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Now is the Acceptable Time.

Daily Reflections for Your 2024 Lenten Journey

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An Invitation from the President

“See, I am doing a new thing!” In these challenging times, these words resonate deeply, offering hope and a promise of transformation.

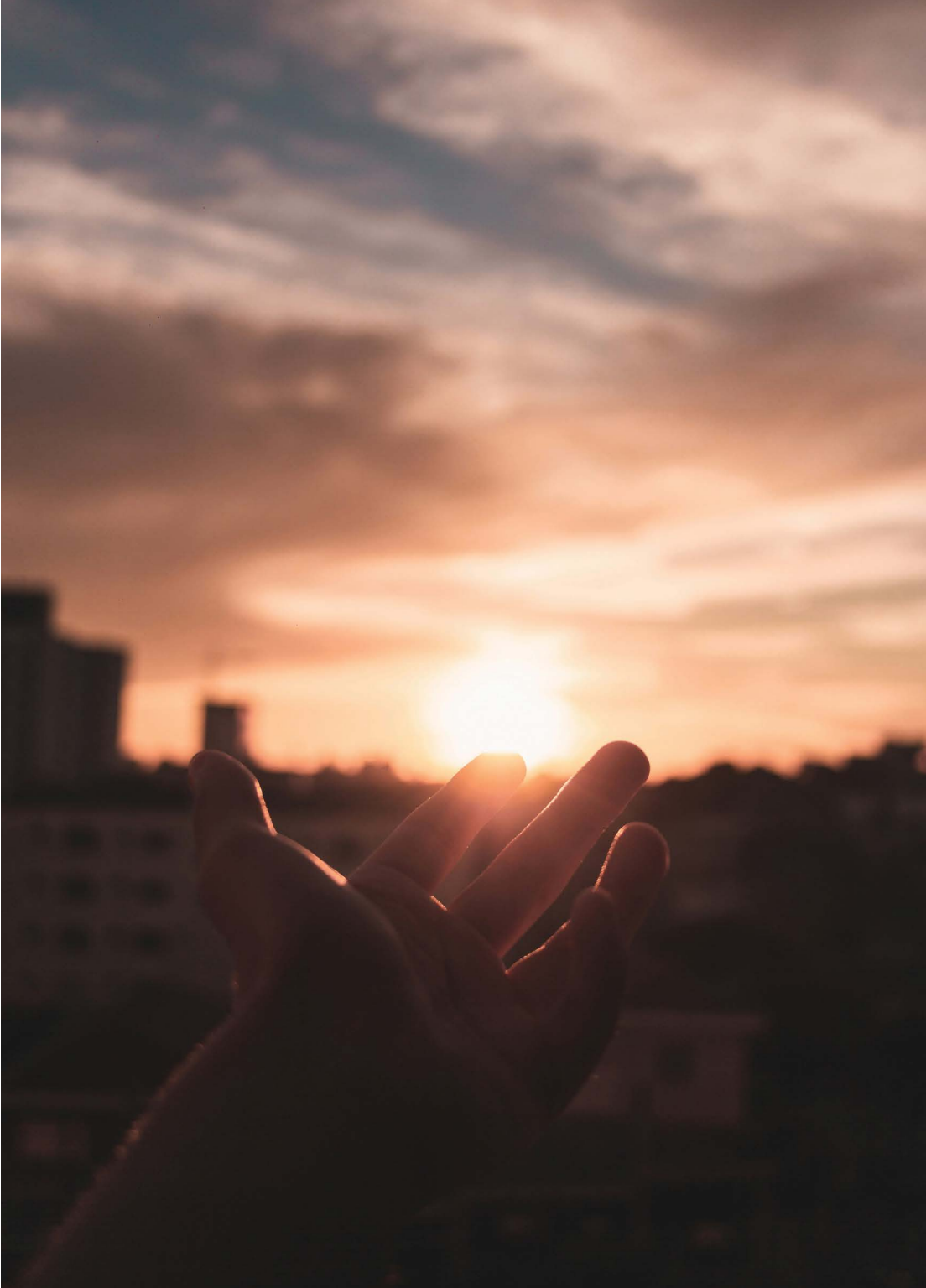
As we navigate through the complexities of our modern world, marked by the lingering shadows of the pandemic and the echoes of social and environmental upheaval, these words from Isaiah offer a beacon of light. They urge us to look forward, not in forgetfulness of the past, but with the wisdom and strength gained from our experiences.

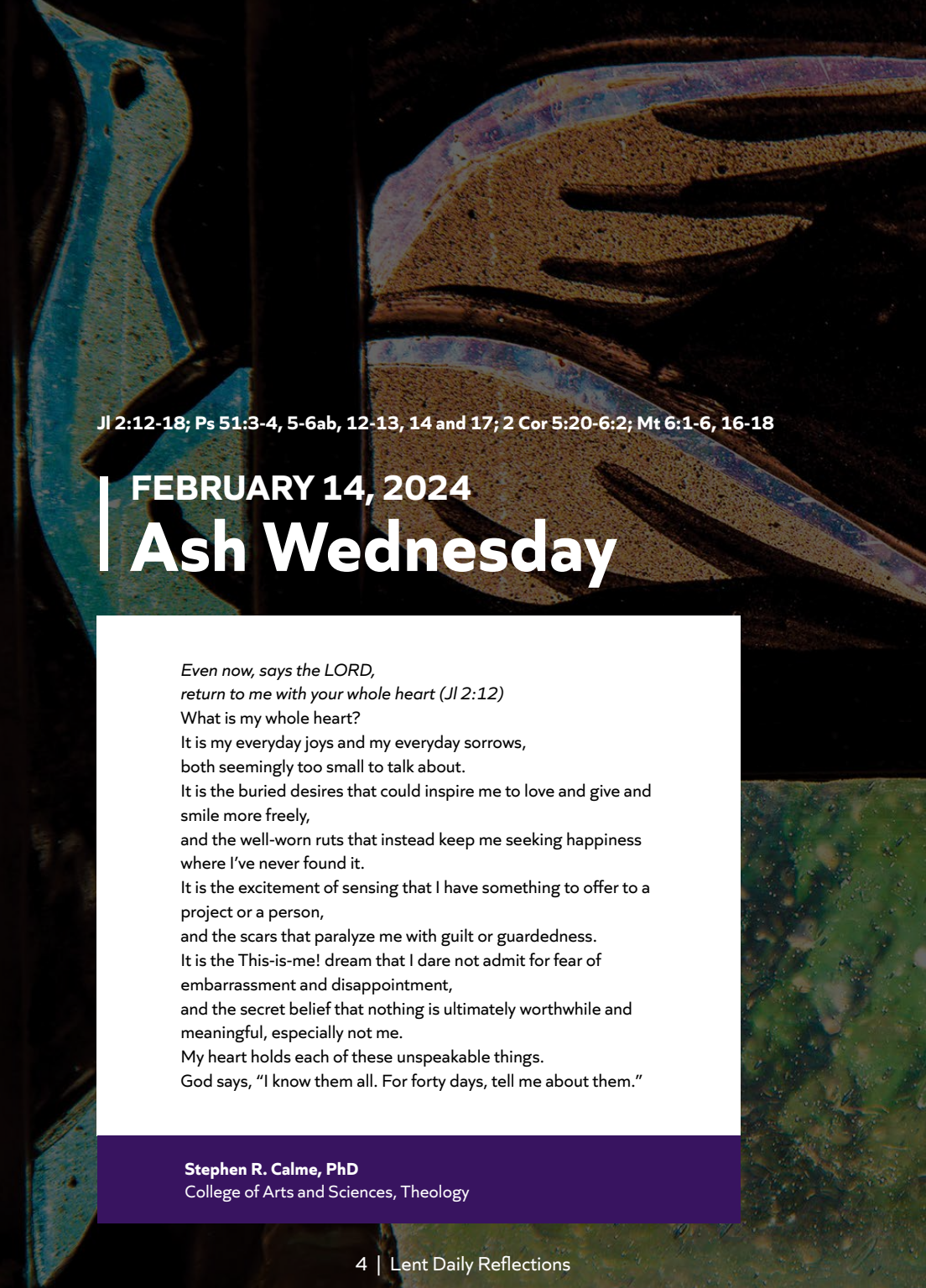
This Lenten season, I invite the Carlow Community to embrace this divine exhortation. Let us collectively pivot our gaze towards the horizon of new beginnings, where God is actively shaping paths in our wilderness and bringing life to our deserts. It’s a time to reflect not only on the sacrifices of Christ but also on the resilience and faith of those who have walked before us. Their journey, marked by trials and triumphs, has laid the foundation for our today and tomorrow.

Together, let us explore how we can be agents of this ‘new thing’ God is doing. How can we contribute to a society that reflects the mercy and love of Christ? Who are the marginalized in our midst, and how can we extend God’s transformative grace to them? As we ponder these questions, let us commit to actions that resonate with the spirit of renewal and hope.

May this Lenten journey be a time of profound spiritual awakening, guiding us to be bearers of hope and architects of a more just and merciful world.

Kathy W. Humphrey, PhD
President, Carlow University





Jl 2:12-18; Ps 51:3-4, 5-6ab, 12-13, 14 and 17; 2 Cor 5:20-6:2; Mt 6:1-6, 16-18

FEBRUARY 14, 2024

Ash Wednesday

*Even now, says the LORD,
return to me with your whole heart (Jl 2:12)*

What is my whole heart?

It is my everyday joys and my everyday sorrows,
both seemingly too small to talk about.

It is the buried desires that could inspire me to love and give and
smile more freely,
and the well-worn ruts that instead keep me seeking happiness
where I've never found it.

It is the excitement of sensing that I have something to offer to a
project or a person,
and the scars that paralyze me with guilt or guardedness.

It is the This-is-me! dream that I dare not admit for fear of
embarrassment and disappointment,
and the secret belief that nothing is ultimately worthwhile and
meaningful, especially not me.

My heart holds each of these unspeakable things.

God says, "I know them all. For forty days, tell me about them."

Stephen R. Calme, PhD

College of Arts and Sciences, Theology

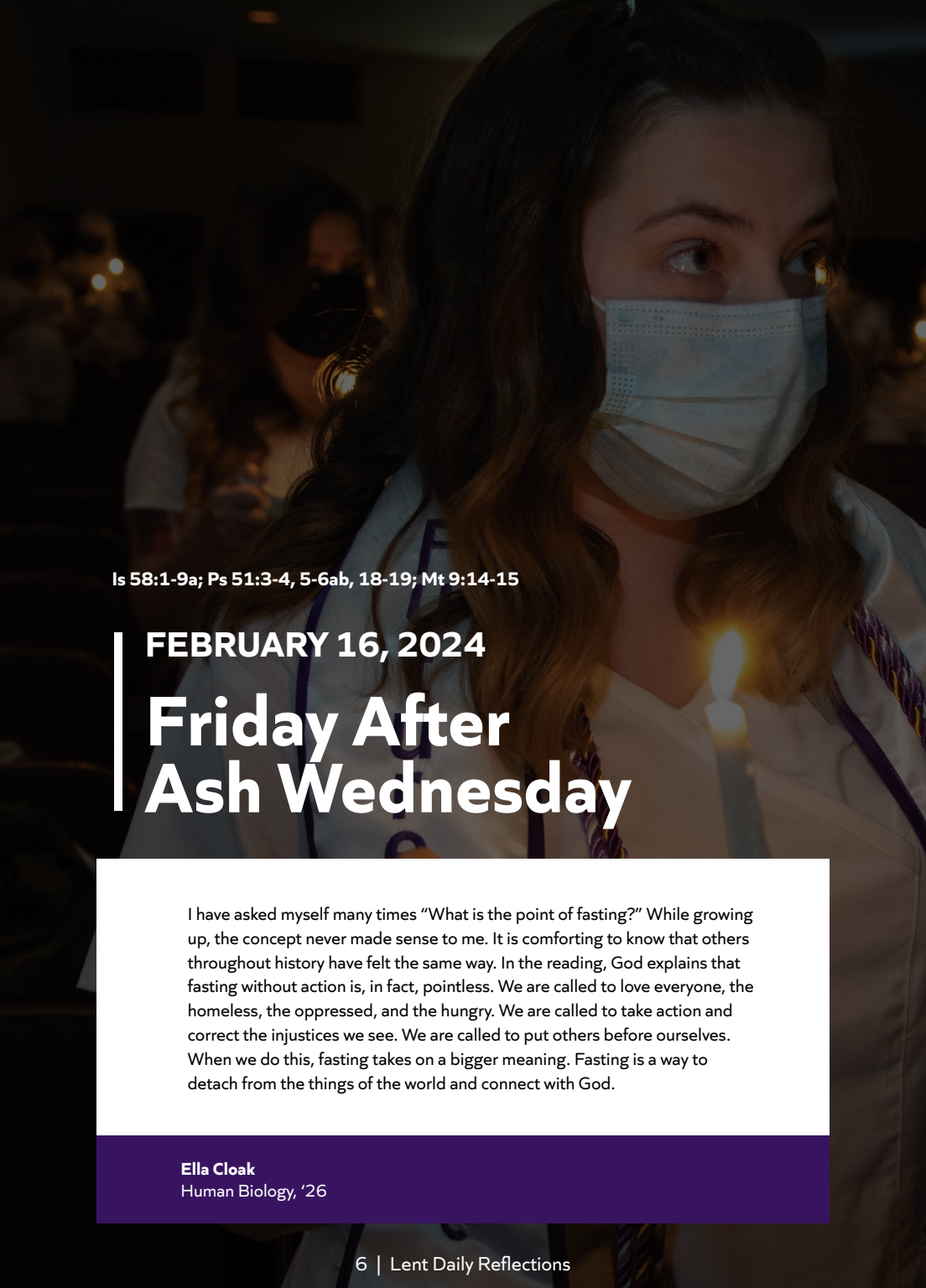
Dt 30:15-20; Ps 1:1-2, 3, 4, 6; Lk 9:22-25

FEBRUARY 15, 2024

Tuesday After Ash Wednesday

The reading talks about the Lord, who wants to create a perfect world, a world with no sorrow, and a world with no pain. This really stood out to me because every time I read over that section; it makes me really think about all the people who every day wish the same thing. To me, it shows a utopia that can never be because of the greed that comes with all these worldly things, since people will always want more. But maybe that's because we will never understand or take the time to understand the love that was meant to be gifted alongside this world. Maybe if people took the time to understand, they would finally be satisfied with what the Lord has given them and live to enjoy.

Alessandra DeCarlo, 7th grade
Campus Lab School of Carlow University



Is 58:1-9a; Ps 51:3-4, 5-6ab, 18-19; Mt 9:14-15

FEBRUARY 16, 2024

Friday After Ash Wednesday

I have asked myself many times “What is the point of fasting?” While growing up, the concept never made sense to me. It is comforting to know that others throughout history have felt the same way. In the reading, God explains that fasting without action is, in fact, pointless. We are called to love everyone, the homeless, the oppressed, and the hungry. We are called to take action and correct the injustices we see. We are called to put others before ourselves. When we do this, fasting takes on a bigger meaning. Fasting is a way to detach from the things of the world and connect with God.

Ella Cloak
Human Biology, '26

Is 58:9b-14; Ps 86:1-6, Lk 5:27-32

FEBRUARY 17, 2024

Saturday After Ash Wednesday

Put aside your cruel ways.
Be generous to the poor,
Help them find their way.
Then, you will feel light instead of gloom.

You will feel lifted
And, even though you will labor,
You will not feel burdened.
You will thrive.
You will blossom.
God will pour faith into your darkened soul.
You will be strong, and
You will be held in His light.

You, who will be regarded.
God's people will look at you in awe!

Be quiet this Sabbath.
Preserve this one Holy Day.
Do not please yourself first.
Do not ignore your friends' needs.
Then, God will lift you up and you will praise Him.
You will fully trust God's word.
And you will live always in His ways.

Mary Jo Dorsey, PhD, '88

Gn 9:8-15 3:1-7; Ps 25:4-9; 1Pt 3:18-22; Mk 1:12-15


FEBRUARY 18, 2024

First Sunday of Lent

There are many times in life when we feel alone or unworthy of God's love. Today's second reading reminds us that this is not true, and that God will never abandon us. In fact, He loved us so much that he sent his own son to die for our sins. He believes that we will come home to Him someday, and He will give us as many chances as we need to repent and be forgiven.

If you are ever feeling down or unworthy this Lent, remind yourself that God is always watching over you and waiting to welcome you into his Grace with open arms. He stays true to His covenant and loves without bounds.

Claire Stevens
English, '27



Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46

FEBRUARY 19, 2024

First Monday of Lent


Editor's Note: The Gospel tells of Jesus explaining that in the end, we will be separated into two groups; goats and sheep. Goats did not serve Jesus by helping others in this life. Sheep are those who treated everyone with kindness as if they were Jesus.

This reading makes me think of the people who are nice to me. They are like Jesus. People talk to me, say, "You did a good job." They tease me – like they are my brother or sister. It makes me feel good. It makes me want to do good things for other people.

I don't see people being mean to each other very often. Sometimes when there are a lot of people on the bus, people won't make room. The bus driver tells them to move back. They are not thinking of others.

I want to be a sheep. When I see people, I say, "Hi, have a nice day." I smile at people to let them know I'm happy to see them, and I work hard to do my job well.

Kim Huber
Chartwell Food Service



Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

FEBRUARY 20, 2024

First Tuesday of Lent

The poet who wrote Psalm 34 celebrates a God who responds with compassion to those in distress and who actively listens for the cries of the brokenhearted. When we are in distress, this promise of divine closeness is something we can embrace. Two things strike me about this divine comfort. First, there is a flip side to it: God has not prevented the psalmist from being oppressed, crushed, brokenhearted, fearful, and in need of rescue. Devotion to God does not exempt someone from these painful experiences. The biblical tradition thus affirms the reality of suffering and heartbreak as a normal part of life in this world. Second, my own experience of God's comfort has rarely if ever been a direct experience of the divine. But I have experienced it many times—through the comfort, care, and support of the loving people with whom God has graced my life. In this season may we learn to more graciously accept the twin realities of suffering and solace, and more fully appreciate the many people through whom God comforts us in our distress.

Matthew Gordley, PhD
College of Arts and Sciences

Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

FEBRUARY 21, 2024

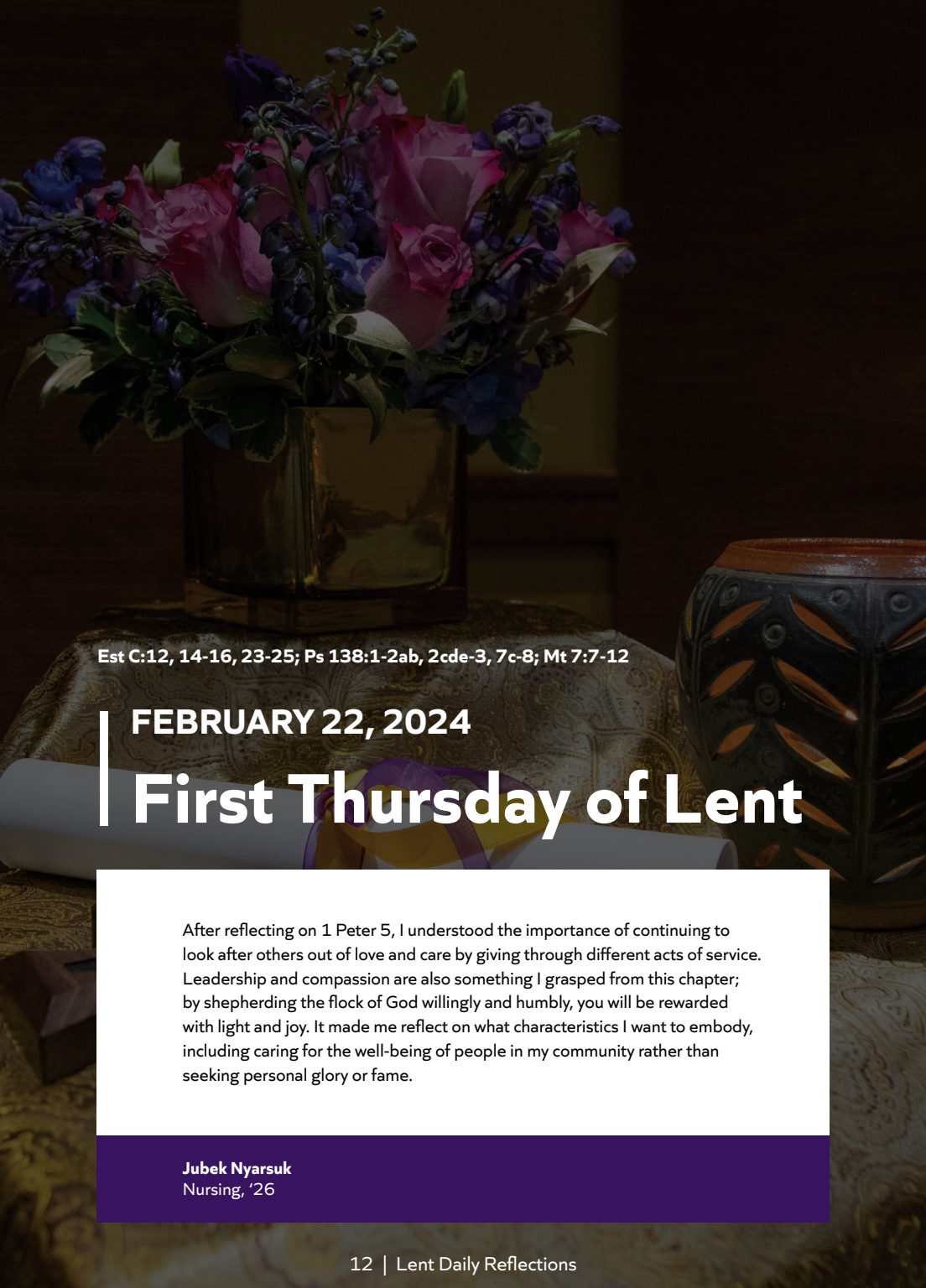
First Wednesday of Lent

Today's readings focus on second chances. In his anger toward Ninevah, in the first reading, God sent Jonah as His messenger and forgave those undeserving of His mercy. We see God do this time and again. The greatest act of His love and mercy ... 'For He so loved the world He gave His only son.' Dying on the cross, Jesus called out to His Father and in His passion and suffering accepted his death and resurrection to save us. It is unfathomable at times to understand the depth and breadth of God's love. A co-worker's child died of a drug overdose and left the family and community devastated. My co-workers and I attended his funeral. The minister said, 'Once the veil of eternity is lifted will you realize how much you are loved.' Even in his addiction, self-destruction, loneliness, depression, and ultimately death, God loves him. God loves all of us in our ugliness, hatred, anger, fear, destruction, and emptiness. He loves us when we do not have the capacity to love ourselves.

Kathleen Kelley, '14

Masters in Social Work, '24

Center for Mercy Heritage and Service, Office of Mercy Service



Est C:12, 14-16, 23-25; Ps 138:1-2ab, 2cde-3, 7c-8; Mt 7:7-12

FEBRUARY 22, 2024

First Thursday of Lent

After reflecting on 1 Peter 5, I understood the importance of continuing to look after others out of love and care by giving through different acts of service. Leadership and compassion are also something I grasped from this chapter; by shepherding the flock of God willingly and humbly, you will be rewarded with light and joy. It made me reflect on what characteristics I want to embody, including caring for the well-being of people in my community rather than seeking personal glory or fame.

Jubek Nyarsuk
Nursing, '26



Ez 18:21-28; Ps 130:1-2, 3-4, 5-7a, 7bc-8; Mt 5:20-26

FEBRUARY 23, 2024

First Friday of Lent


In Matthew 5:20-26, Jesus challenged his disciples' understanding of the Fifth Commandment "Thou Shall Not Kill." The hypocritical scribes and Pharisees thought they were in the clear. They recognized only the outward appearance of their actions and not their thoughts, behavior, or attitudes.

However, Jesus explained the "new law" that focused on an expanded understanding of what it means to be His follower: "A new commandment I give to you is that you love one another, just as I have loved you."

If we love God and our neighbor as ourselves, we will make things right with them before we offer the gift of ourselves at Mass. We will limit the anger we feel towards those who disagree with us, we won't disparage our opponents, and if our neighbor has something against us, we will try our best to rectify the problem.

Living by the law of love creates a just and merciful world one person at a time.

Jane Filowat Milner '93




Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

FEBRUARY 24, 2024

First Saturday of Lent

I believe that this scripture is about obedience and the rewards that come from being obedient to God. My mum has always taught me from the time I was little that if you are obedient, good things will come from it. The scriptures also talk about how we are making a commitment to God and, if we make this commitment, we need to be obedient to Him. As followers of Christ, it is our job to obey Him and follow His commandments as told in the Bible. I've been going to church ever since I was baby, and I have learned more and more about the Lord as I've gotten older. We also can learn and grow through God by following and obeying His Word. I've been learning and growing with God ever since I was a little girl, and there is still more that I need to learn! I am glad to say that I am one of God's daughters!

Raymari Eyth
Neurosurgery, '27



Gn 22:1-2, 9a; 10-13, 15-18; Ps 116: 10, 15-19; Rom 8:31b-34; Mk 9:2-10

FEBRUARY 25, 2024

Second Sunday of Lent, Transfiguration Sunday

I believe Jesus purposely chose Peter, James, and John to accompany Him up the mountain because He knew the challenges and struggles ahead for them. Jesus needed to do something significant to strengthen their faith, giving them hope and assurance that He was not only the fulfillment of the teachings in the Old Testament (represented by Moses and Elijah), but also the necessary sacrifice to secure the kingdom of heaven for all people. Through the Transfiguration, Jesus gives the apostles a glimpse of the glory of heaven and His own divinity! God also instructs them to listen to His Son, with whom He is pleased. I imagine Peter, James, and John were forever changed by this experience, and followed Jesus' teachings courageously believing and trusting that they would be with Jesus again in the kingdom of heaven. What could our lives look like if we consistently lived with the awareness of the glory to come if we but listen to Jesus?

Laura A. Hoffman, PhD
Student Affairs, Health and Counseling

Dn 9:4b-10; Ps 79:8-9, 11, 13; Lk 6:36-38

FEBRUARY 26, 2024

Second Monday of Lent

I liked this scripture because Jesus is telling the disciples how to be like Him and the right way to act. When it says, 'Be merciful, just as your father is merciful' (Lk 6:36), that resonated with me because it is a simulation of the mercy of God, His qualities, and striving to be like Him, which inspired me. I also liked this verse because it tells us the benefits of being like Him and how it makes our lives better when it says, 'Give, and gifts will be given to you,' and 'For the measure with which you measure will, in return, be measured out to you' (Lk 6:38). That is what I liked about this verse and how it resonates with me.

Jaden Stafford, 6th Grade
Campus Lab School of Carlow University

Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12

FEBRUARY 27, 2024

Second Tuesday of Lent

I really like what Jesus said in Matthew 23 about not doing things just to show off because those people don't really practice what they preach. It reminds me of how, before college, I used to do things to be noticed, wanting people to love me for my actions. But as I've been praying more and following Jesus, things have changed. Now, I don't do things for others to see or love me. Instead, I do everything to glorify God. When I was younger, all I cared about was getting approval from others. But as I've grown up, I've learned to care less about what people think, especially when it comes to my actions.

Jordan McClure
Communications, '26



Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28

FEBRUARY 28, 2024

Second Wednesday of Lent

The snare imagery in the Psalm evokes ideas of being wound up, caught up, and soon fed up with all the frustrating challenges that grab us and hold on. Sound familiar? What are your snares, traps, and frustrations that you allow yourself to stay in? Our snares are so often ones that we step into and stay in by choice. With some self-reflection, calm contemplation, and some divine loving kindness, we can release ourselves from these snares! Ask yourself, am I open to this divine loving kindness?

Jennifer Roth, PhD

College of Arts and Sciences, Psychology, Counseling, and Criminology



Proverbs

Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31


FEBRUARY 29, 2024

Second Thursday of Lent

In this reading, the Lord says that the people who trust in the Lord are blessed, and the people who trust in human beings, and only themselves, turn away from the Lord. I believe that the meaning behind this message is that when we turn to the Lord for guidance and strength, we become stronger, making it easier for us when we come upon challenges. But if we turn our hearts away from the Lord, and only look for guidance in ourselves and in others, we become weak and feel empty. It is important to remember that God is always there for us even in our hardest times, but we must be open to Him helping us.

Tessa McMichael
Nursing, '26





Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46


MARCH 1, 2024

Second Friday of Lent

On this second Friday of Lent, we learn more about the story of Joseph and his beautiful robe. We also learn about the jealousy and insecurity his brothers felt because he was so beloved by his father Israel. Joseph was abandoned and sold into slavery by his brothers.

In modern times, the themes of jealousy and insecurity have not changed. Often, we look at others with envy and covet possessions or opportunities they have that we don't. We find ourselves sabotaging someone else's happiness because they have something we are lacking. Instead of feeling envy and malevolence, we must try and lift each other up so we can all succeed. It's important to remember that cheering someone on and encouraging them is more powerful than disdain and jealousy. And if you find yourself the object of these negative emotions, think of the story of Joseph and what he overcame despite his circumstances.

Elin Riggs-Salimeno, EdD
Student Affairs, TRiO



Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32

MARCH 2, 2024

Second Saturday of Lent

In the Responsorial Psalm, it says, "You will cast into the depths of the sea all our sins." This specific reading resonates with me. How special it is that we have a Lord so forgiving of our wrongful actions. Despite our wrongdoings, God has compassion for us and looks beyond our guilt and sins. God forgives us by showing us mercy rather than judging us in anger. God shows us that our sins do not define us, and we will be granted forgiveness and compassion.

Kayla DeChicchis
Biology, '24

Ex 20:1-17; PS 19:8-11; 1Cor 1:22-25; Jn 13-256

MARCH 3, 2024

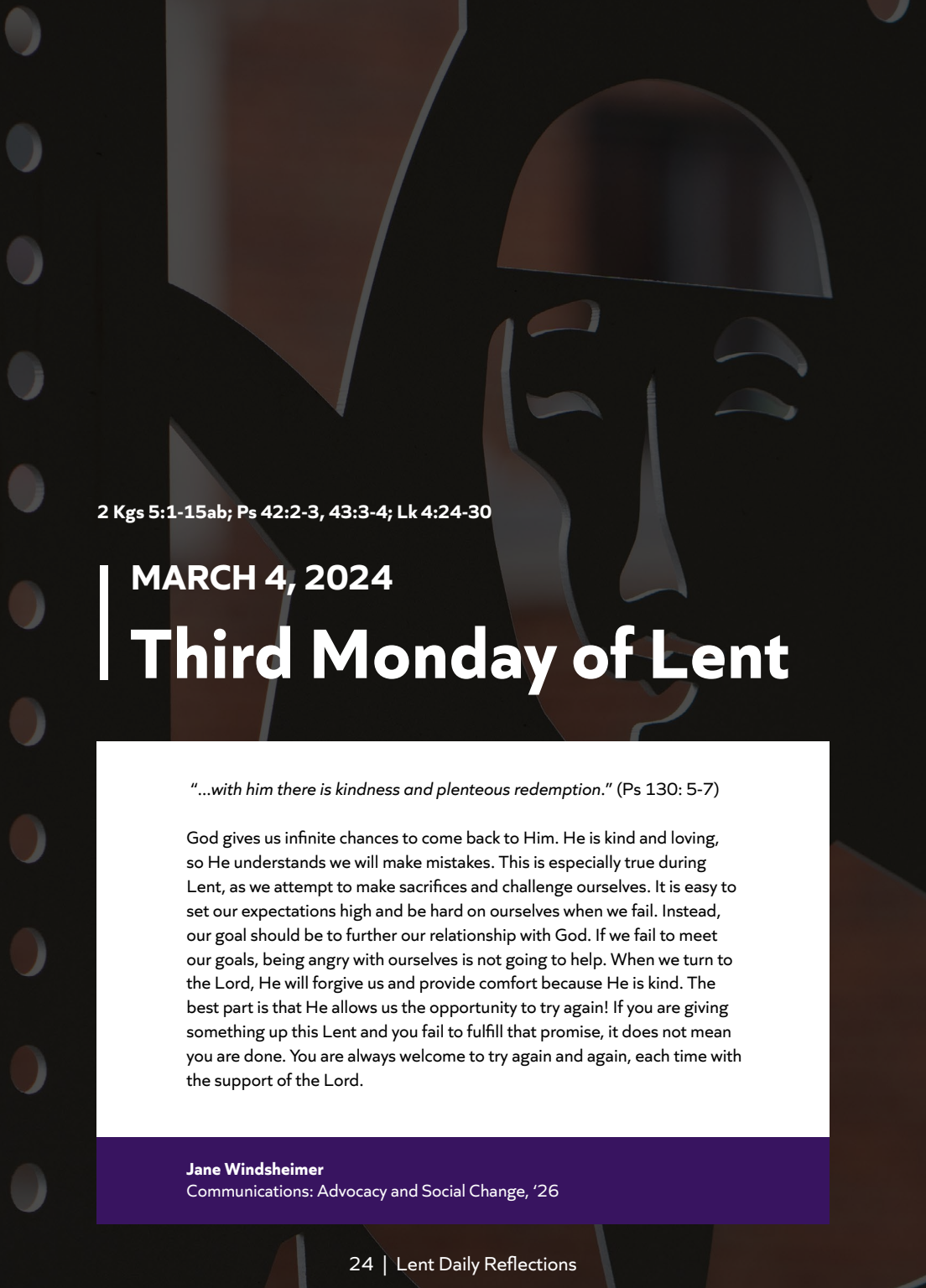
Third Sunday of Lent

Honoring your father and your mother is a tribute to the love that developed your foundation. Showing adoration and respect to your parents helps to form your relationship with the Lord from their teachings.

Dedicating your life to beliefs taught to you since childhood helps you to establish a well-balanced relationship with the Lord and your family. Having a good understanding of your family's beliefs that turn into your beliefs and relationship with the Lord will guide you to become a great and understanding parent to your children.

The full circle of life, understanding, and love of the Lord can continue from generation to generation.

Ame DeMarco, MBA
Facilities, Housekeeping



2 Kgs 5:1-15ab; Ps 42:2-3, 43:3-4; Lk 4:24-30

MARCH 4, 2024

Third Monday of Lent

"...with him there is kindness and plenteous redemption." (Ps 130: 5-7)

God gives us infinite chances to come back to Him. He is kind and loving, so He understands we will make mistakes. This is especially true during Lent, as we attempt to make sacrifices and challenge ourselves. It is easy to set our expectations high and be hard on ourselves when we fail. Instead, our goal should be to further our relationship with God. If we fail to meet our goals, being angry with ourselves is not going to help. When we turn to the Lord, He will forgive us and provide comfort because He is kind. The best part is that He allows us the opportunity to try again! If you are giving something up this Lent and you fail to fulfill that promise, it does not mean you are done. You are always welcome to try again and again, each time with the support of the Lord.

Jane Windsheimer

Communications: Advocacy and Social Change, '26

Dn 3:25, 34-43; Ps 25:4-9; Mt 18:21-25

MARCH 5, 2024

Third Tuesday of Lent

I would like to reflect on the theme of forgiveness as described in the lesson from the Gospel on this third Tuesday of Lent. I believe that there are times when the proverb, “fool me once, shame on you; fool me twice, shame on me,” does apply. However, there are times when we should allow more grace with others because we do not always know what they may be going through. In the Gospel, Peter approached Jesus and asked him, “Lord, if my brother sins against me, how often must I forgive him? As many as seven times?” Jesus answered, “I say to you, not seven times but seventy-seven times.” (Mt 18:21-22) I believe that with a little bit of grace, we should be allowed to prove that we can correct our mistakes and show others what we are capable of when we are able.

Jessica Huber, PhD, MSN, RN, CCRN, CPN
College of Health and Wellness, Nursing

Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19

MARCH 6, 2024


Third Wednesday of Lent

*"Do not think that I have come to abolish the law or the prophets.
I have come not to abolish but to fulfill." (Mt 5:17)*

Sometimes we forget that Jesus didn't come to abolish the laws of the prophets but to fulfill them. He taught us how to live them more authentically. Scripture comes alive in the circumstances of our everyday life. We need to follow Jesus' wisdom and example so that God's word becomes evident in our actions. We do this when, like Jesus, we move beyond the literal words of scripture to the values of compassion and mercy. Look at how many times Jesus challenged the leaders to see how the teachings are meant to give life. He cured on the Sabbath because people pleaded for healing. He offered mercy to the sinner to show God's forgiveness. Catherine McAuley reminds us that God's law lives through our actions, not just in our mind or memory. "If the love of God really reigns in your heart, it will show itself in the exterior." Let us live the laws with greater integrity to the values to which Jesus witnessed.¹

1. Mary C Sullivan, ed. *A Shining Lamp: The Oral Instructions of Catherine McAuley, DC*, Catholic University of America Press, 2017, p 117.

Sr. Michele Schroeck, RSM
Sisters of Mercy, Vocations



Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23

MARCH 7, 2024

Third Thursday of Lent

As children of the one true King, we learn that nothing is greater than the Lord. We know that Jesus can do all things, and we can too, through the power of Christ. In Luke 11:14-23 there were people that still refused to believe in Jesus, and he was faced with two enemies; the demons he is casting out and the people who do not believe. So, Jesus says to them, "Whoever is not with me is against me, and whoever does not gather with me scatters." (Lk 11:23) Anybody who puts their faith in the wrong area and does not give their faith to the Lord is weak. Anybody who stands with Satan is vulnerable and lives in a frail kingdom. During this fast, the enemy will be in your ear at all times. Will you let the enemy in or strengthen your faith in the Lord?

Dylan Corral
Criminology '24


Hos 14:2-10; PS 81:6c-8a, 8bc-9, 10-11ab, 14, 17; Mk 12:28-34

MARCH 8, 2024

Third Friday of Lent

“You shall love your neighbor as yourself.” (Mk 12:31) Those words are wise words from God Himself. The way you treat yourself is the way you should treat others. This is something my mother has taught me since I was little. If you’re treating yourself well, then it’s fair that you give kindness to other people. Sometimes they need some kindness, other times they need friendship and maybe both.

Nadia Murphy, 7th Grade
Campus Lab School of Carlow University



Hos 6:1-6; Ps 51:3-4, 18-19, 20-21ab; Lk 18:9-14

MARCH 9, 2024

Third Friday of Lent

“For it is love that I desire, not sacrifice.” (Mt 9:13)

The Lenten season is always a time for us to reflect on the sacrifices we can make. What can we give up for the season? How can we honor Jesus’ fasting and praying for 40 days in the desert?

Beyond just the Lenten season, how has sacrifice become commonplace in our everyday lives? Wars rage on across the globe. Gun violence claims the lives of countless innocent citizens in communities across the nation. Entire towns are wiped out due to natural disasters caused by climate change.

How are we honoring Jesus’ sacrifice by investing in love instead of hate? This Lenten season, I urge everyone to focus on one way they can show love. Love for our family. Love for our friends. Love for our Carlow community. Love for strangers. Love for those suffering. Love for our enemies. Love for our pets. Love for our Earth. Love for ourselves.

For it is love that God desires, not sacrifice.

Liz Rosevear, MA
Admissions

2 Chr 36:14-16, 19-23; Ps 137:1-6; Eph 2:4-10; Jn 3:14-21

MARCH 10, 2024


Fourth Sunday of Lent

It is difficult to always live in the light of grace, and easier to live in darkness where our flaws and fears are easily obscured. The readings tell us that we must move past those inhibitions and face what may be a harsh light, but a refining light, so that our lives and relationships are not hollow. Our most difficult relationships that are entrenched in enmity and resentment are the ones that will be the most painful to allow light to shine upon by showing hospitality, joy, and care. Until the light can shine into them, those relationships will remain dead, nothing good will grow and no work will be successful. It is hard to let go of the judgmental and fearful aspects of our nature because they are easier than curiosity and grace. We must let the darkness fall away and allow a chance for a richer way of living in the light.

Patrick Baker, MA '22

Principal Certification, '24

Campus Lab School of Carlow University, Early Childhood Education



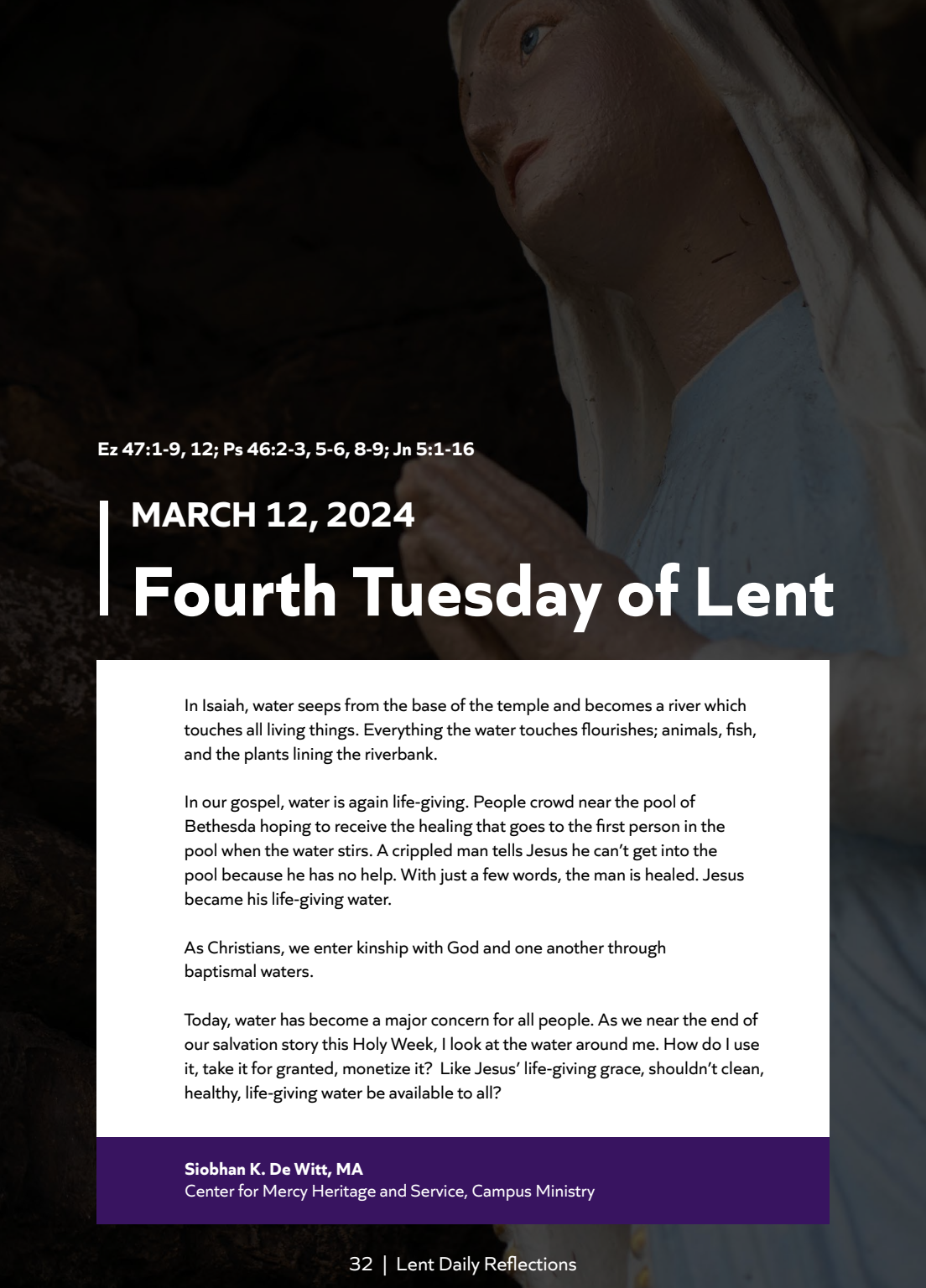
Is 49:8-15; Ps 145:8-9, 13cd-14, 17-18; Jn 5:17-30

MARCH 11, 2024

Fourth Monday of Lent

In this fourth week of Lent, I reflect a lot on these passages of God's most infinite love for us. In this passage, God is speaking to his people about not focusing on the past but being hopeful for the future that is in His hands. This is a passage of hope. Whatever has happened in the past needs to be left there and focus on what truly counts...the future and what God has in store for us. In a very short time, we will celebrate Holy Week and the Triduum. A time to reflect on the crucifixion, death, and resurrection of our Lord. Let us journey with Him on the path to redemption. That we may some day live with Him in joy and happiness in heaven.

Todd Michael Cian, PrD. LFr, MDiv, MEd
Campus Lab School of Carlow University



Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16

MARCH 12, 2024

Fourth Tuesday of Lent

In Isaiah, water seeps from the base of the temple and becomes a river which touches all living things. Everything the water touches flourishes; animals, fish, and the plants lining the riverbank.


In our gospel, water is again life-giving. People crowd near the pool of Bethesda hoping to receive the healing that goes to the first person in the pool when the water stirs. A crippled man tells Jesus he can't get into the pool because he has no help. With just a few words, the man is healed. Jesus became his life-giving water.

As Christians, we enter kinship with God and one another through baptismal waters.

Today, water has become a major concern for all people. As we near the end of our salvation story this Holy Week, I look at the water around me. How do I use it, take it for granted, monetize it? Like Jesus' life-giving grace, shouldn't clean, healthy, life-giving water be available to all?

Siobhan K. De Witt, MA

Center for Mercy Heritage and Service, Campus Ministry



Is 49:8-15; Ps 145:8-9, 13cd-14, 17-18; Jn 5:17-30

MARCH 13, 2024

Fourth Wednesday of Lent

The liturgical season of Lent invites us to ponder the unfathomable depths of God's mercy and love for us. Yet, how often during this sacred time do we find ourselves dwelling solely on our own sinfulness and inadequacies, as if to say that our weaknesses are greater than God's mercy for us. Today's responsorial psalm reminds us: "The Lord is gracious and merciful, slow to anger and of great kindness." (Ps 145:8) We are certainly not perfect human beings. Every one of us has our faults, and these days do offer us a most appropriate time to recognize them and to endeavor to be better persons. Let us remember that God's love and mercy are unconditional; all we have to do is believe that God is always there for us, graciously waiting with open arms.

Sister Rita Harasiuk, RSM, '73


Ex 32:7-14; Ps 106:19-23; Jn 5:31-47

MARCH 14, 2024

Fourth Thursday of Lent

In today's reading on this the Fourth Thursday of Lent, I am struck by the call to obedience in a new way. Obedience to me was never synonymous with my own spirituality. It seemed too dogmatic and authoritarian, like it had no heart. This reading showed heart. The heart of Jesus pleading with everyone to accept who He is . . . the Son of God with a direct message . . . obey His word for your own good . . . All of it. Jesus pointed out to His people that they were reading the Bible because they thought it would get them into heaven, yet they didn't believe the part about Him! That is the kind of obedience I understand and is a part of my own spirituality . . . believing the unbelievable. Today's reading reminds me of the importance of remembering this at all times. Believe what you know to be true about God's will . . . all of it. In the mundane task of choosing a meal to the heavy burdens, like moving forward after a loss, God's will be done.

Kathy Myrter Dressler, '94




Wis 2:1a, 12-22; Ps 34:17-21, 23; Jn 7:1-2, 10, 25-30

MARCH 15, 2024

Fourth Friday of Lent

Did you know that anger is most often a secondary emotion? Usually there is an emotion that comes first, like guilt, shame, hurt—even broken heartedness. It's so easy to let these emotions turn to anger without pausing to remember that we can choose to respond differently. With what feels like so much division and animosity surrounding us, it's more and more important to choose a different path and let our emotions lead us down different, more productive paths that can bridge gaps and keep us grounded. When we are being tested throughout this holiday season—family dinner politics, hurtful judgements, painful losses—let us choose gentleness, patience, and love.

Emily Jonas, MEd
Student Affairs, TRiO



Jer 11:18-20; Ps 7:2-3. 9 12; Jn 7:40-53

MARCH 16, 2024

Fourth Saturday of Lent

Though he was expected to come from Bethlehem, he came from Galilee. He was, by no means, a man of tangible wealth and prosperity. Though Jesus did not come as the people thought, his true followers still believed. "Never before has anyone spoken like this man." His words resonated and spoke true to some. Doubting your faith is healthy and natural; it is human. The moment you can differentiate what is true and what is false in the name of God is most important in your faith. You will know when God speaks to you. You must be willing to listen, even when the odds are against you. I know I am not perfect. To succeed, I must trust my faith with the support of my community on campus, friends, and family. In doing that, I can focus on my spiritual journey and the all-around happiness that God wants his people to have.

Ava Matz
Nursing, '27

Jer 31:31-34; Ps 51: 3-4, 12-15; Heb 5:7-9; Jn 12:20-33

MARCH 17, 2024

Fifth Sunday of Lent

I will place my law within them and write it upon their hearts. (Jer 31:33b)

St. Paul tells in the Acts of the Apostles that he was “a Pharisee among the Pharisees” meaning that he was seen as hard core even among the hard core. As a Pharisee he was committed to living the Law of Moses perfectly. This took total commitment and Paul (then known as Saul) was known to be zealous in keeping the Law.

Still, Paul was frustrated. He was frustrated because no matter how committed he was or how hard he trained himself, he wasn’t able to be perfect.


The prophecy of Jeremiah promises us the day when the Lord God will take the law from outside of us and bring it into our hearts; a day when we turn inside our own selves to know and keep the law and not look outside. It is a promise to end our frustration. It’s the promise of Grace.

When Jesus tells us that he will draw all people to himself when he is lifted up he is telling us about the fulfillment of Jeremiah’s prophecy. We will be drawn into God by God offering himself for us.

As we sit with these readings today let us hand to God our imperfect selves and let the Grace of Christ, soon to be proclaimed risen from the dead, fill up in us whatever is lacking and so be drawn into the goodness of God.

Fr. William H. Christy, C.S.Sp.

Spiritans Campus Ministry, Duquesne University | Sunday Mass Celebrant



Dn 13:1-9, 15-17, 19-30, 33-62; Ps 23:1-3a, 3b-6; Jn 8:1-11


MARCH 18, 2024

Fifth Monday of Lent

This passage really strikes me because Jesus is so unbothered by the pharisees and quickly puts them in their place. He tells them, "Okay you can stone this woman, but it can only be done by those of you that have never sinned." It makes me think of people who judge others because of where they come from, but they forget to look in the mirror because they are sinners just like everyone else. None of the pharisees could stone the woman because they knew that Jesus was right and that even though they were some of the most revered people of society they were sinners just like that woman. To me, this story's moral is to not judge others until you look at yourself first.

Samantha Phillips

MS Professional Counseling, '25
Student Affairs, Office of Career Development



Dn 13:1-9, 15-17, 19-30, 33-62; Ps 23:1-3a, 3b-6; Jn 8:1-11

MARCH 19, 2024

Feast of St Joseph

Solemnity of St. Joseph, Husband of the Blessed Virgin Mary

Limbo

Eileen Lomasney, CSJ, 1947

The ancient greyness shifted
Suddenly and thinned
Like mist upon the moors
Before a wind.

An old, old prophet lifted
A shining face and said:
"He will be coming soon.
The Son of God is dead;
He died this afternoon."

A murmurous excitement stirred
All souls.
They wondered if they dreamed—
Save one old man who seemed
Not even to have heard.

And Moses standing,
Hushed them all to ask
If any had a welcome song prepared.
If not, would David take the task?
And if they cared
Could not the three young children sing
The Benedicite, the canticle of praise
They made when God kept them from perishing
In the fiery blaze?

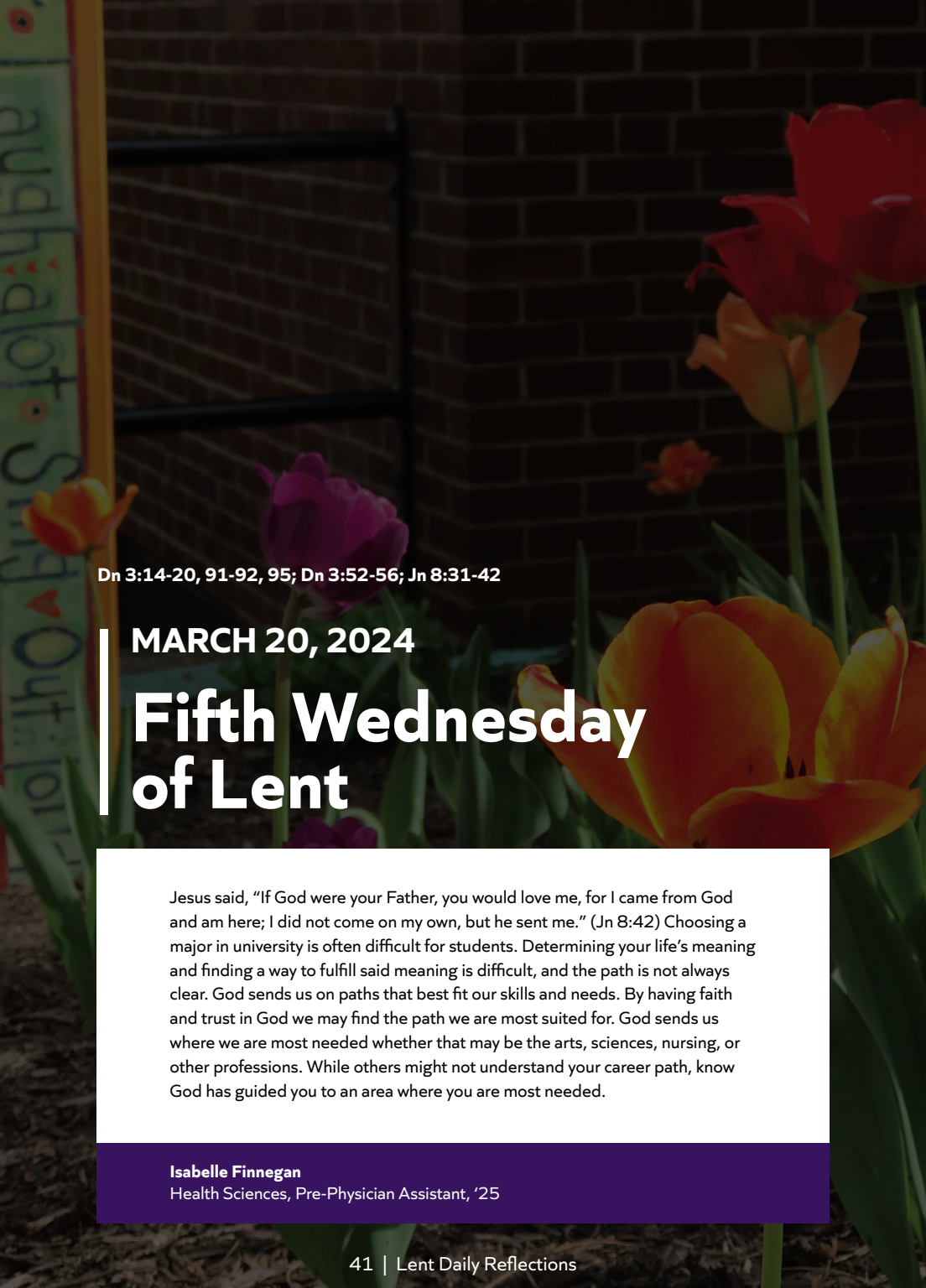
A breath of spring surprised them,
Stilling Moses' words.
No one could speak, remembering
The first fresh flowers.
The little singing birds.
Still others though of fields new ploughed
Or apple trees
All blossom-boughed.

Or some, the way a dried bed fills
With water
Laughing down green hills.
The fisherfolk dreamed of the foam
On bright blue seas.
The one old man who had not stirred
Remembered home.

And there He was.
Splendid as the morning sun and fair
As only God is fair.
And they, confused with joy.
Knelt to adore
Seeing that He wore
Five crimson stars
He never had before.

No canticle at all was sung.
None toned a psalm, or raised a greeting song.
A silent man alone
Of all that throng
Found tongue—
Not any other.
Close to His heart
When the embrace was done.
Old Joseph said,
"How is Your Mother,
How is Your Mother, Son?"

From the book *Light from Another Room*, published 1947, Corondolet Sisters



Dn 3:14-20, 91-92, 95; Dn 3:52-56; Jn 8:31-42


MARCH 20, 2024

Fifth Wednesday of Lent

Jesus said, "If God were your Father, you would love me, for I came from God and am here; I did not come on my own, but he sent me." (Jn 8:42) Choosing a major in university is often difficult for students. Determining your life's meaning and finding a way to fulfill said meaning is difficult, and the path is not always clear. God sends us on paths that best fit our skills and needs. By having faith and trust in God we may find the path we are most suited for. God sends us where we are most needed whether that may be the arts, sciences, nursing, or other professions. While others might not understand your career path, know God has guided you to an area where you are most needed.

Isabelle Finnegan

Health Sciences, Pre-Physician Assistant, '25



Gn 17:3-9; Ps 105:4-9; Jn 8:51-59

MARCH 21, 2024


Fifth Thursday of Lent

Believe, Listen, Follow, be forever Faithful in the Lord and the promise of eternal Life will be fulfilled in each of us.

We have a natural human nature to be skeptics, even before Jesus was born and died for our salvation, we as humans need proof, we need to see for ourselves before we trust in something. And so, it was true with the coming of Jesus and the promise of eternal life. But Jesus did prove time and again, that by trusting in God's word, what he said, was true.

We need only to trust and be faithful that as God's word tells us, He is with us today and always, in our hearts and souls. Jesus died on the cross as the ultimate sacrifice for the forgiveness of our sins and when he rose again on the third day, he fulfilled the promise given by God of eternal life. We need only follow His teachings, listen for His callings and trust in Him. Our journey in life is to walk in Jesus' footsteps following the word of God, so that we may have peace, joy, love and salvation.

Kristin Hart
Facilities




Jer 20:10-13; Ps 18:2-3a, 3bc-4, 5-7; Jn 10:31-42

MARCH 22, 2024

Fifth Friday of Lent

Friday of the Fifth Week of Lent is an essential time on the journey to Easter Sunday. The faith we invest in the Lord protects us from pending disaster, which is lessening of faith and loss of faith. If our faith in the Lord dwindles, one of these possibilities is the result. People do all they can to solve a problem, which is admirable. Faith in the Lord sometimes, unfortunately, dwindles. Even in our darkest hours when we feel like everything is caving in, our faith in the Lord must always remain, and even increase. Faith also must come from within; it cannot be bartered for. Jesus confronted disbelievers in an interesting way “If I do not perform my Father’s works, do not believe me; but if I perform them, even then you do not believe me, believe in the works so you may realize and understand that the Father is in me, and I am in the Father.” (Jn 10:38)

F. Patrick Vella
Data Analytics, '26



Ez 37:21-28; Jer 31:10, 11-12abcd, 13; Jn 11:45-56

MARCH 23, 2024

Fifth Saturday of Lent

According to Ezekiel, God welcomes, protects, and unites all people. In these turbulent times, when the country and the world is so divided by war, economic circumstance, and ideologies, it is important to remember that we are all united under God's protection and love. We are all God's people. Despite our racial, cultural, political, religious, and ethical differences, God promises peace and the salvation of sins to all of us. None of us are more worthy or more holy than another. Therefore, this Lenten season we should all seek to live out God's promise of peace in our own hearts and reach out to those around us in need of mercy and a helping hand, to look beyond our differences, and come together as one people.

Ashley Testa, MA
Student Affairs

Mk 11:1-10; Is 50:4-7; Ps 22:8-9, 17-20, 23-24; Phil 2:6 - 11; Mk 14: 1-15:47

MARCH 24, 2024

Palm Sunday

Humble sacrifice is a phrase that came to mind as I reflected on today's readings.

God shared in our humanity by sending Jesus. Jesus humbled himself to experience life as we do with all its trials and tribulations, joys, and sorrows; however, he made the ultimate sacrifice by accepting death on a cross to save us all. I am not sure that most humans possess that same kind of humility despite our best efforts. Would we even be humble enough to forgo a meal if we were hungry or share a coat if we were cold or give a ride to someone who needs to get to work – let alone give up our life?

Perhaps during this Holy Week, we can humble ourselves to journey with Jesus in prayer and act with kindness toward others to show our gratitude for His ultimate sacrifice for our salvation and a place in His everlasting kingdom.

Julia Cavallo, EdD
Conference for Mercy Higher Education

Is 42:1-7; Ps 27:1-3, 13-14; Jn 12:1-11

MARCH 25, 2024

Monday of Holy Week

How many times have I read this passage from Isaiah and not heard the call to gentle justice? Here is how the prophet describes the “strategy” of God’s servant.

*He shall bring forth justice to the nations,
Not crying out, not shouting,
Not making his voice heard in the street.
A bruised reed he shall not break,
And a smoldering wick he shall not quench.
Until he established justice upon the earth. (Is 42:1a-3)*

While we often associate work for justice with street protests and bullhorns, a softer, gentler approach is described here. So today I’m seeing images of Gandhi and hearing Catherine McAuley’s “Try to meet all with peace and ease.” And I’m remembering a poem by Jessica Powers called “The Little Nation”. Here she says, in part,

*I shall become a citizen of love...
The only country that sends forth an ambassador to God...
I seek a land that lies
All unprotected like a sleeping child;
Nor is my journey reckless and unwise.
Who doubts that love has an effective weapon
May meet with a surprise.*

Sheila Carney, RSM
Center for Mercy Heritage and Service

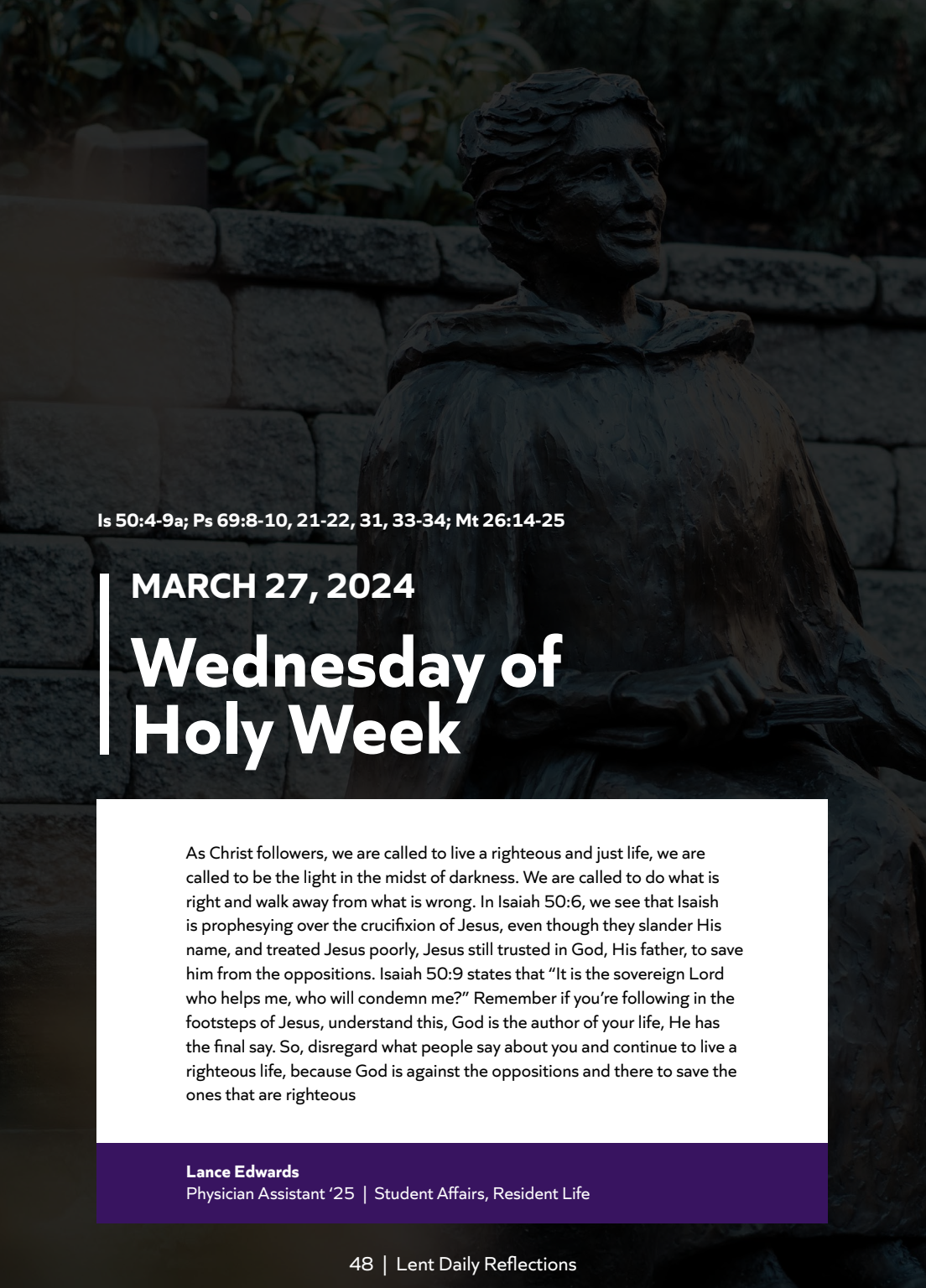
Is 49:1-6; Ps 71:1-2, 3-4a, 5ab-6ab, 15, 17; Jn 13:21-33, 36-38

MARCH 26, 2024

Tuesday of Holy Week

“Be my rock of refuge, a stronghold to give me safety, for you are my rock and fortress.” (Ps 71:3) This particular line resonates with me significantly. The imagery that God is a rock and a safe place amongst life’s uncertainty and hardships is comforting and motivating. That no matter what happens or where I am, God will be with me and protect me from hardships and peril. No matter how old or young, He is there. This line reminds me to acknowledge my humility and gratitude towards God who never falters from being someone I can lean on and seek comfort in.

Caiden Bathke
Perfusion, '26



Is 50:4-9a; Ps 69:8-10, 21-22, 31, 33-34; Mt 26:14-25

MARCH 27, 2024

Wednesday of Holy Week

As Christ followers, we are called to live a righteous and just life, we are called to be the light in the midst of darkness. We are called to do what is right and walk away from what is wrong. In Isaiah 50:6, we see that Isaiah is prophesying over the crucifixion of Jesus, even though they slander His name, and treated Jesus poorly, Jesus still trusted in God, His father, to save him from the oppositions. Isaiah 50:9 states that “It is the sovereign Lord who helps me, who will condemn me?” Remember if you’re following in the footsteps of Jesus, understand this, God is the author of your life, He has the final say. So, disregard what people say about you and continue to live a righteous life, because God is against the oppositions and there to save the ones that are righteous

Lance Edwards

Physician Assistant '25 | Student Affairs, Resident Life

Ex 12:1-8, 11-14; Ps 116:12-13, 15-16bc, 17-18; 1 Cor 11:23-26; Jn 13:1-15

MARCH 28, 2024

Holy Thursday

The Washing of the Feet

In this Gospel reading, John doesn't tell us, but shows us Christ's love for us in an extraordinary way – in the humble act of washing another's feet. It is an act of love that knows no limit. It is a love expressed, even when we are not deserving. This humble, loving act is placed in the context of a betrayal and imminent death. How do we respond to the love of Christ? We can offer Him our shortcomings, our failures, our hurts and anxieties and trust in His mercy. What can we do to follow His example and serve, in humility, those around us? Do we recognize in them the face of Christ? And can we, with gratitude, allow others to help us in our daily struggles?

"Will you let me be your servant, let me be as Christ to you; pray that I may have the grace to let you be my servant, too."

- The Servant Song by Richard Gillard

Anna Bamonte Torrance, Esq.

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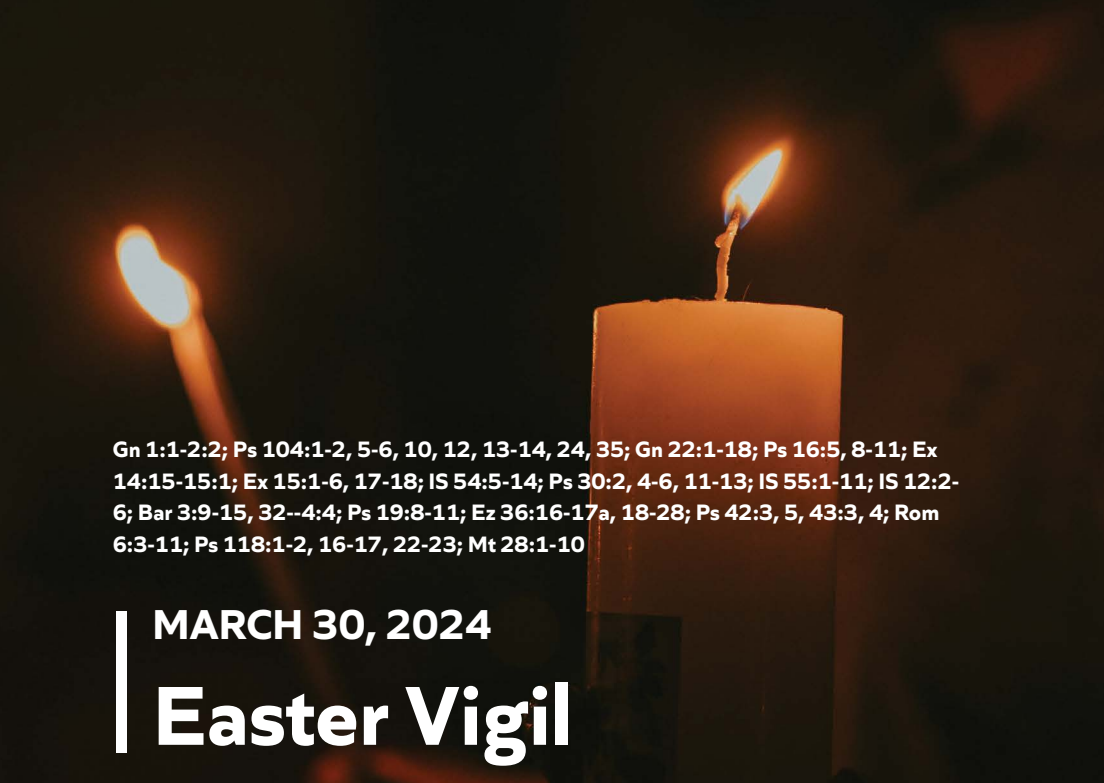
Is 52:13-53:12; Ps 31:2, 6, 12-13, 15-17, 25; Heb 4:14-16, 5:7-9; Jn 18:1-19:42

MARCH 29, 2024

Good Friday

The truth about Christ is revealed in today's readings: He freely admits his identity as the Son of God and embraces the suffering in his trial and crucifixion. The passion narrative shows us Christ, suffering at the hands of the crowd for our sins. We also witness Joseph of Arimathea offering a dignified burial for Christ, a corporal work of Mercy and a beautiful witness for us as we meditate upon Golgotha. May we bury our dead and bring them to rest with dignity. May we speak our truth, no matter the cost. Rather than hide our identity as lovers of Christ, let us shout we are believers and disciples. The Lord has given himself in our place, defeating sin and death; let us not be afraid to stand with the Lord.

Ruth Madden Foreman, DNP, RN, FNP-BC, CRNP, CNE
College of Health and Wellness, Nursing



Gn 1:1-2:2; Ps 104:1-2, 5-6, 10, 12, 13-14, 24, 35; Gn 22:1-18; Ps 16:5, 8-11; Ex 14:15-15:1; Ex 15:1-6, 17-18; IS 54:5-14; Ps 30:2, 4-6, 11-13; IS 55:1-11; IS 12:2-6; Bar 3:9-15, 32--4:4; Ps 19:8-11; Ez 36:16-17a, 18-28; Ps 42:3, 5, 43:3, 4; Rom 6:3-11; Ps 118:1-2, 16-17, 22-23; Mt 28:1-10

MARCH 30, 2024


Easter Vigil

*Create a clean heart in me, O God, and a steadfast spirit renew within me.
Cast me not out from your presence, and your Holy Spirit take not from me.
(Ps. 51:12a)*

Listening is so important in our lives that we should take special time to listen to our God. Asking the Holy Spirit to breathe in us that our thoughts may be holy. One of the most perfect forms of Christian prayer is this simple act of listening. It does wonders for us if we spend just twenty minutes each day in silence. Asking God to tell us what we need to hear. "Create a clean heart in me, o God, and a steadfast spirit renew within me." God will say, "You are my beloved child; I love you more than you will ever know." These are liberating words. We can then ask God to act in us that our work may be holy—and draw our hearts that we love as God loves.

As we devote ourselves to this prayer of listening, we will have distractions. But these distractions can be most pleasing to God because God loves us more than we know! Being still before our God can create in us a center of peace.

Patricia Ann Skowronek, RSM, '63



Acts 10:34a, 37-43; Ps 118:1-2, 16-17, 22-23; Col 3:1-4; Jn 20:1-9

MARCH 31, 2024

Easter Sunday

Imagine living in the time when Jesus walked this earth. Can you picture being in the crowds when Jesus taught His messages of peace, love, and hope? Imagine the calm you felt hearing Jesus speak as you followed Him throughout the countryside. Then, one day, He is taken from you and tortured, murdered, and buried. You are now hiding and staying low and quiet. Afraid of being crucified yourself. Then three days later, the sun is shining on a beautiful day, and you go to visit the tomb. The stone is rolled away, and the tomb is empty. You feel empty and abandoned. But then a bright light appears. It is Jesus who appears to you, and you feel the warmth of His love. Jesus is alive in all of us. We need to carry on His mission and spread the joy of the Love and Light of Jesus. He is Risen!

Kenneth J. Ference
Carlow University Police

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