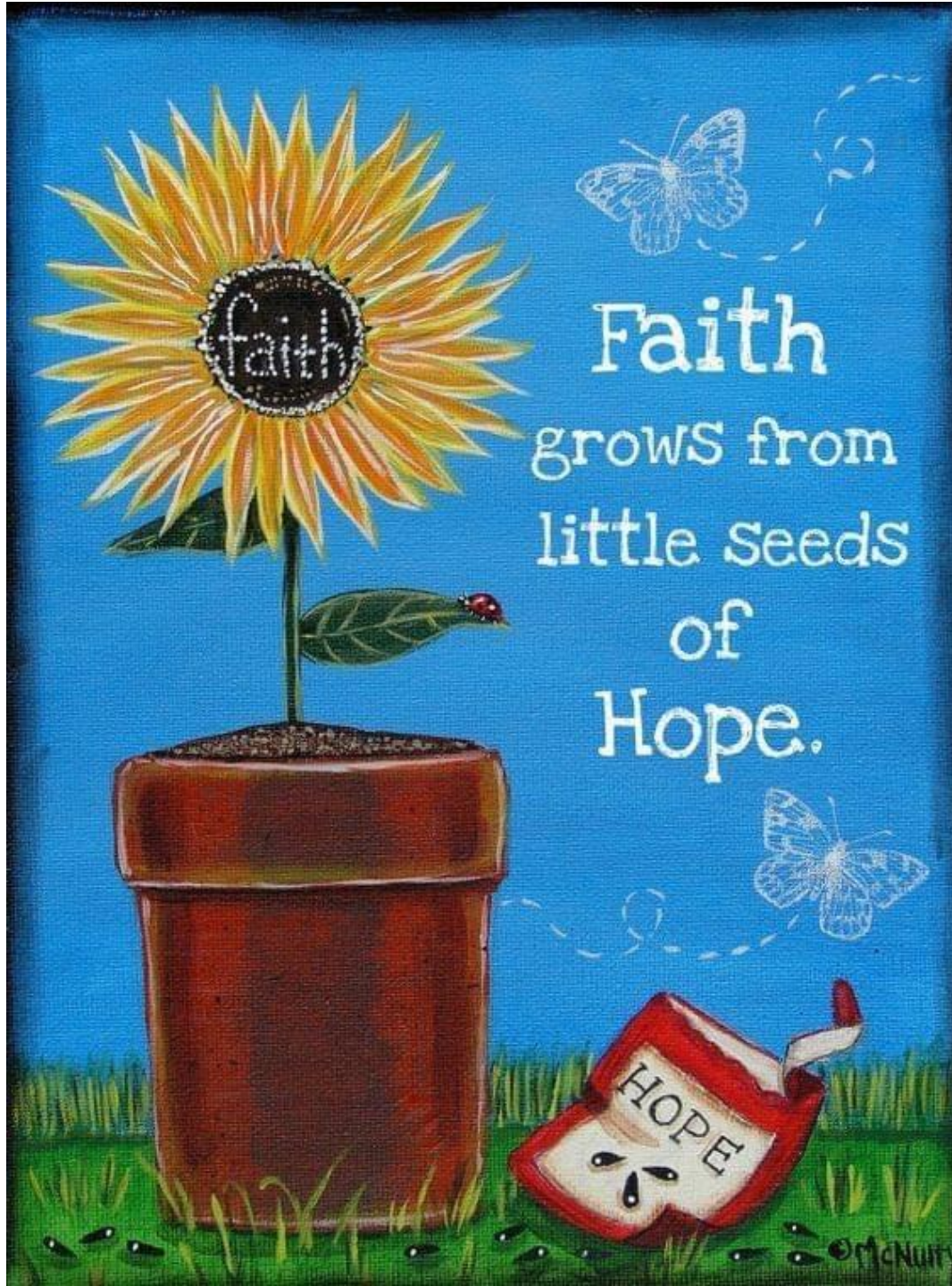


The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic feel. The shapes are layered, with some appearing more prominent than others, and they frame the central text.

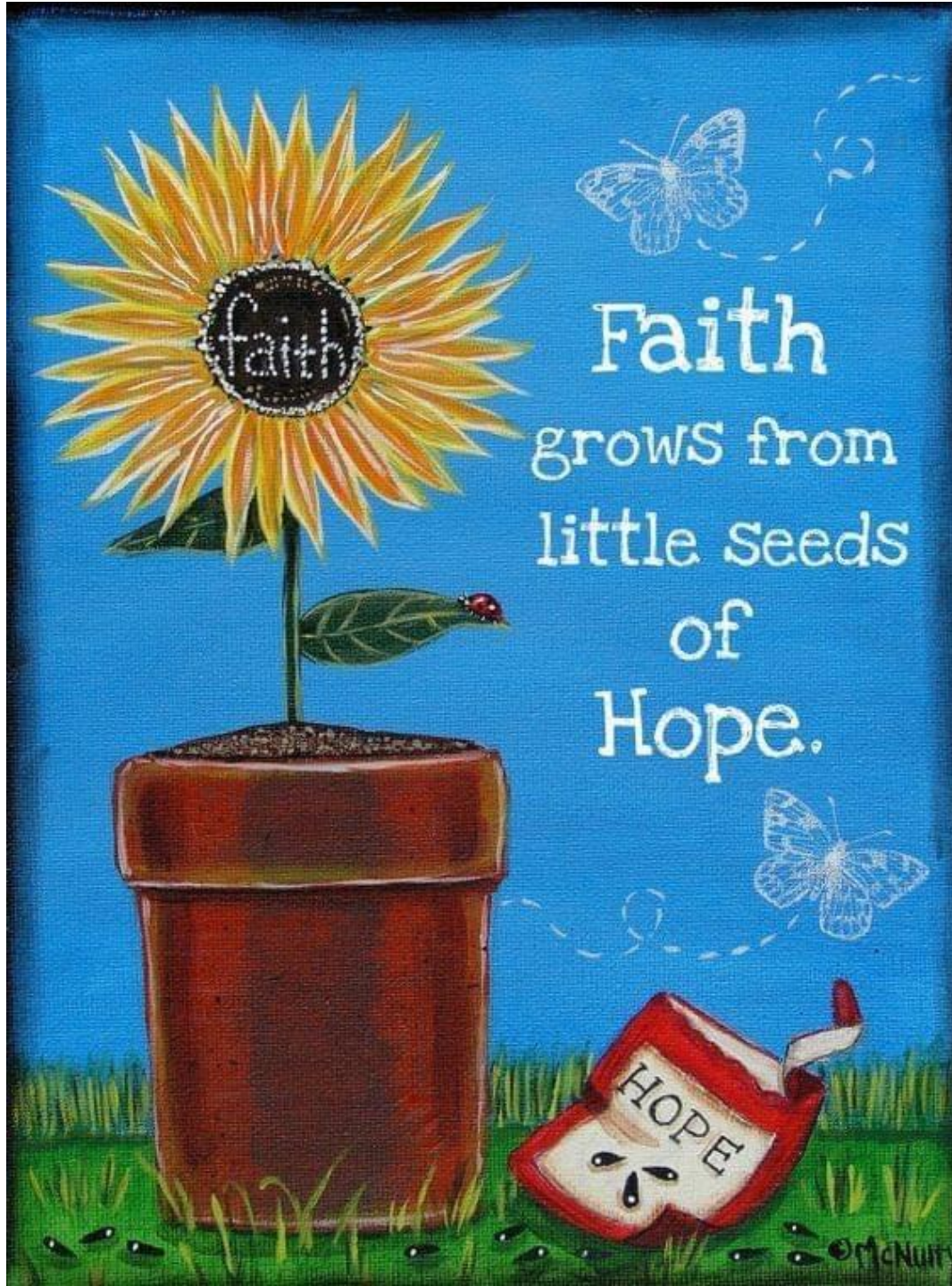
Seeds of Hope

Let's Live Lent 5



I Arise Today (Shaun Davey)





Gospel of the Fifth Sunday of Lent

John 3:14-21

Among those who went up to worship at the festival were some Greeks.

These approached Philip,
who came from Bethsaida in Galilee,
and put this request to him,
‘Sir, we should like to see Jesus’.

Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

Open My Eyes (Jesse Manibusan)



Open my eyes, Lord
Help me to see Your face
Open my eyes, Lord
Help me to see

Seeds of Life



Working Family



Ag Críost an Síol(Seán Ó Riada)



Now the hour has come
for the Son of Man to be glorified.
I tell you, most solemnly,
unless a wheat grain falls on the ground and dies,
it remains only a single grain;
but if it dies, it yields a rich harvest.
Anyone who loves his life loses it;
anyone who hates his life in this world
will keep it for the eternal life.
If a man serves me, he must follow me,
wherever I am, my servant will be there too.
If anyone serves me, my Father will honour him.



Guest 1

Father Bill O'Shaughnessy

**From Castledermot to Jobstown
Via Rome**

Some Chat





Guests 2 and 3

Some More Chat



A seed that's caught from falling
Will never reach the ground
And as such its true potential
Never can be found

Watching is the hardest part
The tree lets go its seed
Knowing it must fall away
If its power should be freed

There is no way of knowing
Which seeds will find their way
We hope that they will safely land
And learn to grow some day

There is comfort in the knowing
That somewhere in each seed
Is all of life's instructions
And all the love they need



Pope Francis - *Christus Vivit*

I have sometimes seen young and beautiful trees, their branches reaching to the sky, pushing ever higher and they seemed a song of hope. ...it is impossible for us to grow unless we have strong roots to support us and to keep us grounded.



Litany of Hope

“For I know the plans I have for you,” declares the Lord,
“plans to prosper you and not to harm you,
plans to give you hope and a future.

Then you will call upon me and come and pray to me,
and I will listen to you.

You will seek me and find me
when you seek me with all your heart. (Jer 29.11,12)

Loving God, we seek to walk in hope, as people of hope,
serving the world you made.

God of hope fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Litany of Hope

God of the future, we wait in hope for you;
you are our help and our shield (Ps 33.20).

We pray for those caught up
in the present financial and economic struggle of the world;
those afraid of the future, those whose hope is unravelling.
May we stand with them,
and point them to a hope that will never fade away.

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.



Litany of Hope

Mark us more and more as your people, and may your unfailing love rest upon us, O Lord, as we put our hope in you. (Ps 33.22).

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

May we receive your strength to defend the poor and the weak, so the poor have hope, and injustice shuts its mouth (Job 5.16)

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Litany of Hope

Give us your grace always to remember those who are in need, and to stand alongside them so that the needy will not always be forgotten, nor the hope of the afflicted ever perish. (Ps 9.18)

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Litany of Hope

We pray for those facing illness in their own lives or in their family.

Those who keep watch in the night hours, those who keep vigil with their loved ones. May we hold them in our hearts, watching with them for the morning.

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Litany of Hope

But now, Lord, what do we look for? Our hope is in you.

(Ps. 39.7)

We pray for the church, the family of God in every nation and in every village, town and city.

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

May we continue to be people whose hope in God is seen in our words and our actions together.

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Litany of Hope

We wait for you Lord, and we put all our hope in your word.
O Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.

God of hope, fill us with joy and peace as we trust in you,
So that we may sow seeds of hope.

Be Thou My Vision

