

**Father,
forgive
them, they
don't know
what
they're
doing.
Don't Worry, today
you will join me in Paradise.
Woman, here is your son...
Here
is your
mother.
My God,
my God,
why have
you
abandoned
me
I'm thirsty
It's
done
Father,
I place my
life in
your hands.**



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A reading from the prophet Isaiah

Isaiah 58:6-9

“The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear, and do not refuse to help your own relatives.

Then my favour will shine on you like the morning sun, and your wounds will be quickly healed. I will always be with you to save you: my presence will protect you on every side. When you pray, I will answer you. When you call to me, I will respond.”

The word of the Lord.

Thanks be to God.



Litany

Lord Jesus, you came to save us from our sins.

R: Lord, have mercy.

You fasted to encourage us to do penance. **R:**

You suffered temptation to give us strength. **R:**

You were transfigured to give us hope. **R:**

You suffered insults to bring us salvation. **R:**

You accepted death to bring us life in you. **R:**

The grace of forty days

Time to make the desert journey and renew our way to life

Time for testing and for changing
Time to trust the word of God

Time to recognise holy presence and to share Cyrene's work

Time for forgiveness and for healing and to repent our broken lives

Time to build God's dwelling with us and proclaim full life for all

Time to watch and wait with Jesus and to prepare the upper room

Time to turn our lives again to God and to transform our world with love

Pat Pierce/CAFOD

