



## **Ash Wednesday**

'Come back to me with all your heart' (Joel 2:12)

'With a tenderness which never disappoints, but is always capable of restoring our joy, Jesus Christ makes it possible for us to lift up our heads and start anew.' (E.G. 3)



## 'Unload your burden onto the Lord and he will support you' (Entrance antiphon)

'Let us rest in the tenderness of the arms of the father...let us give him everything, allowing him to make our efforts bear fruit in good time.' (E.G. 279)



## 'Is this not the sort of fast that pleases me...to share your bread with the hungry?'

(Isaiah 5:87)

'How does God's love abide in anyone who has the world's goods, and sees a brother or sister in need and yet refuses to help?' (E.G. 187)



## 'The Lord will always guide you, giving you relief in desert places' (Isaiah 58:10-11)

'God's presence accompanies the sincere efforts of individuals and groups to find encouragement and meaning in their lives... This presence must be found, uncovered. God does not hide himself from those who seek him with a sincere heart, even though they do so tentatively, in a vague and haphazard manner.' (E.G. 71)

Connect...

The words of Pope Francis will help you connect with the Gospel message in a way that is fresh and contemporary.

Reflect

histen to the Word of God from the daily liturally what does it say to you? How does it encourage or challenge you?

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Archdi cese of Dublin

some small change in attitude or action this you to be Good News or those around you.