



Lent 2026

ASH WEDNESDAY

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.

Points for reflection...

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)

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*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.*



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