ultimate sacrifice. He welcomed all, loved fully, healed boldly, and challenged gently. His simple invitation - “follow Me.” He calls us yet today: to welcome the stranger, to love one another, and to share our gifts freely and live the fullness of God’s grace and peace.

Reflection:  
*How am I being called to change my actions to reflect Christ’s unconditional love and compassion for all? In serving others, may the light of Christ be shown through me.*

**“It is our faith that gives us strength. It is our faith that enables us to see the light of Jesus Christ in our lives and to understand how important it is to live our faith.”**  
Pope Leo XIV

