**FROM FEAR TO HOPE – A Lenten Reflection**

**Opening Song Nada te Turbe (Taizé)**

**All sing:** 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.

# ReflectionFear *(*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 Only in God (John Foley S.J.)**

**All sing:** 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 Be Not Afraid (Bob Dufford)**

**All sing:** 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