



# Lent 2026

# ASH WEDNESDAY

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**As Jesus drew near and came in sight of the city, he shed tears over it and said: “If you in your turn had only understood on this day the message of peace...”**

(Lk 19:41-42a)

Jesus is moved to tears by a world that can ignore and reject his peace, but nothing prevents him from continuing to love it passionately.

Any life that is broken is also his life. He is defenceless, he does not protect himself, and he only surrenders.

He is there, in that long line of those who bear their fears and pains, and the fears and pains of others; and it is there that he can also find each one of us, so that we may be free to continue unburdening our hearts.

In his wounded side, they find sanctuary, the people nobody wants, those who are ignored discarded... those who ruin the lives of others, those whose actions scandalise us, and whom we also reject.

His humanity opens cracks in impregnable borders, and it is his violated body that provides a peaceful refuge as a safe place for those who have nowhere else to go.

The brokenness and suffering of our world make it vulnerable, and the only way for it to embrace us is for us to reach out our arms to those wounded bodies that mysteriously heal us and guide all of us, all migrants, along the paths of profound and compassionate peace.

And then, all it takes is a little breath, a few crumbs of hope fallen from whatever table, a meal and wounds that are shared, the warmth of an embrace, and what is left behind by those who still seek it, groping:

A simple kindness.  
A love that is always fresh.

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## Points for reflection...

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**In our world, what touches our hearts and makes us want to weep?**

**How can we try to be women of peace and be peacemakers in our daily lives, in our communities and environments, and in our mission settings?**

**What do I need to 'fast' from this Lent in order to move towards non-violence in my thoughts and words?**



### SONG: DEEP PEACE (LIBANA)

[Click here.](#)

*Deep peace  
of a running wave to you  
Deep peace  
of the flowing air to you.  
Deep peace  
of the quiet earth to you.  
Deep peace  
of the shining stars to you.  
Deep peace  
of the gentle night to you  
moon and stars  
pour their healing light on you.  
Deep peace to you.*



*Mariola López Villanueva  
RSCJ*