

St. Joseph's CWL February 9, 2026
Preparing our Hearts for Lent with Love
and Compassion
Prayer Service



Ignite Your Passion
Empower His Mission

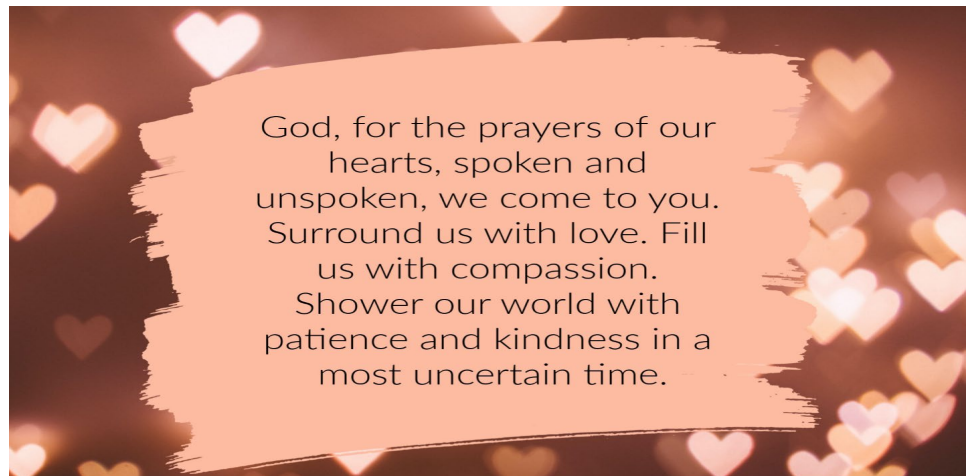
"Blessed are the Poor" 2026–2027



Faith Leader 1 – Lent is a sacred time in the Catholic Church—a season set apart for prayer, fasting, almsgiving, and conversion of heart.

Faith Leader 2 – Lent calls us beyond ourselves and into service. Volunteering at a local charity or offering your time to those in need allows us to encounter Christ in others. Jesus reminds us in Matthew 25:40: “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

Faith Leader 3 –



Reader 1 – “Put on then compassion, kindness, lowliness, meekness, and patience.” (Col 3:12). In this reading we are called to rediscover the beauty and richness in every person and to see people as God’s unique gift.

Reader 2 – “He was despised and rejected by others.” (Isaiah 53:2). We are asked to never hesitate to come to the aid of our neighbour in whom God dwells even as Veronica came to help Christ on His way to Calvary.

Reader 3 – Lent, a name which means springtime, a time of new growth, a time for getting in shape spiritually. The Catholic Church has chosen fast and abstinence as the method for doing that. In so doing for 40 days of Lent (Sundays in Lent do not count), the faithful imitate Christ’s fasting in the desert for 40 days, which occurred immediately after his baptism.

Prayer of Faithful-Intercessions

Reader 4 – Heavenly Father, increase our faith and our trust as we seek together to bring your light and hope to our world and especially to our neighbours in need. Lord, in your mercy...

All-Hear our Prayer

Reader 5 – Lord Jesus, you are our model on the path to fullness of life. Guide us on that path towards your Father, the path on which you call us to move as a community of faith. Lord in your mercy...

All-Hear our Prayer

Reader 6 – Holy Spirit, so many people do not know you or do not know the love and care that you wish to impart to them. Help us to show them your way by the love and care we bring to them. Lord in your mercy...

All-Hear our Prayer

Reader 7 – Holy Spirit, open our hearts to embrace those whose lives are endangered by neglect and isolation. Give us the generosity to care for them in their need, providing shelter and resources for adequate food.

Lord, in your mercy...

All-Hear our Prayer

Prayer All

Almighty and Everlasting God, We come to you, aware of our need for renewal. Create in us clean hearts. Create in us hearts that have room for your love to dwell. Create in us hearts that reflect your grace and mercy in the world. Create in us renewed hearts to do the right things: love you fully and love others as we love ourselves, live with integrity showing kindness to all, and work to make it possible to live peaceably with everyone. Renew our spirits, O God, that we may be filled with the courage to surrender all that hinders our walk with you. Renew our spirits that we may be transformed to become instruments of your peace. Renew our spirits as we pause to reflect upon the truths within us in an uncertain global environment. May we be as bearers of your love, actively pursue a life that brings glory and honor to the name of Jesus.

Amen. A Lenten Prayer by Bishop Vashti McKenzie, President and General Secretary, National Council of Churches

Lord, in your mercy...

All-Hear our Prayer

Reflection by Sister Nancy, CWL Spiritual Co-advisor.