

5th Week of Lent -

*A time for
Prayer, Fasting, Giving...*

Celebration of

Prayer Theme -

the Word

Holy Week

L E N T



*We begin with
the sign of the cross...*

*In the name of the
Father, and of the
Son and of the
Holy Spirit.*

AMEN



We take a moment to welcome
stillness and silence...

Allow the distractions and
anxieties fade into the
background...

WE GATHER

Our prayer theme this week is

Holy Week

- I wonder what that means to

you...

LENT

A wooden cross and a crown of thorns are visible on the left side of the image, set against a purple background. The cross is made of light-colored wood and is slightly out of focus. The crown of thorns is made of dried, spiky branches and is also slightly out of focus.

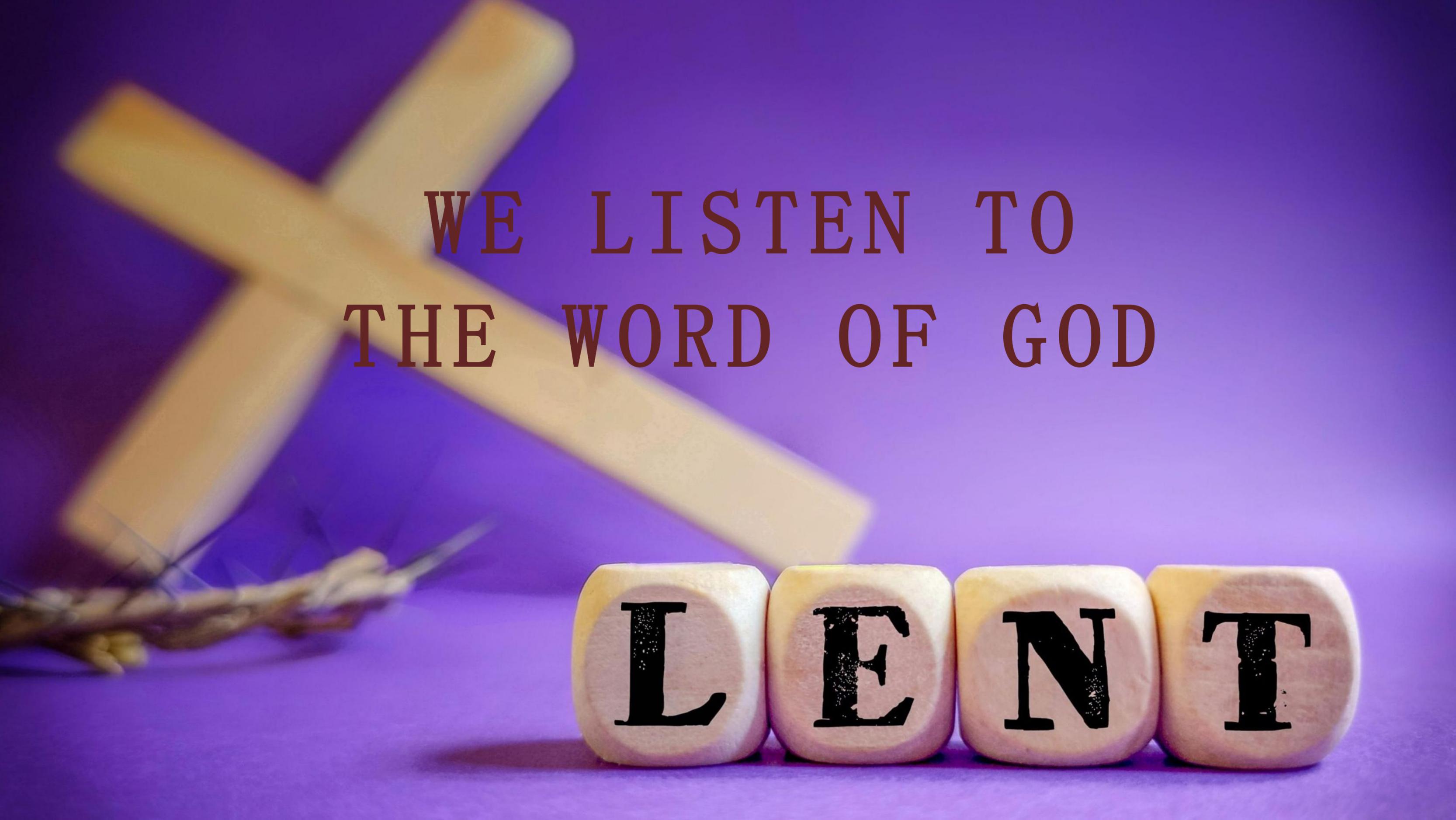
In Holy Week we celebrate Jesus' entry into Jerusalem, the Last Supper with his disciples, his arrest in the garden, his crucifixion and death and finally, on Easter Sunday his glorious Resurrection.

This is a week of celebrations, solemn reflection and a time for community.

L E N T

Take a moment to think about Jesus' journey during Holy Week...



A wooden cross and a crown of thorns are positioned on the left side of the image against a purple background. The cross is made of light-colored wood and is slightly out of focus. The crown of thorns is made of dried, spiky branches. The text is centered in the upper half of the image.

WE LISTEN TO
THE WORD OF GOD

L E N T

A reading from the Letter of St Paul to the Philipians (2:8).

*And being found in human form,
he humbled himself by becoming
obedient to the point of death,
even death on a cross.*

The Word of the Lord.
Thanks be to God.

WE RESPOND

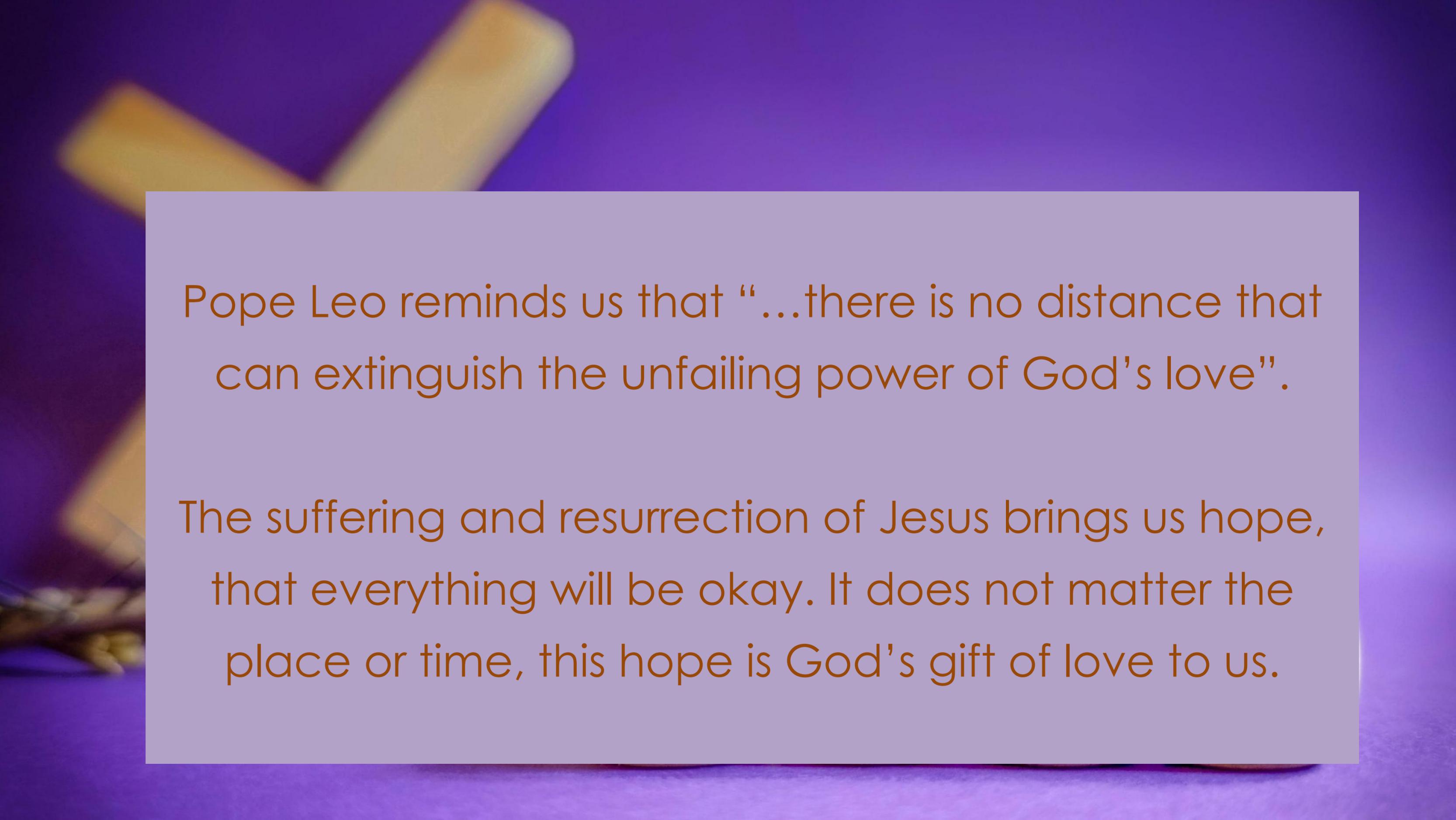
Reflect on the
scripture today...

Ask yourself, "What is God saying to
me through this scripture...?"

How can this scripture help me to
follow Jesus more closely...?

L E N I



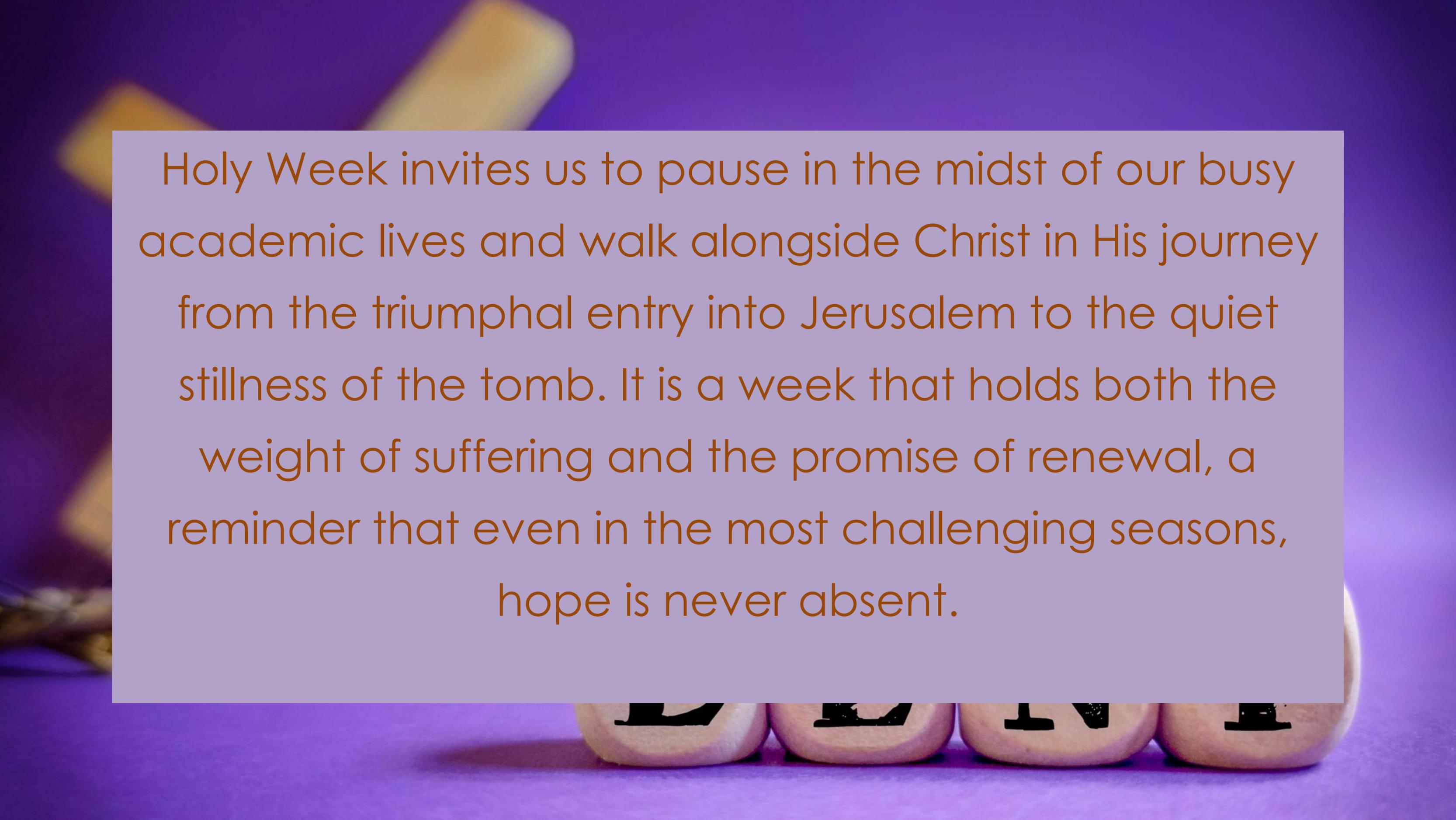
A close-up photograph of a wooden cross against a purple background. The cross is made of light-colored wood and is positioned in the upper left corner of the frame. The background is a solid, deep purple color. The text is overlaid on a semi-transparent white rectangular area in the center of the image.

Pope Leo reminds us that "...there is no distance that can extinguish the unfailing power of God's love".

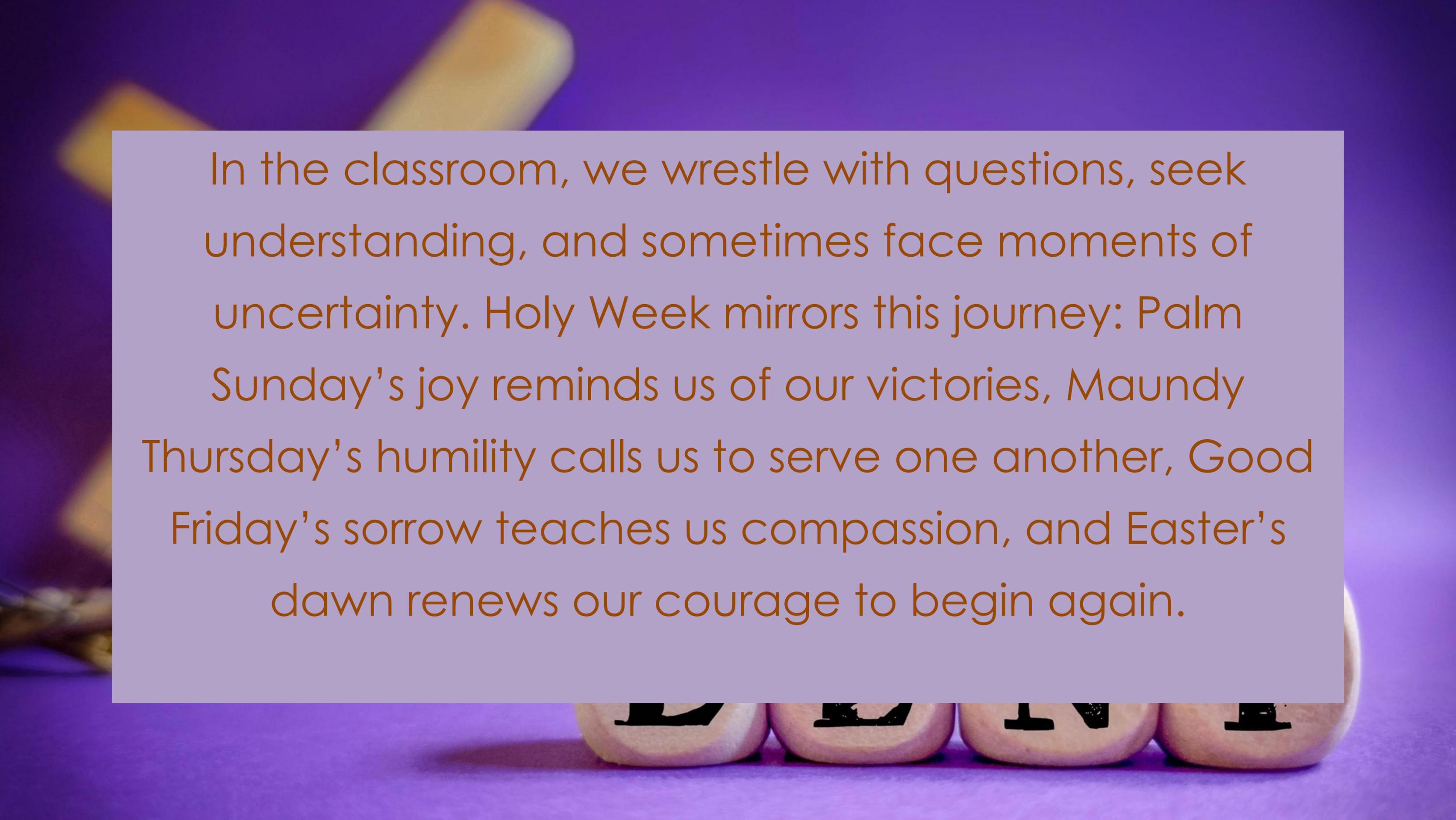
The suffering and resurrection of Jesus brings us hope, that everything will be okay. It does not matter the place or time, this hope is God's gift of love to us.

What does this mean for me? ...





Holy Week invites us to pause in the midst of our busy academic lives and walk alongside Christ in His journey from the triumphal entry into Jerusalem to the quiet stillness of the tomb. It is a week that holds both the weight of suffering and the promise of renewal, a reminder that even in the most challenging seasons, hope is never absent.



In the classroom, we wrestle with questions, seek understanding, and sometimes face moments of uncertainty. Holy Week mirrors this journey: Palm Sunday's joy reminds us of our victories, Maundy Thursday's humility calls us to serve one another, Good Friday's sorrow teaches us compassion, and Easter's dawn renews our courage to begin again.

A wooden cross and a crown of thorns are positioned on the left side of the image against a purple background. The cross is made of light-colored wood and is slightly out of focus. The crown of thorns is made of dark, sharp thorns and is also slightly out of focus. The text is overlaid on a semi-transparent white box on the right side of the image.

Let's look at our own lives -

Ask yourself...

- **How can I embody courage and love like Jesus this Lent?**
- **How can I show His love in my studies, my friendships and my acts of service for others?**

Let us pray ...

Lord Jesus,
Son of God,

As we come towards the end of our Lenten journey together,
we quieten our hearts to walk with you in the last days of Lent.

Help us to witness your sacrifice, your forgiveness
and your love so we are inspired by your example.

May we love and serve all we meet.

As we wait with you for Easter, strengthen our hope for all time.

We ask this through Christ our Lord.

Amen.

St Augustine, pray for us.

St Cuthbert, pray for us.

MISSION

- Love and serve through Christ -

PRAYER

FASTING

GIVING

What will YOU do...?



We close our time of
prayer with the sign of
the cross
Jesus thanks you
for this gift of
In the name of the
Father, the Son and the
Holy Spirit, Amen.





LENT