



Devoted to the Future of You.

Now is the Acceptable Time.

Daily Reflections for Your
2025 Lenten Journey



An Invitation from the President

"The Lord is my shepherd; I lack nothing."
(Psalms 23:1 NIV)

As we enter the 2025 Lenten season, this opening verse of Psalms 23 reminds us of the profound truth that God is our constant provider and guide. In His care, we find not only sustenance but also the courage and faith to walk through life's uncertainties. This season of Lent invites us to reflect deeply on what it means to truly lack nothing because we are held in the embrace of God's love.

This year, our focus on the Mercy Value of Discovery aligns beautifully with this verse. It challenges us to explore the ways God provides for us, not only in physical needs but in spiritual renewal, hope, and purpose. What areas of our lives do we need to surrender to God's shepherding care? How can we trust Him more fully as we navigate life's challenges and opportunities? As a community rooted in faith and action, let us use this season to reflect on how God meets our needs and how we might be His hands and feet for others.

This Lent, I encourage you to reflect on the places where God's love has followed you and the ways you might be His instrument of hope for others. May this sacred season inspire us to journey together in faith, to serve one another with boundless compassion, and to embrace our shared calling to create a world that reflects God's vision, a more just and merciful world for all.

Kathy W. Humphrey, PhD
President, Carlow University





Joel 2:12 – 18 | 2 Corinthians 5:20-6:2 | Matthew 6:1-6,16-18

MARCH 5, 2025 Ash Wednesday

As Lent begins, Jesus tells me not to be like the hypocrites who donate, pray, and fast only to win the praise of others. Instead, he says, do these beautiful acts to grow closer to God.

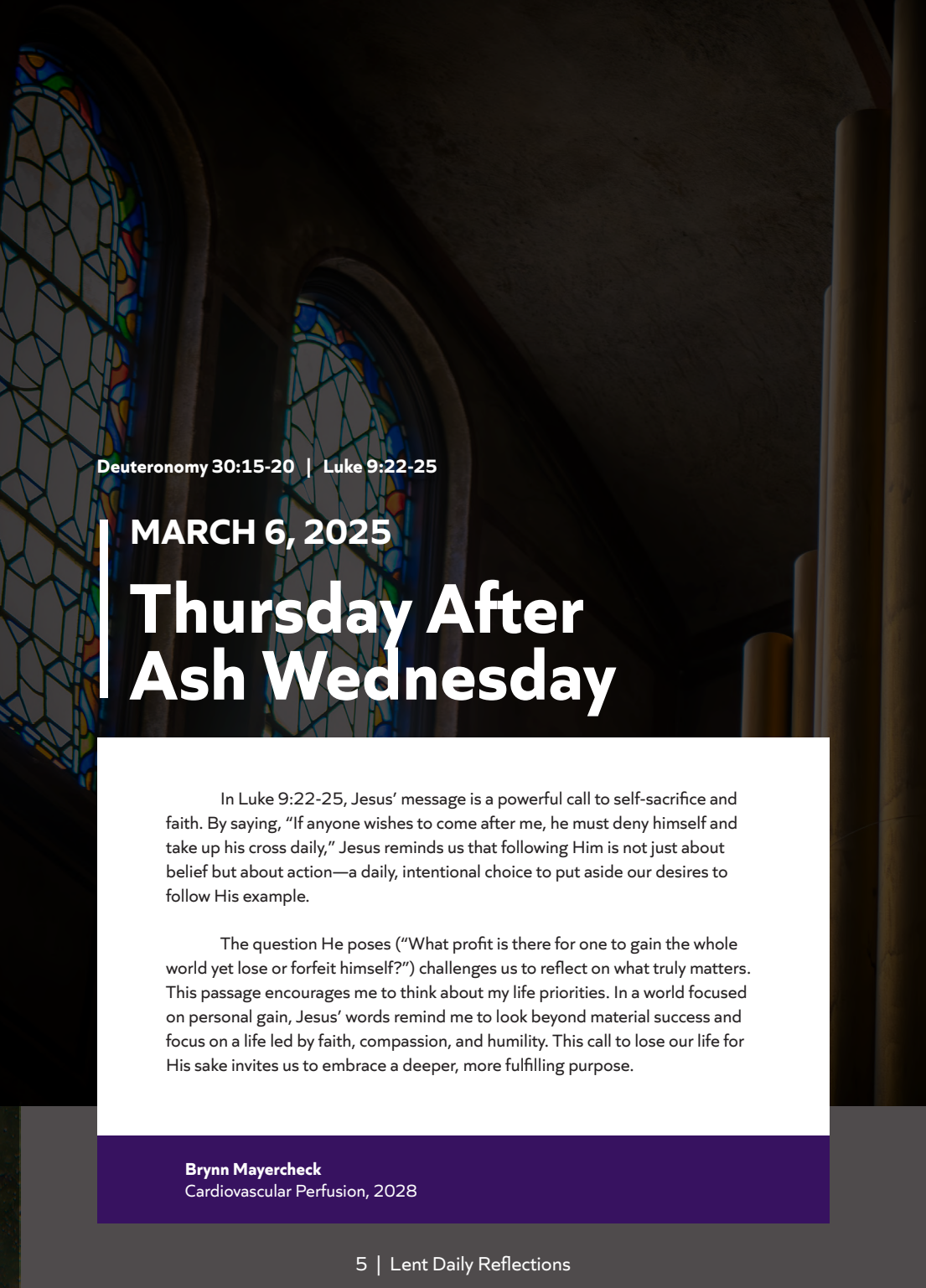
It makes me wonder, how am I bound by what others think of me? How often do I worry more about what others will think of my actions than about my actions themselves?

And how would it feel to be freed from those worries?

For the next forty days, let me experiment with living based on who God calls me to be, not on how I want others to see me.

Instead of seeking outside affirmation, let me find the inner room where Jesus's spirit sits patiently within me. Let me take the time to be there. Let me allow that centering presence, gracious and merciful, to replace my need to impress others.

Stephen R. Calme, PhD
Assistant Professor of Theology



Deuteronomy 30:15-20 | Luke 9:22-25


MARCH 6, 2025

Thursday After Ash Wednesday

In Luke 9:22-25, Jesus' message is a powerful call to self-sacrifice and faith. By saying, "If anyone wishes to come after me, he must deny himself and take up his cross daily," Jesus reminds us that following Him is not just about belief but about action—a daily, intentional choice to put aside our desires to follow His example.

The question He poses ("What profit is there for one to gain the whole world yet lose or forfeit himself?") challenges us to reflect on what truly matters. This passage encourages me to think about my life priorities. In a world focused on personal gain, Jesus' words remind me to look beyond material success and focus on a life led by faith, compassion, and humility. This call to lose our life for His sake invites us to embrace a deeper, more fulfilling purpose.

Brynn Mayercheck
Cardiovascular Perfusion, 2028




Isaiah 58:1-9a | Matthew 9:14-15

MARCH 7, 2025

Friday After Ash Wednesday

The adage, “There’s a time and place for everything,” is fitting for Jesus’ parable today concerning fasting, particularly throughout Lent. Lent is a time of sorrow and mourning when we explore and pray about where we’ve been in life and where we are going, while also contemplating the suffering, sacrifice and death of Jesus for our salvation. Maybe we think we have reached the end of our rope, when in front of us there is hope. Throughout Lent, we yearn to reclaim a better self at its ending, and to rejoice in the resurrection of Jesus at Easter. Thus, the time and place for fasting among Jesus’ followers, wherever we may be in our life’s journey, is during Lent – when we praise God for the sacrifice of Jesus and His eventual resurrection.

Arlene Howard, ‘16



Isaiah 58:9-14 | Luke 5:27-32

MARCH 8, 2025

Saturday After Ash Wednesday

On the first Saturday of Lent, we can renew our efforts to give bread to the hungry and satisfy the needs of those affected. For if we do this, “light will rise for us in our darkness.” But we need to take time away from all this to listen to the Lord who will guide us. He will renew our strength. Resting one day each week enriches our giving onto the other days of the week. Fasting is not genuine without reforming our way of life. If we fast and do nothing for those in need, we deceive ourselves. We need to find a balance.

Patricia Ann Skowronek, RSM '63

Deuteronomy 26:4-10 | Romans 10:8-13 | Luke 4:1-13

MARCH 9, 2025

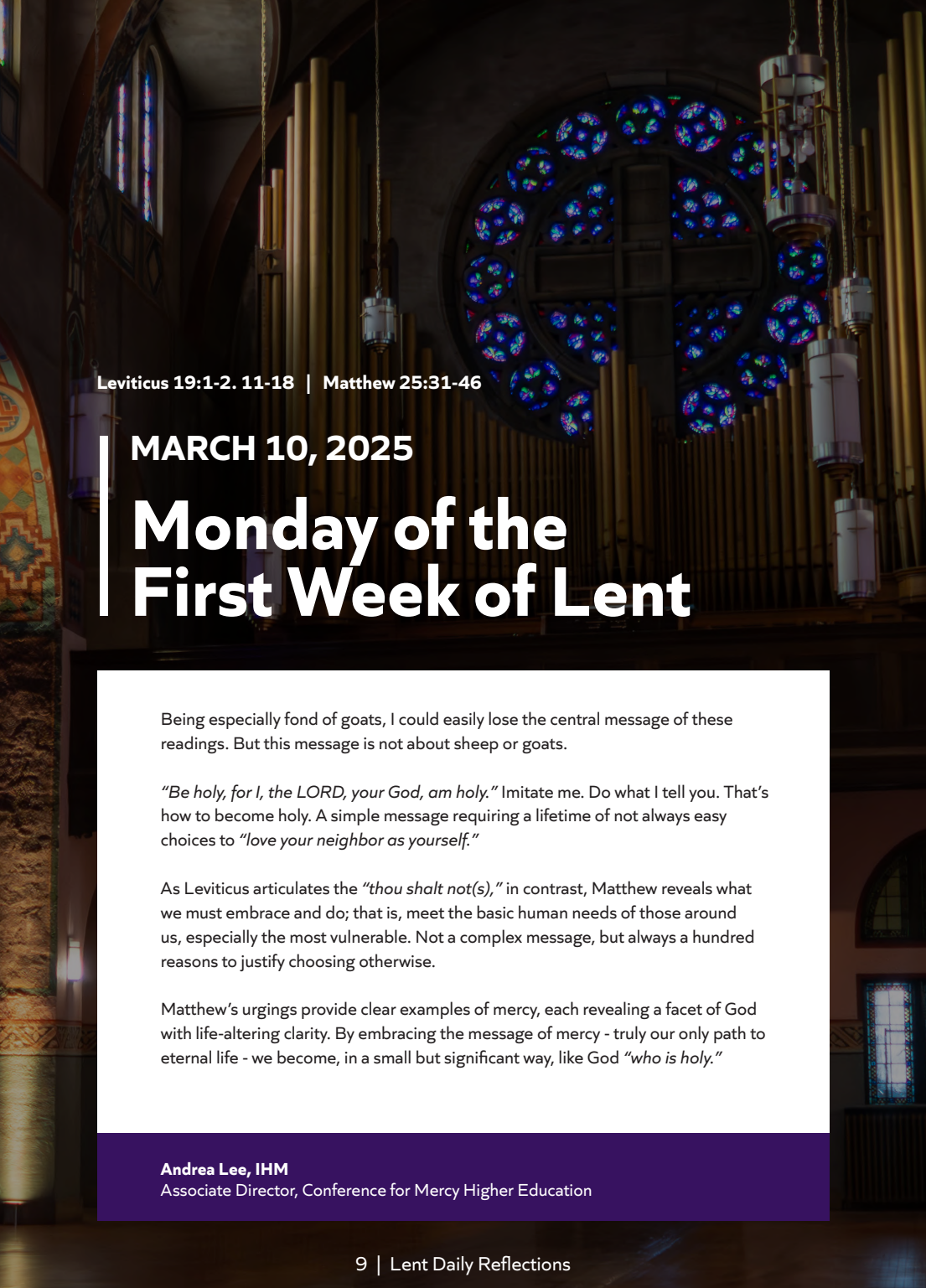
First Sunday of Lent

In the beginning of this reading, there are instructions to bring a basket and place it in front of the altar. They are instructed to do this to signify a thank you and to show gratitude for the land and its produce. It can symbolize to us to give all of ourselves to God. Are we giving all of us to God or are we just giving Him the leftover bits of ourselves?

The reading then goes on to recount Israel's deliverance from Egypt. This can reflect our own journey during this Lenten season. We have been slaves to sin, and Jesus has given us a way to gain freedom from this slavery.

In the end, we hear of the "land of milk and honey" (Deut. 26:6). This can be seen as a symbol of the eternal life God has promised to each of us. Lent is a time to remind ourselves to refocus on Christ as well as devote our entire beings to Him rather than the left-over bits and pieces.

Caleb Rogers
Biology; Cardiovascular Perfusion, 2028



Leviticus 19:1-2, 11-18 | Matthew 25:31-46

MARCH 10, 2025

Monday of the First Week of Lent

Being especially fond of goats, I could easily lose the central message of these readings. But this message is not about sheep or goats.


"Be holy, for I, the LORD, your God, am holy." Imitate me. Do what I tell you. That's how to become holy. A simple message requiring a lifetime of not always easy choices to "love your neighbor as yourself."

As Leviticus articulates the *"thou shalt not(s)"*, in contrast, Matthew reveals what we must embrace and do; that is, meet the basic human needs of those around us, especially the most vulnerable. Not a complex message, but always a hundred reasons to justify choosing otherwise.

Matthew's urgings provide clear examples of mercy, each revealing a facet of God with life-altering clarity. By embracing the message of mercy - truly our only path to eternal life - we become, in a small but significant way, like God *"who is holy."*

Andrea Lee, IHM

Associate Director, Conference for Mercy Higher Education



Isaiah 55:1-10 | Matthew 6:7-15

MARCH 11, 2025

Tuesday of the First Week of Lent

It's so easy for prayers, and other habits, to become a thoughtless part of our routine. Many of us memorize prayers and keep them in our back pocket, but this makes it easier to recite the words without paying attention to them. It's like hearing a song's lyrics for the first time because you've gotten so used to just humming along without genuinely listening.

This Lent, I'm resolving to be more attentive. The parts of our routine that we've almost become numb to, like the people we see every day, the food we eat, etc. are the most impactful parts of our lives. It's time to recognize that. We may know the Our Father by heart, but that doesn't make it any less powerful. The more present we are as we pray, the more grounded we will feel throughout the day. Let's make an effort to be attentive and focused.

Jane Windsheimer,
Communications: Advocacy & Social Change, 2026

Jonah 3:1-10 | Luke 11:29-32


MARCH 12, 2025

Wednesday of the First Week of Lent

Reflecting on Luke 11:29-32, I am reminded of the need to pay attention to the signs and guidance that God provides in my life. Just like the crowds seeking a sign from Jesus, I often find myself looking for clear indicators or dramatic displays of God's presence. However, this passage challenges me to deepen my faith by actively seeking and recognizing the everyday ways God is at work around me. It urges me to open my heart and mind to the subtle nudges, promptings, and lessons that God may be bringing into my life. I am encouraged to cultivate a spirit of attentiveness and discernment, trusting that God is constantly revealing Himself to me in various forms. This reflection motivates me to be more receptive to God's presence and to respond with faith and gratitude to His guidance.

Dr. Lillian Naccarati

Executive Director, The Campus Laboratory School and The Early Learning Center



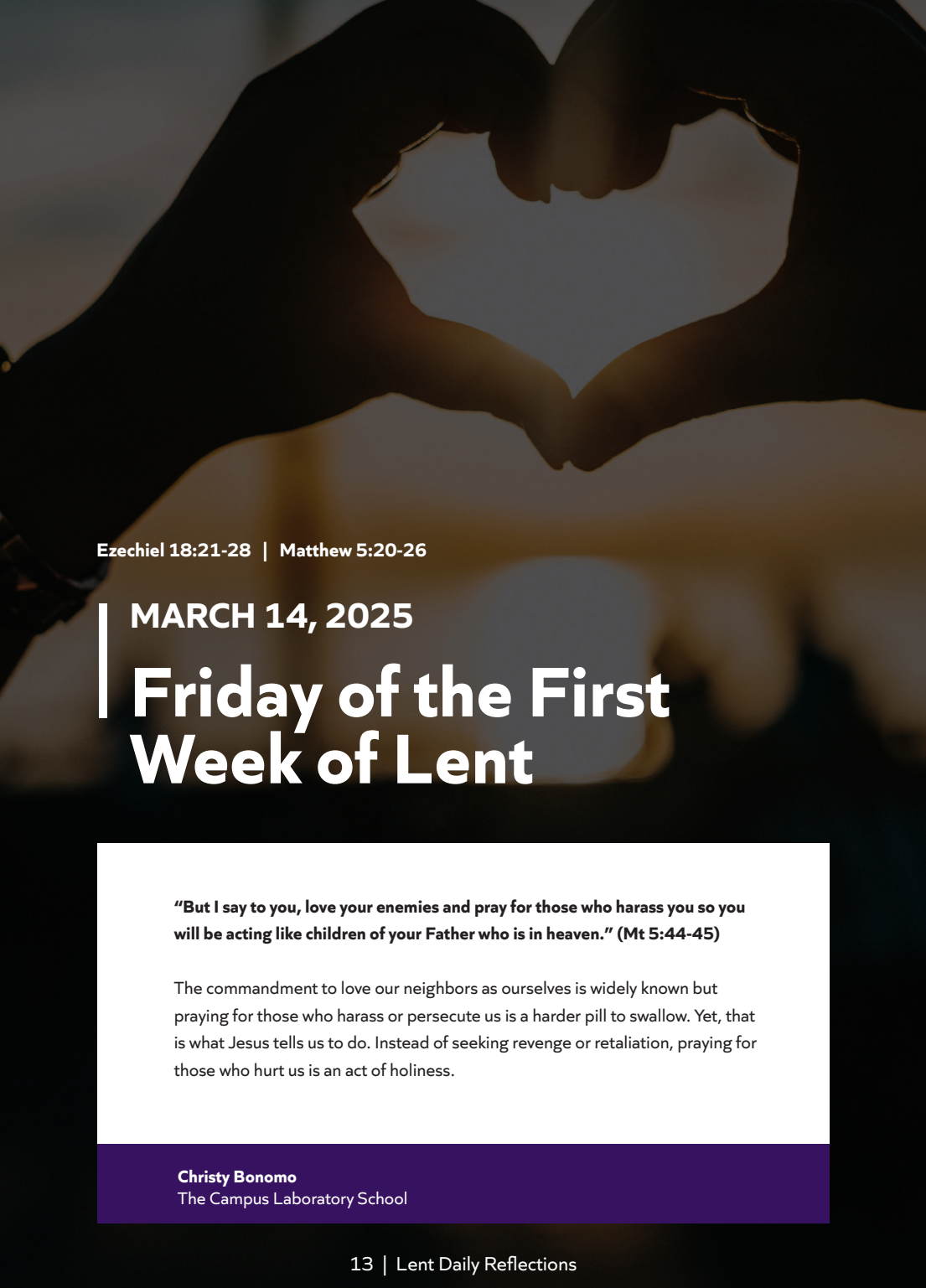
Esther 4:3-5.14-19 | Matthew 7:7-12

MARCH 13, 2025

Thursday of the First Week of Lent

The Gospel calls upon us to “do to others whatever you would have them do to you.” This is the year of discovery for Carlow, but this combines with our everyday call to mercy as well. As a mercy school we are given the opportunity to instill these values and adopt them within our lives. We must each discover the value of mercy and display this throughout our everyday life. Jesus worked to instill mercy throughout the world, and we must continue to carry on with this mission that not only Jesus carried but Cathrine McAuley as well. We must treat others with not only kindness and respect but also with dignity and grace. With this Lenten season may each of us ask God to help us to find those who need us and may we meet them with mercy and grace every day.

Megan M. Cooper
Nursing, 2024



Ezekiel 18:21-28 | Matthew 5:20-26


MARCH 14, 2025

Friday of the First Week of Lent

“But I say to you, love your enemies and pray for those who harass you so you will be acting like children of your Father who is in heaven.” (Mt 5:44-45)

The commandment to love our neighbors as ourselves is widely known but praying for those who harass or persecute us is a harder pill to swallow. Yet, that is what Jesus tells us to do. Instead of seeking revenge or retaliation, praying for those who hurt us is an act of holiness.

Christy Bonomo
The Campus Laboratory School



Deuteronomy 26:16-19 | Matthew 5:43-48

MARCH 15, 2025

Saturday of the First Week of Lent

The scripture reminds us, if you are wholehearted and dedicated to following God's ways and keeping His commandments, just as the Israelites—God's chosen people—you will experience blessings in terms of praise, reputation, and judgement.

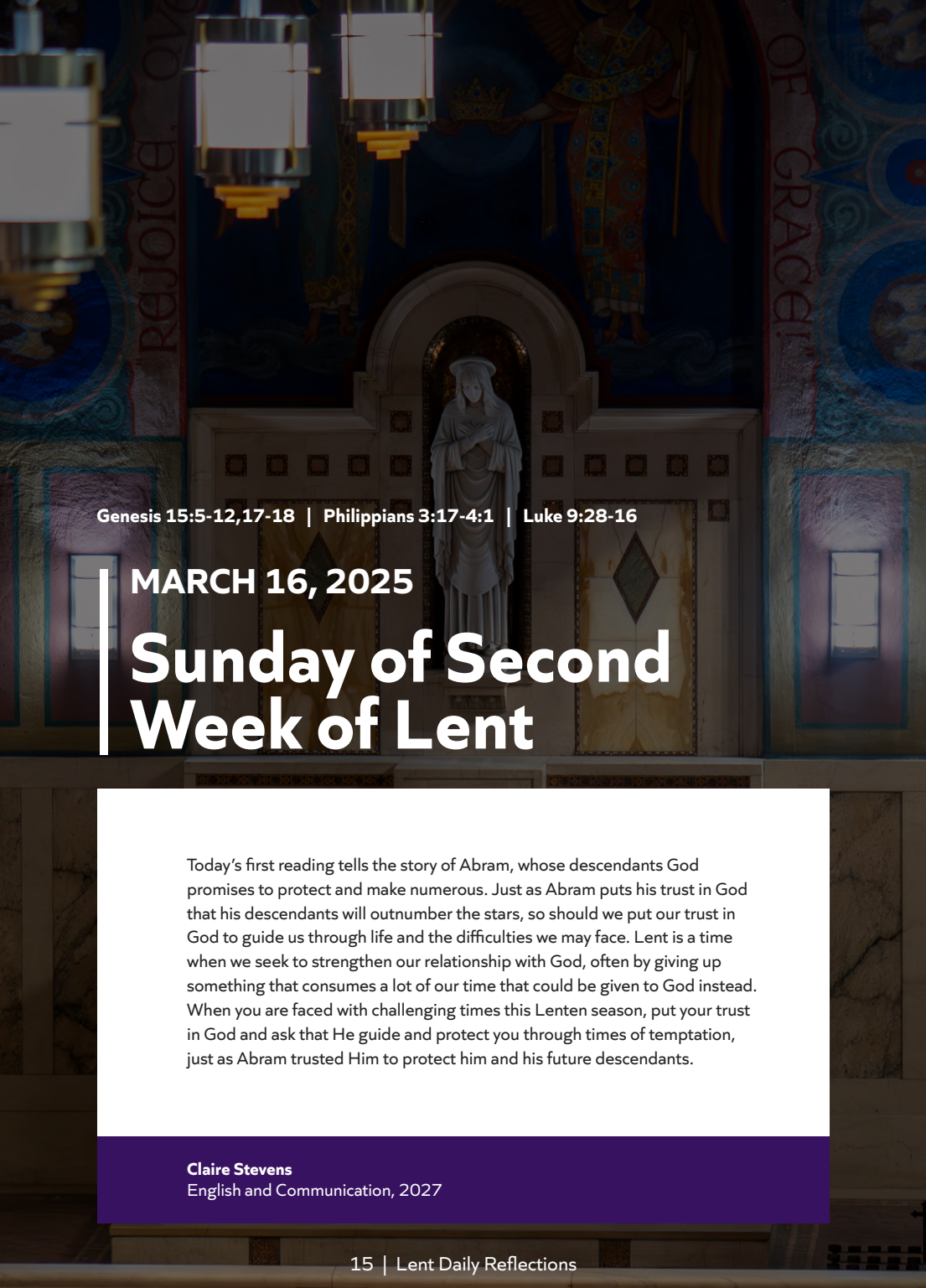
As God's chosen people, we have the responsibility to excel, striving to be perfect, fulfilled and complete. You are challenged by simply loving those who love you back, actively showing love and grace to your enemies, and praying for those who mistreat you, even when it is difficult.

This radical act of grace shows the understanding of Christian love and is the key component for attaining salvation. This positive meaningful change extends beyond personal comfort and into a life of service and forgiveness.

God's love is unconditional and universal. There is no room for hatred in God's kingdom. If someone has hurt you in the past, consider letting go of resentment and actively choosing to forgive them.

Betsy M. Hunt

Administrative Assistant, Disabilities Services Office



Genesis 15:5-12,17-18 | Philipians 3:17-4:1 | Luke 9:28-16

MARCH 16, 2025

Sunday of Second Week of Lent

Today's first reading tells the story of Abram, whose descendants God promises to protect and make numerous. Just as Abram puts his trust in God that his descendants will outnumber the stars, so should we put our trust in God to guide us through life and the difficulties we may face. Lent is a time when we seek to strengthen our relationship with God, often by giving up something that consumes a lot of our time that could be given to God instead. When you are faced with challenging times this Lenten season, put your trust in God and ask that He guide and protect you through times of temptation, just as Abram trusted Him to protect him and his future descendants.

Claire Stevens

English and Communication, 2027

Daniel 9:4-10 | Luke 6:36-38

MARCH 17, 2025

Monday of the Second Week of Lent

Feast of Saint Patrick

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

The Breastplate of St. Patrick

Isaiah 1:10,16-20 | Matthew 23:1-12

MARCH 18, 2025

Tuesday of the Second Week of Lent

In the reading from Isaiah, we are urged:


“Come now, let us set things right,
says the LORD:
Though your sins be like scarlet,
they may become white as snow;
Though they be crimson red,
they may become white as wool.”

God is ready to forgive all my sins, all my mean-spirited, offensive acts of yesterday. But equally comforting to me is to know that God will forget them as well. What confidence and joy I feel that truly, “today is the first day of rest of my life.”

But what about the hurts, grievances I still harbor in my relationships with friends and family? I believe I have forgiven them, but have I forgotten what they did to me? Does the memory make me more cautious, less open in those relationships?

During this season of Lent, I ask God for the grace to be forgetful as God is forgetful.

Mary M. Fanning, RSM
Board of Trustees



Samuel 7:4-5a,12-14,16 | Romans 4:13,16-18,22 | Matthew 1:16,18-21,24a

MARCH 19, 2025

Wednesday of the Second Week of Lent Feast of St. Joseph

The Carpenter's Song
With chisel and wood, he carved a life,
Amidst divine mystery, turmoil, and strife.
- Author unknown

On this feast of St. Joseph, you are invited to take a moment to reflect on how your own life is being carved "amidst divine mystery, turmoil and strife," and also amid blessings and opportunities.

Jeremiah 17:5-10 | Luke 16:19-31


MARCH 20, 2025

Thursday of the Second Week of Lent

The verses from Jeremiah 17:5-10 really struck a chord with me about my past when I was being bullied and was struggling with my faith. The thing that got me out of my pit of sadness was my faith in God because I knew that no matter what I did, how I looked, he would always love me. This was better than the recognition I was trying to get from people which I could never truly have.

Edward Ulrich, Grade 8
Campus Laboratory School





Genesis 37:3-4,12-13a,17b-28a | Matthew 21:33-34,45-46

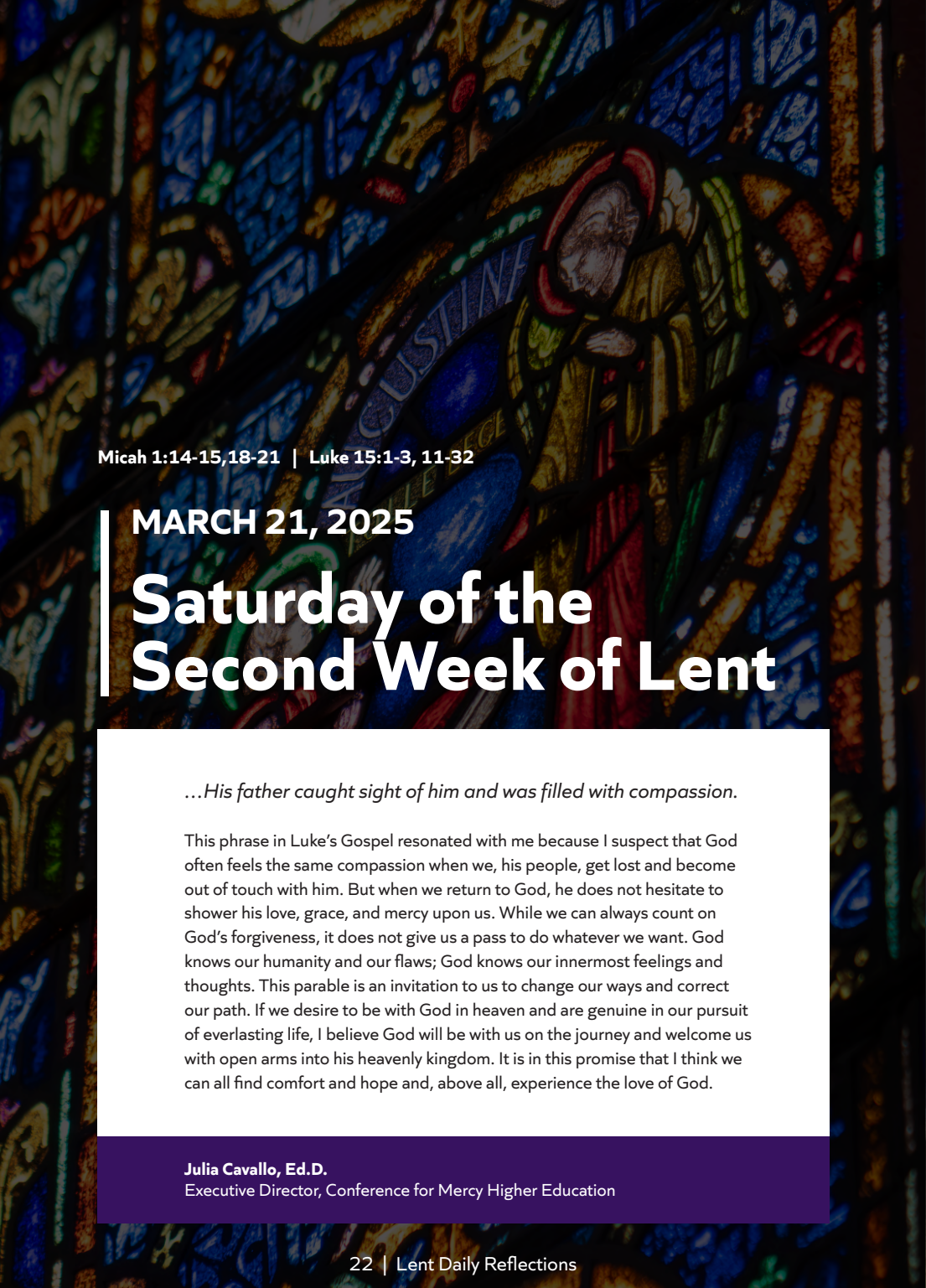
MARCH 21, 2025

Friday of the Second Week of Lent

“The Kingdom of God will be taken away from you and given to a people that will produce its fruit.” While there are dishonorable acts in this world, being sinful or turning against the Lord, there is still hope to change. Joseph’s brothers intended to kill him out of jealousy, but Reuben sought to alter the brothers’ plans and save him instead. Even though Joseph was sold as a slave, he was saved from death, showing that the Good Lord has a plan for every one of his children.

The landowner of the vineyard had faith in his tenants that they would be respectful towards his servants. As his first and second group of servants were killed, his son wasn’t treated any better. There is fear implanted that the Kingdom of God will be taken away from the tenants. Regardless, there is still hope to repent and ask for forgiveness from the Lord.

Sophie Styczen
Cardiovascular Perfusion, 2028



Micah 1:14-15, 18-21 | Luke 15:1-3, 11-32

MARCH 21, 2025

Saturday of the Second Week of Lent

...His father caught sight of him and was filled with compassion.

This phrase in Luke's Gospel resonated with me because I suspect that God often feels the same compassion when we, his people, get lost and become out of touch with him. But when we return to God, he does not hesitate to shower his love, grace, and mercy upon us. While we can always count on God's forgiveness, it does not give us a pass to do whatever we want. God knows our humanity and our flaws; God knows our innermost feelings and thoughts. This parable is an invitation to us to change our ways and correct our path. If we desire to be with God in heaven and are genuine in our pursuit of everlasting life, I believe God will be with us on the journey and welcome us with open arms into his heavenly kingdom. It is in this promise that I think we can all find comfort and hope and, above all, experience the love of God.

Julia Cavallo, Ed.D.

Executive Director, Conference for Mercy Higher Education


Exodus 17:3-7 | Romans 5:1-2,5-8 | John 4:5-42

MARCH 23, 2025

Third Sunday of Lent

These readings tell us of signs and parables through which God communicated with people in Biblical times. We can imagine Moses, startled and perplexed at the sight of the unconsumed burning bush, hearing God's voice. We can feel the fig tree owner's hope that his tree will eventually bear good fruit as he asks God "to wait one more year." We might even experience a little envy at how easily our forbearers seemed to communicate directly with God. We fail to recognize that God communicates directly with us as well. It sometimes comes as a moment of awe—perhaps in the birth of a child, an unexpected encounter with another person, a phenomenon of nature, or seeing something of exquisite beauty. There are ever so many everyday things which can spark an awareness that profoundly moves us. The Lenten journey invites us to realize that, like Moses, we too stand on Holy Ground. We need only to open our hearts to hear God's voice.

Sr. Patricia McCann, RSM '58



2 Kings 5:1-15b | Luke 4:24-30

MARCH 24, 2025

Monday of the Third Week of Lent

In this reading, a man is asked to trust in the word of a prophet to cure his illness. Naaman, an army commander sick with leprosy, was told, “Go and wash seven times in the Jordan, and your flesh will heal, and you will be clean.” He was angry, thinking that someone would wave their hand and cure him. The question was asked, “If the prophet had told you to do something extraordinary, would you not have done it?”

The path to God may not always make sense, but rest assured, if you follow faithfully with your heart, good will come to those who trust in him. No, Catholicism is not a magic trick, which makes it difficult for some to believe. The most important tool you have to discern what is just, is your heart.

Ava Matz
Nursing, Class of 2027

Isaiah 7:10-14; 8:10 | Hebrews 10:4-10 | Luke 1:26-38

MARCH 25, 2025

Solemnity of the Annunciation of the Lord

No wind at the window, no knock on the door;

No light from the lampstand, no foot on the floor;

No dream born of tiredness, no ghost raised by fear;

Just an angel and a woman and a voice in her ear.

"O, Mary, O, Mary, don't hide from my face.

Be glad that you're favored and filled with God's grace.

The time for redeeming the world has begun

And you are requested to Mother God's son."

"This child must be born that the kingdom might come:

Salvation for many, destruction for some;

Both end and beginning, both message and sign;

Both victor and victim, both yours and divine.

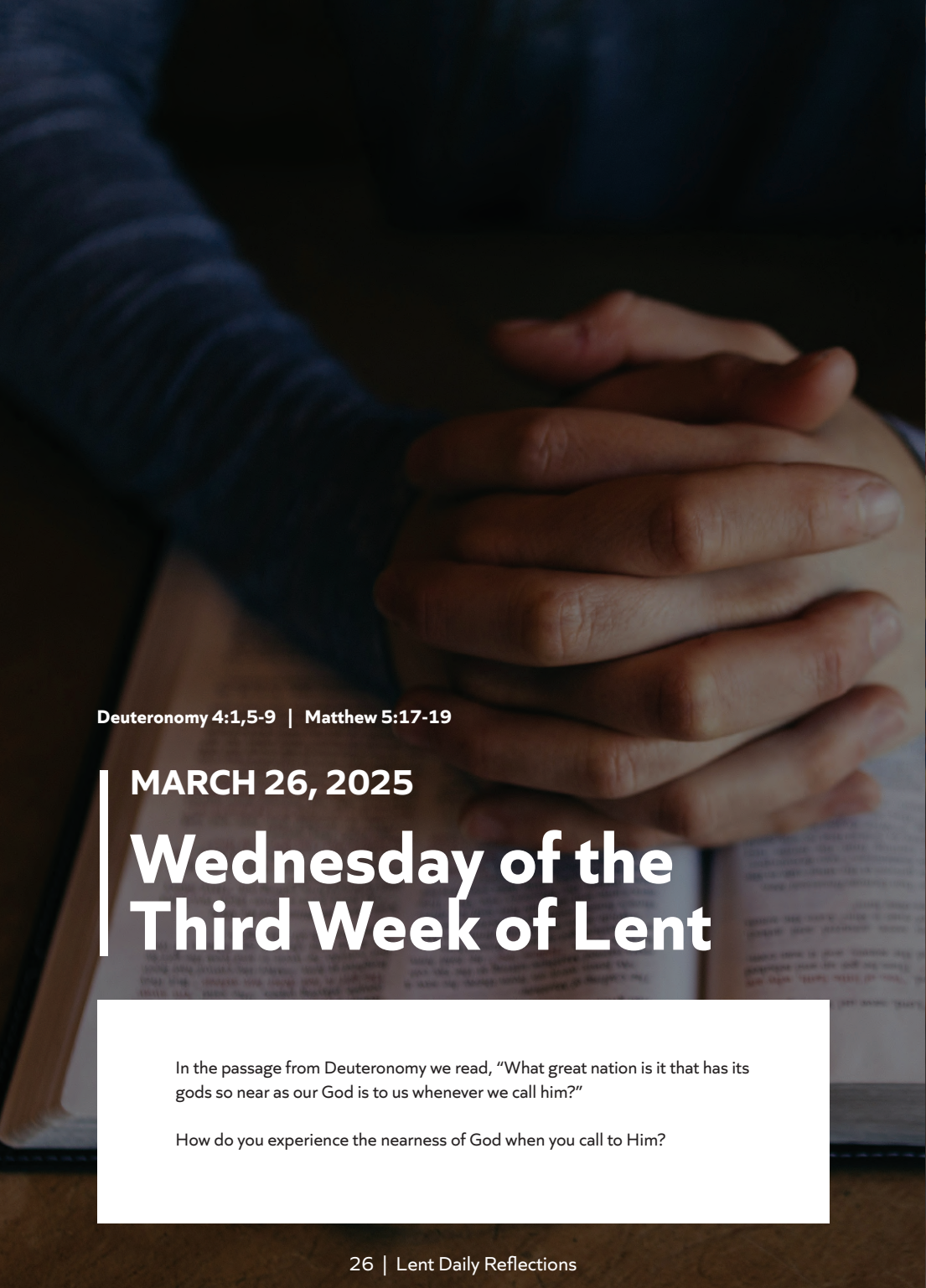
No payment was promised, no promises made;

No wedding was dated, no blueprint displayed.

Yet Mary, consenting to what none could guess,

Replied with conviction, "Tell God I say yes."

John L. Bell, The Iona Community

A close-up photograph of a person's hands clasped together in a prayerful gesture, resting on an open Bible. The person is wearing a dark blue long-sleeved shirt. The Bible is open, showing text in both English and Spanish. The lighting is soft and focused on the hands and the text of the Bible.


Deuteronomy 4:1,5-9 | Matthew 5:17-19

MARCH 26, 2025

Wednesday of the Third Week of Lent

In the passage from Deuteronomy we read, “What great nation is it that has its gods so near as our God is to us whenever we call him?”

How do you experience the nearness of God when you call to Him?



Jeremiah 7:23-28 | Luke 11:14-23

MARCH 27, 2025

Thursday of the Third Week of Lent

From today's Gospel reading

"Those who are not with me are against me; and those who do not gather with me scatter."

What practical action can you take today that will strengthen the unity of our campus community?

MARCH 28, 2025

Friday of the Third Week of Lent

In the first paragraph of the reading from Hosea we are asked to listen to God's voice. "How?" you might ask. God can speak to us in a variety of ways – through nature, through prayer, through relationships. But we must be attentive, and we need to open our mind and heart to hear God's voice.

The other thing that Jeremiah says is that you need to walk in God's path. Once you are attentive to how God speaks to you then you are ready for the journey. God's way is not the same for everyone. You'll know in our gut if you are on the right path. And a sure sign is that your heart will be at peace. If you walk, and if you listen, you will be in the right relationship with God.

Beth Dempsey, RSM

We are gifted with a second reflection today...

The first reading explores the idea of an all-forgiving God and walking in His path. What stands out the most is the last three verses. What makes the verses so significant to me is how comforting it is. Hearing that the just walk directly connects with the Lord's path offers a great sense of reassurance. All want to walk the path, therefore being able to follow the example of Christ is the end goal. In addition, I think there is also a sense of foreboding in the last verse. As humans we all stumble and sin but hearing how it affects our relationship with Christ gives me a deep sense of compunction. Nevertheless, this reading provides comfort and remorse because it explains both the righteous and unrighteous path. During this Lenten season may we always remember that Christ is always with us, and we should strive to stay on the same path.

Kailyn Bond, Nursing, 2028



Hosea 6:1-6 | Luke 18:9-14

MARCH 29, 2025

Saturday of the Third Week of Lent

In today's passage from Hosea we find:

"Let us set ourselves to know God;

That he will come is as certain as the dawn."

Write a short prayer of gratitude for the certainty we experience of God's love.
What can you do to know God better?

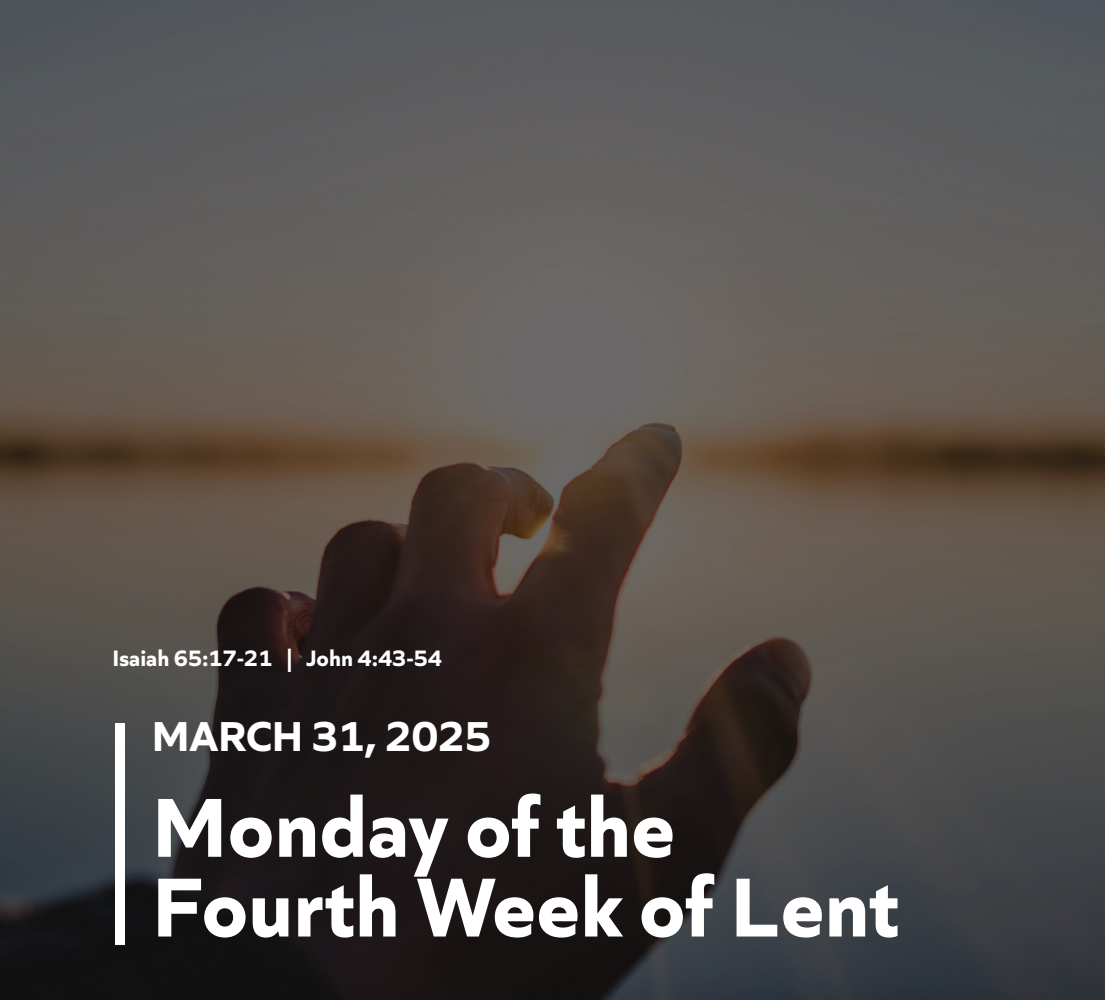
1 Samuel 16:1b, 6-7, 10-13 | Ephesians 5:8-14 | John 9:1-41

MARCH 30, 2025

Sunday of the Fourth Week of Lent

It is in the light of Christ that humankind can see what is truly just and right. When we move away from darkness and ignore our outward appearance, we can then seek to understand the world within and around us. As Sister Catherine McAuley reminds us, “we should be as shining lamps, giving light to all around us.” Because God is light, we too should be light. Because God healed the blind so that they can see; we too should share God’s word, even during times when it seems no one is listening to us. We should seek to find those lost in darkness and shine our lamps, so that they too may see the light that shines brighter with each step we take together towards a more just and merciful world.

Amy (Johnston) Allen, Esq. B.A. 2000, MBA 2020
Adjunct Instructor, Criminal Law



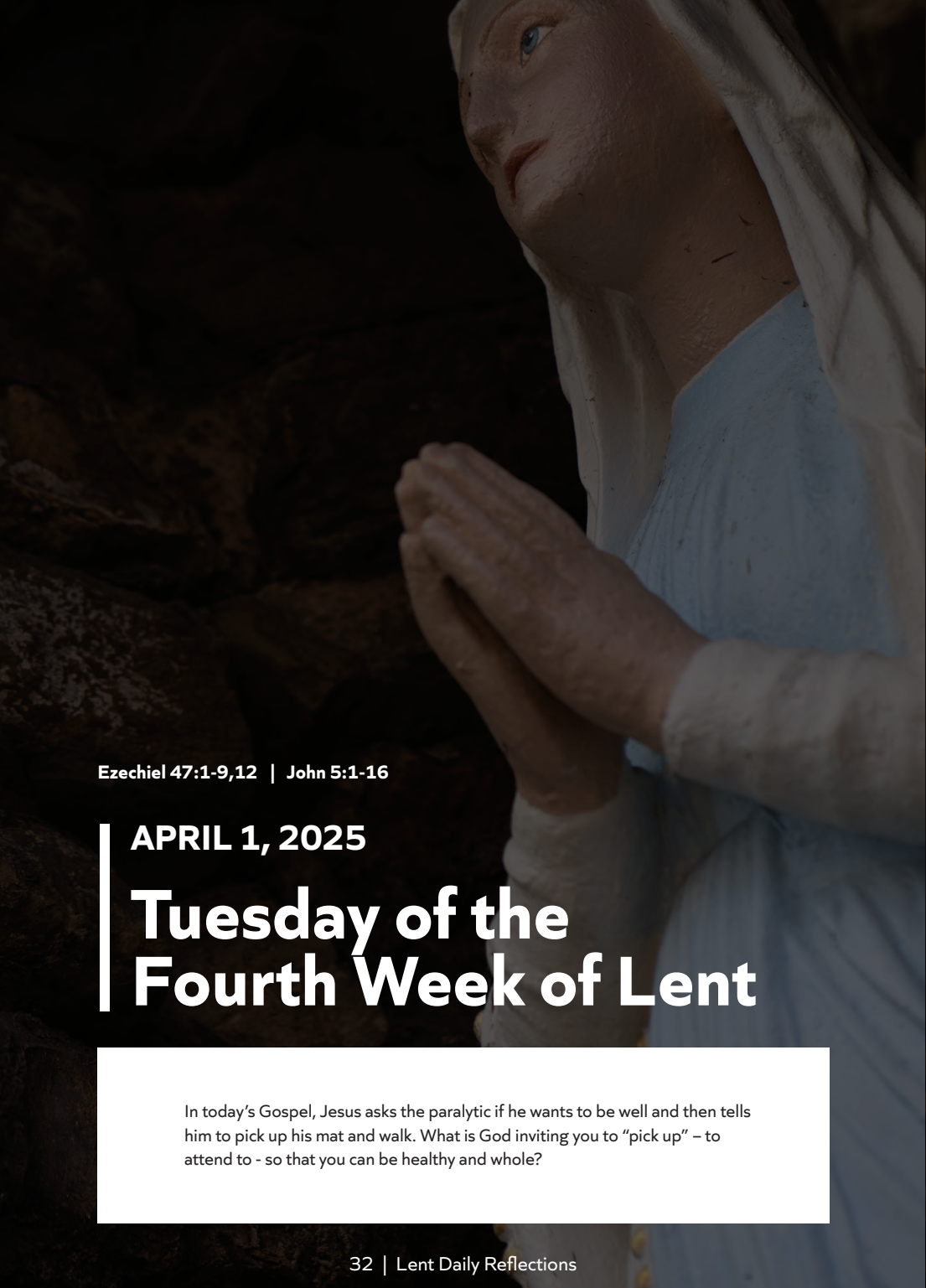
Isaiah 65:17-21 | John 4:43-54

MARCH 31, 2025

Monday of the Fourth Week of Lent

In today's readings, we see God's promise of a fresh start and healing. In the first reading, Isaiah talks about a new world where there is no more sadness or death, and everyone will live in peace and joy. This is a beautiful promise that gives us hope for the future. In the Gospel, Jesus heals a royal official's son. The man trusts Jesus even though he doesn't see the miracle right away. This shows us that we should believe in God's power, even when we cannot always see how He is working. Both readings remind us that God is always at work, bringing healing and hope, and we should trust in Him, even when things are tough. It is a reminder that something better is coming, just like God promised in Isaiah.

Tessa McMichael
Nursing 2026

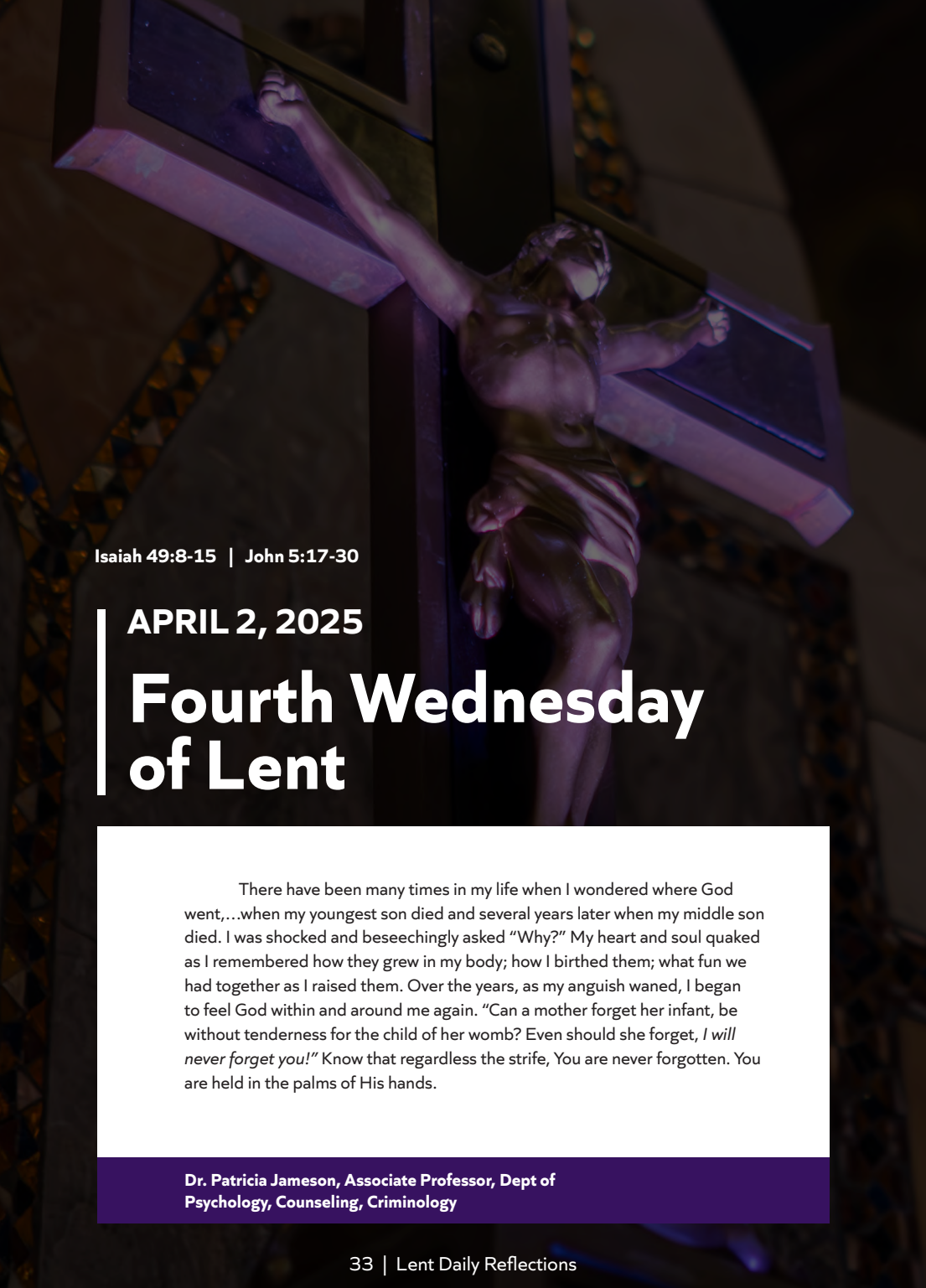


Ezekiel 47:1-9,12 | John 5:1-16

APRIL 1, 2025

Tuesday of the Fourth Week of Lent

In today's Gospel, Jesus asks the paralytic if he wants to be well and then tells him to pick up his mat and walk. What is God inviting you to "pick up" – to attend to – so that you can be healthy and whole?



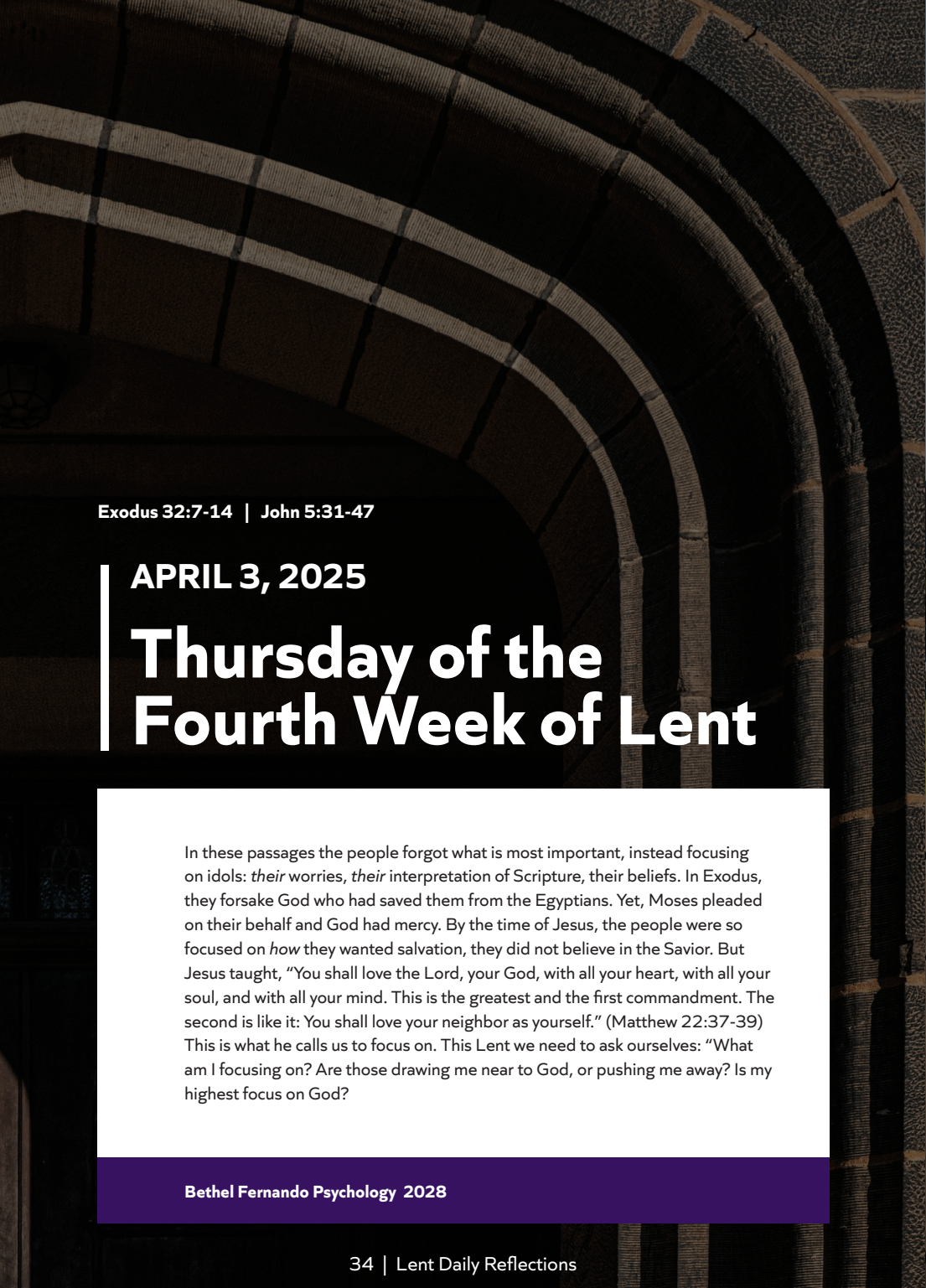
Isaiah 49:8-15 | John 5:17-30

APRIL 2, 2025

Fourth Wednesday of Lent

There have been many times in my life when I wondered where God went,...when my youngest son died and several years later when my middle son died. I was shocked and beseechingly asked “Why?” My heart and soul quaked as I remembered how they grew in my body; how I birthed them; what fun we had together as I raised them. Over the years, as my anguish waned, I began to feel God within and around me again. “Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, *I will never forget you!*” Know that regardless the strife, You are never forgotten. You are held in the palms of His hands.

**Dr. Patricia Jameson, Associate Professor, Dept of
Psychology, Counseling, Criminology**



Exodus 32:7-14 | John 5:31-47

APRIL 3, 2025

Thursday of the Fourth Week of Lent

In these passages the people forgot what is most important, instead focusing on idols: *their* worries, *their* interpretation of Scripture, their beliefs. In Exodus, they forsake God who had saved them from the Egyptians. Yet, Moses pleaded on their behalf and God had mercy. By the time of Jesus, the people were so focused on *how* they wanted salvation, they did not believe in the Savior. But Jesus taught, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself." (Matthew 22:37-39) This is what he calls us to focus on. This Lent we need to ask ourselves: "What am I focusing on? Are those drawing me near to God, or pushing me away? Is my highest focus on God?"

Bethel Fernando Psychology 2028

A large, leafy tree stands in the foreground, its trunk and branches partially obscuring a building in the background. The building has a red brick facade and multiple windows. The scene is set outdoors, likely on a campus or park, with a clear blue sky. The overall tone is peaceful and contemplative.

Wisdom 2:1a,12-22 | John 7:1-2, 10, 25-30

APRIL 4, 2025

Friday of the Fourth Week of Lent

In two weeks, we will commemorate the death of Jesus. In John, Jesus was being targeted by those in power. Was He the long awaited messiah or a rebel whose words and action risked overturning delicate balances in personal lives and structures? In spite of danger, Jesus goes to Jerusalem and speaks the truth He had come to through prayer and reflection. He went to the cross in integrity of word and deed.

The passage from Wisdom names some very human motives for why persons “are not thinking rightly” in Jesus’s day and in our own can dismiss and even harm others. I/We can find a person annoying because they do not agree with us; or how they point how I/We are not being honest or living up to the values we profess; or “because her/his life is not like that of others.”

Do I/We take the time to hear the Word being spoken within, pray and act with integrity?

Linda Werthman RSM
Board of Trustees

APRIL 5, 2025

Saturday of the Fourth Week of Lent

Today's readings both talk about enemies, of us and of Jesus. In the first reading, enemies are subtly planning Jeremiah's downfall, but when he puts his full trust in the Lord, he is able to see these enemies find their just reward. In the Gospel, the enemies are after Jesus, the way they always are. They question once again how He can possibly be the Messiah. They judge Him based solely on where He is from. We often judge others by superficial information, and do not take the chance to know and understand them, just as the Pharisees do here. The Lord calls us to put all of our worries about enemies and our judgements of others into His hand, trusting that He will guide us through and bring us home to Him. He will bring justice, even if it comes a little differently than we think.

Grace Fritsch

Creative Writing and English, Theater Minor; 2026


We are gifted with two reflections today...

God is always guiding our spirits to the Divine during our walk on Earth. Yet today, we find ourselves much like the lost children of Israel, searching for a new prophet, searching for our Messiah. If Jeremiah were alive today, would his words be much different? Are we not today consumed by the idols of consumerism, hate of "the other," and the hunger of war? And if God sent us a new prophet today, would we have the wisdom to recognize His voice?

In a world that is too quick to judge and too short on love; in a world that skims the Scripture but fails to discern its meaning, let us use these Lenten days to be reminded of the words of Catherine McAuley, for our works should be guided through "Mercy, the principal path pointed out by Jesus Christ to those who are desirous of following Him..."

Marisol Valentin, Executive Director

McAuley Ministries Foundation




Isaiah 43:16-21 | Philippians 3:8-14 | John 8:1-11

APRIL 6, 2025

Sunday of the Fifth Week of Lent

The Apostle Paul had what some would consider an anomalous history of commitment and devotion. He was one so committed to his faith that he willingly participated in, if not instigated, chaos in the lives of those considered deviants of his Judaic beliefs. But Paul went from participant to recipient. From his own encounter with the resurrected Christ, his commitment shifted in such that he became a willing recipient of suffering, as indicated in Philippians. Not only was he willing to suffer, mentally, physically, and spiritually, but also sacrificed any past gains, all for Jesus Christ. What would it profit us to gain this whole world and lose our souls? By God's mercy, Jesus entered our world, gave up what was His, to be like us; He suffered and sacrificed Himself for us. In this season, we should ask ourselves what it is we are willing to sacrifice, as well as with and for whom? Mercy suggests we share in the suffering of others also.

Rev. Dr. John C. Welch
Director, Atkins Center for Ethics



Daniel 13:41c-62 | John 8:1 -11

APRIL 7, 2025

Monday of the Fifth Week of Lent

Today's first reading from the Book of Daniel reads like a modern-day news broadcast. Susanna, the beautiful, God-fearing, young wife of Joakim, is simply enjoying the family garden when two old guys, judges and friends of her husband, look at her with lust and wait for the opportunity to give in to their desires. She is smart enough to scream, fending off the attack and the fellows are wicked enough to blame it on someone else. Daniel saves the day when he questions each man separately about the details of that day.

Let us pray today for women who have been abused, asking God to send them what they need to re-create a life of peace and true love. Let us pray today for men who are abusers. May they understand the harm they do, ask for God's forgiveness, and learn the true meaning of love.

Susan Welsh '70
Board of Trustees



Numbers 21:4-9 | John 8:21-30

APRIL 8, 2025

Tuesday of the Fifth Week of Lent

In John 8:21-30, Jesus is speaking to the Pharisees. He tells them that where He is going, they cannot come, referring to His eventual return to God. They wonder if Jesus is planning to kill Himself. Jesus explains that they are from below, while He is from above, indicating the spiritual divide between them. He is speaking of a divine kingdom that they cannot comprehend. Like the Pharisees, we often struggle to grasp the deeper truths of the Gospel, especially when they challenge our worldview. We must seek to understand Jesus' words not just intellectually, but spiritually, through prayer and a willingness to be open to the Holy Spirit. We must believe in Jesus even when His teachings are challenging and believe in Him fully. Faith is not just intellectual assent, but a relationship with the Son of God who reveals the Father's love.

Avery Hawranko
Biology/Cardiovascular Perfusion, 2028



Daniel 3:14-20, 91-92,95 | John 8:31-42

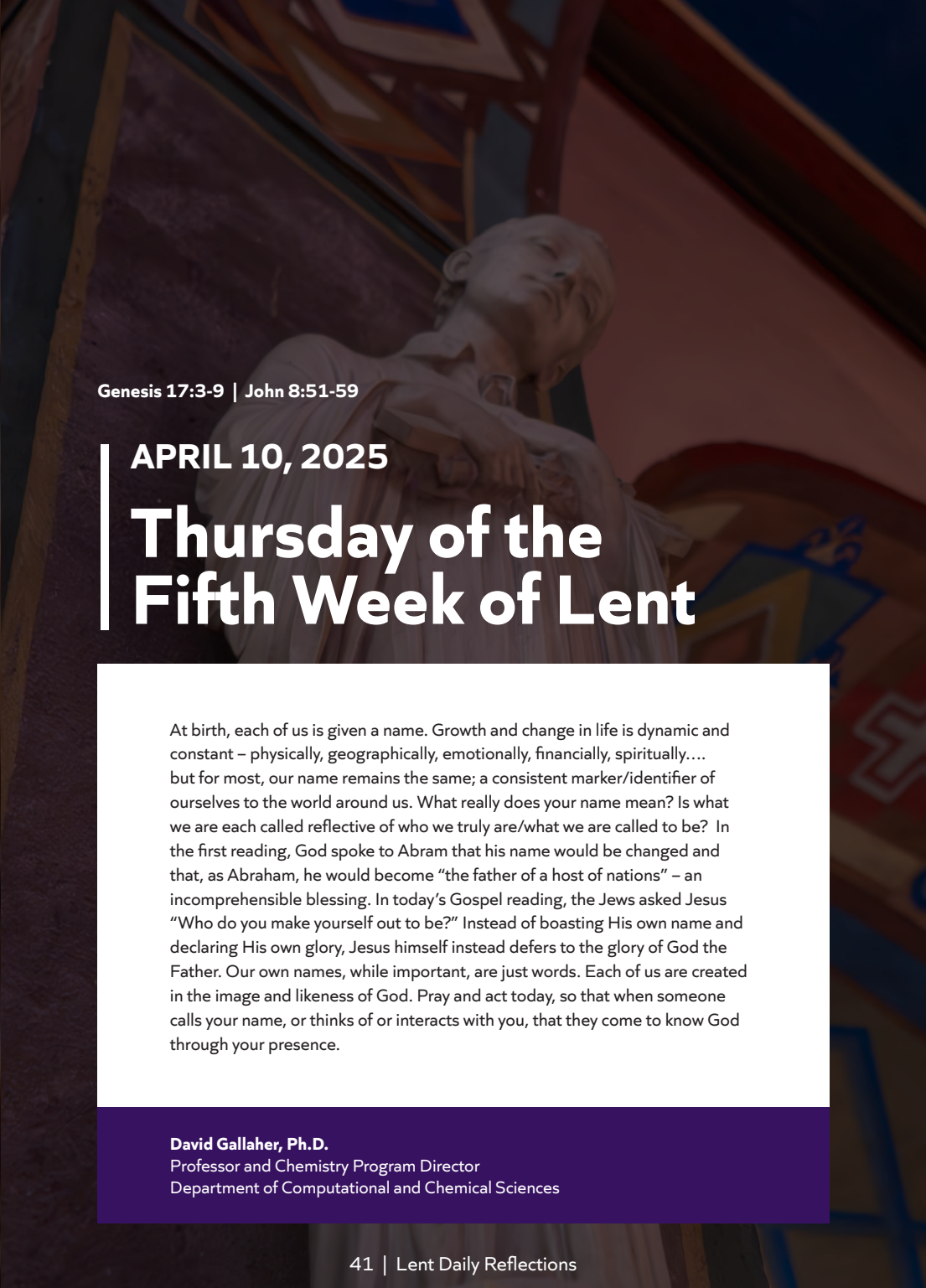
APRIL 9, 2025

Wednesday of the Fifth Week of Lent

When the Commons was being renovated, there was conversation about incorporating an art feature into the design. One idea was to sprinkle the building with words from our mission and values. They would be transparent decals that you would only see if the light struck them in a particular way. You might be walking through the library and suddenly the word “Hospitality” appears. Or you might be picking up your mail and, just as you turned from the boxes see the word “Ethical” dance before you. I’ve always been sorry that we did not do it, did not give ourselves the opportunity to live surrounded by our most meaningful words.

Jesus tells us, “If you make my word your home, you will indeed be my disciple.” We are invited to become so familiar with God’s word that we feel at home within its cadences, relaxed and cherished and, at the same time, challenged to respond to its deepest meaning. In the time that is left of this Lent, perhaps you can find a word, a verse where you can live, where you can find both challenge and comfort, where you can be most yourself.

Sheila Carney, RSM
Special Assistant to the President for Mercy Heritage



Genesis 17:3-9 | John 8:51-59

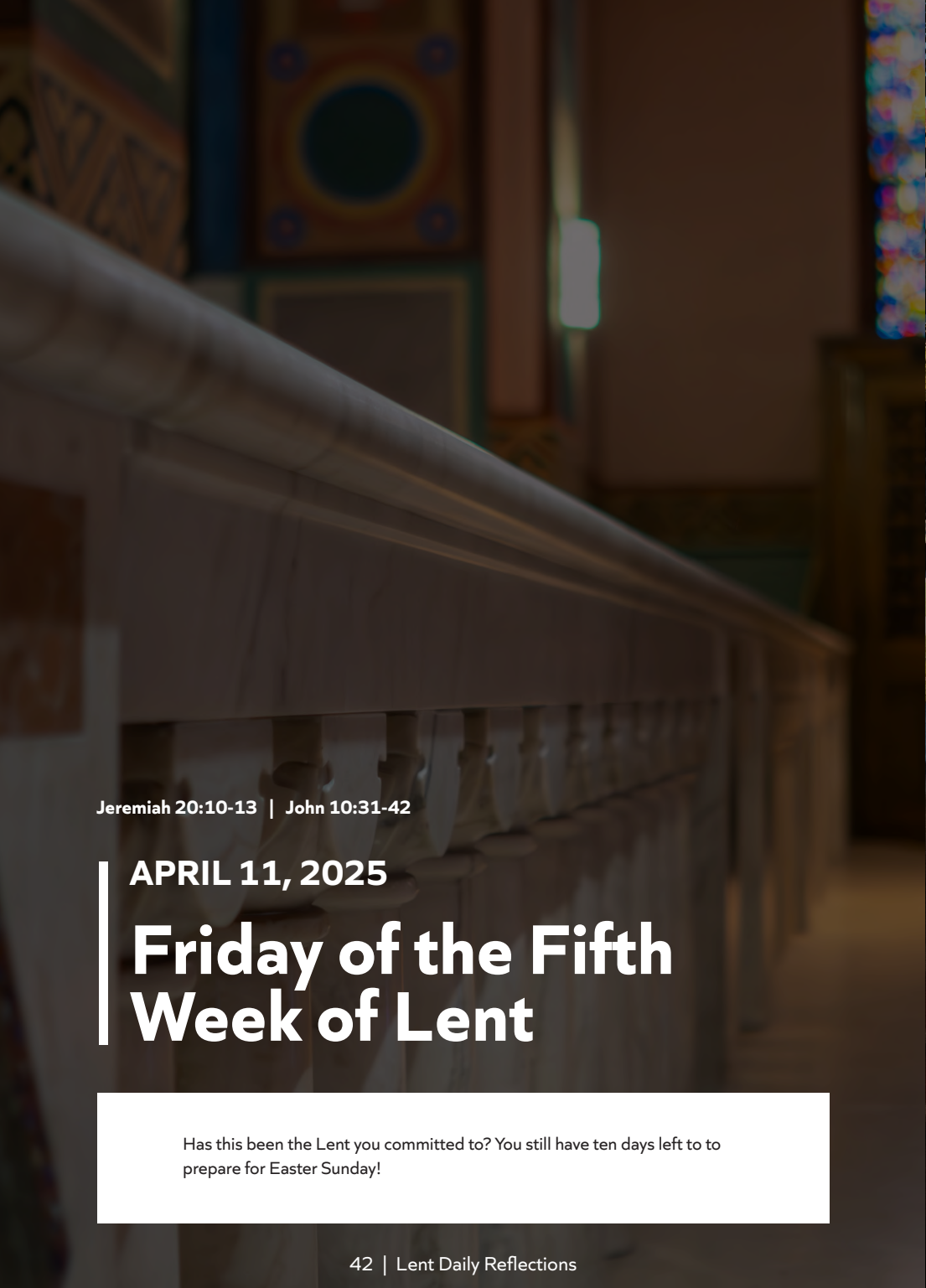
APRIL 10, 2025

Thursday of the Fifth Week of Lent

At birth, each of us is given a name. Growth and change in life is dynamic and constant – physically, geographically, emotionally, financially, spiritually.... but for most, our name remains the same; a consistent marker/identifier of ourselves to the world around us. What really does your name mean? Is what we are each called reflective of who we truly are/what we are called to be? In the first reading, God spoke to Abram that his name would be changed and that, as Abraham, he would become “the father of a host of nations” – an incomprehensible blessing. In today’s Gospel reading, the Jews asked Jesus “Who do you make yourself out to be?” Instead of boasting His own name and declaring His own glory, Jesus himself instead defers to the glory of God the Father. Our own names, while important, are just words. Each of us are created in the image and likeness of God. Pray and act today, so that when someone calls your name, or thinks of or interacts with you, that they come to know God through your presence.

David Gallaher, Ph.D.

Professor and Chemistry Program Director
Department of Computational and Chemical Sciences




Jeremiah 20:10-13 | John 10:31-42

APRIL 11, 2025

Friday of the Fifth Week of Lent

Has this been the Lent you committed to? You still have ten days left to to prepare for Easter Sunday!




Ezechiel 37:21-28 | John 11:45-56

APRIL 12, 2025

Saturday of the Fifth Week of Lent

Jesus Christ is our savior and master. Everything in our lives has been given to us by God as a gift, and we should receive these gifts gratefully. We should live our lives with joy, and we should spread this joy to others, knowing that through Jesus we are all given peace and the opportunity for everlasting life.

Gavin Moyer
Health Sciences Class of 2027



Luke 19:28-40 | Isaiah 50:4-7 | Philippians 2:6-11 | Luke 22:14-23, 56

APRIL 13, 2025

Palm Sunday of the Lord's Passion

This selection portrays a powerful message about enduring hardship through an unwavering faith. Specifically, it invites us to think about the inner strength that it takes to follow God's path that is intended for us, while reminding us to use our tongue, which God has equipped us with to speak words of hope and encouragement. For instance, the opening line, "The Lord has given me a well-trained tongue, that I may speak to the weary a word that will rouse them," is not about eloquence but rather the wisdom and passion needed to speak to the lives of those who are worn out, discouraged, and oppressed. When the world seems to be against us, it is faith that guides us through the storm.

Anna Kackel
Campus Laboratory School



Isaiah 42:1-7 | John 12:1-11

APRIL 14, 2025

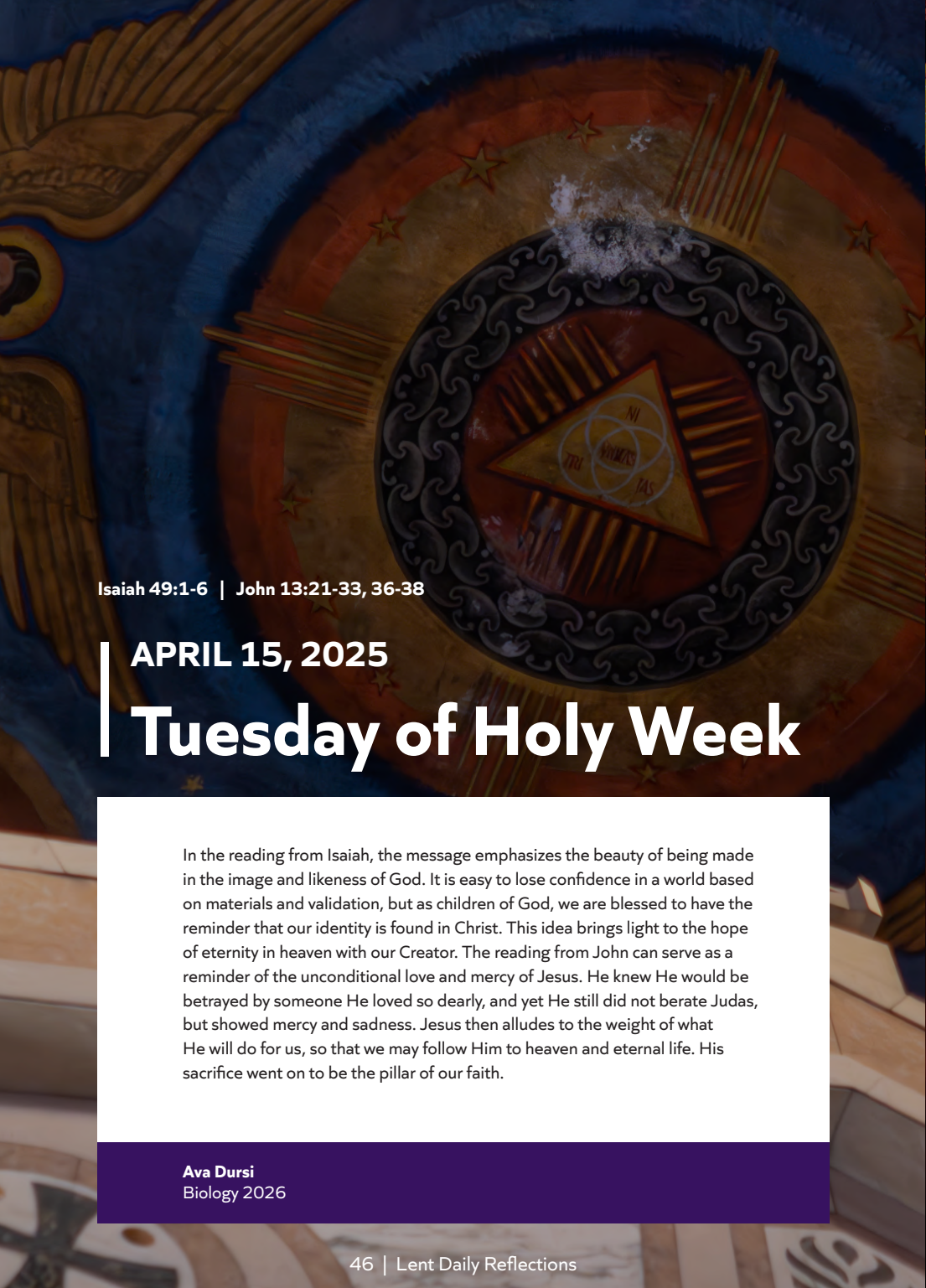
Monday of Holy Week

In 1958, the writer Isak Dinesen wrote a story called “Babette’s Feast.” Babette is a French refugee who lands in a very strict Danish community where she finds the people and their ways of living to be inscrutable.

When Babette wins 10,000 francs in the lottery, she chooses to spend the entire amount preparing a feast for her community. As we watch the participants enjoy new foods and flavors, we also see their faces melting and opening up to each other. They are moved by the feast, but also by Babette’s self-sacrificing gesture.

I was reminded of this story when I read the Gospel for today. Mary’s lavish gesture in anointing the feet of Jesus is similar in its teaching. Once in a while, it’s good to be extravagant in showing our love for someone in our family or friend circle or even a stranger. Wisdom is knowing the right moment, even if it’s Lent.

Cynthia Serjak, RSM



Isaiah 49:1-6 | John 13:21-33, 36-38

APRIL 15, 2025

Tuesday of Holy Week

In the reading from Isaiah, the message emphasizes the beauty of being made in the image and likeness of God. It is easy to lose confidence in a world based on materials and validation, but as children of God, we are blessed to have the reminder that our identity is found in Christ. This idea brings light to the hope of eternity in heaven with our Creator. The reading from John can serve as a reminder of the unconditional love and mercy of Jesus. He knew He would be betrayed by someone He loved so dearly, and yet He still did not berate Judas, but showed mercy and sadness. Jesus then alludes to the weight of what He will do for us, so that we may follow Him to heaven and eternal life. His sacrifice went on to be the pillar of our faith.

Ava Dursi
Biology 2026

Isaiah 50:4-9a | Matthew 26:14-25

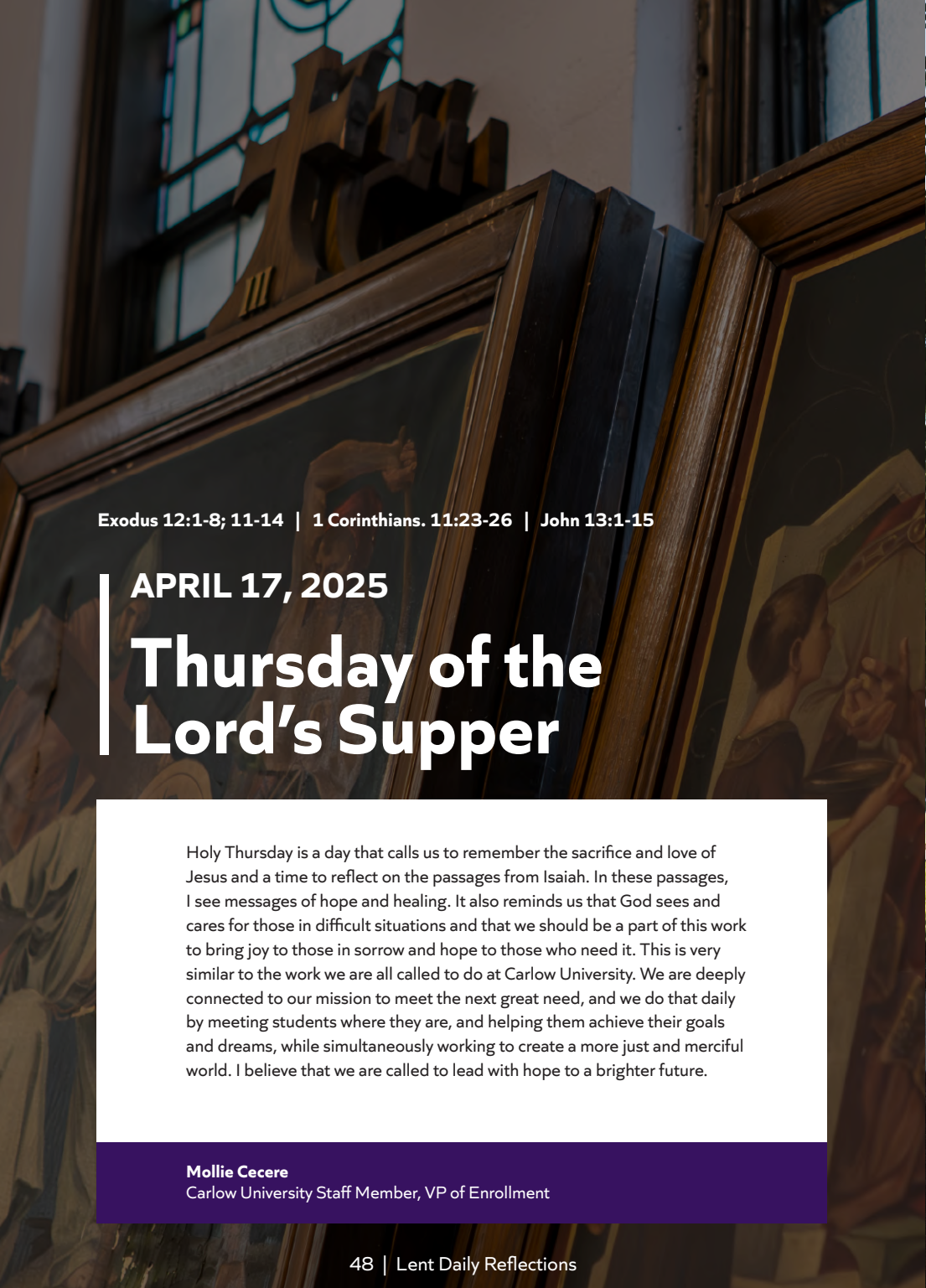
APRIL 16, 2025

Wednesday of Holy Week

From today's first reading:

"God has given me
A disciples tongue.
So that I may know how to reply to the wearied
God provides me with speech.
Every morning he wakes me to hear,
To listen like a disciple."

During this season of Lent what have you heard? What have you discovered?



Exodus 12:1-8; 11-14 | 1 Corinthians. 11:23-26 | John 13:1-15

APRIL 17, 2025

Thursday of the Lord's Supper

Holy Thursday is a day that calls us to remember the sacrifice and love of Jesus and a time to reflect on the passages from Isaiah. In these passages, I see messages of hope and healing. It also reminds us that God sees and cares for those in difficult situations and that we should be a part of this work to bring joy to those in sorrow and hope to those who need it. This is very similar to the work we are all called to do at Carlow University. We are deeply connected to our mission to meet the next great need, and we do that daily by meeting students where they are, and helping them achieve their goals and dreams, while simultaneously working to create a more just and merciful world. I believe that we are called to lead with hope to a brighter future.

Mollie Cecere

Carlow University Staff Member, VP of Enrollment


Isaiah 52:13 – 53:12 | Hebrews 4:14-16. 5:7-9 | John 18:1 - 19:42

APRIL 18, 2025

Friday of the Lord's Passion

Throughout my time as a college student, I have seen firsthand how easily one can be naively lead astray and I have even fallen guilty of it myself. These verses in Hebrews remind me that Jesus has the role as our high priest, or our representative before God. Jesus bridges the gap between humanity and the divine, interceding on our behalf while being both fully God and fully man. Jesus understands the temptations and struggles we face every day because he too was tempted in every way yet lived without sin. Through this reading, Jesus is not some far off distant being, but is someone who can deeply empathizes with our struggles. Verses 5:7-9 deeply convey the emotional and spiritual depth of Jesus' life on earth through his prayers of petition and cries before God. These verses directly portray Jesus's inlessness and oldness before God, and Jesus' suffering and obedience before the Father.

Katelyn Rae Stivers
Biology, 2026




Genesis 1:11 – 2:22 | Romans 6:3-11 | Luke 24:1-12

APRIL 19, 2025

Holy Saturday

On this holy in-between day that follows the Passion of Jesus Christ, we await the celebration of Easter Sunday. We are invited by the Lectionary readings to reflect on creation and the beauty of the Earth; on God's abundant love for us and all of creation; on death and life after death with and through Jesus; on mystery and prophesy fulfilled. In Luke, the women approaching with spices to tend to the body of Jesus, including Mary, His mother, are asked why they look for the living among the dead. Jesus had told His followers what was to come and that he would rise on the third day. Witnessing the agony of Jesus on the cross, grieving, did they doubt His words? How often do we doubt the promise of Easter? How often do we question or fail to feel the all-encompassing love of God for us?

Pamela C. Twiss, Ph.D., MSW
College of Arts and Sciences, Social Work



Acts 10:34a, 37-43 | Colossians 3:1-4 | John 10:1-9

APRIL 20, 2025

Easter Sunday

Happy Easter! What a blessing to be given another day, Easter Sunday no less! I found myself being drawn to the Gospel reading, line 3, “So Peter and the other disciple went out and came to the tomb.” While we understand this “other disciple” reference to be John, we, the faithful, are nonetheless offered an opportunity to consider ourselves to be “the other disciple.” I have always found myself reflecting during Lent on how I would have shown up were I there during these events. Which group would I have been born into, aligned with, or navigated to as I matured? Would I have emerged as a disciple? Would I have denied Jesus three times? As I invite you on this blessed Easter Day to reflect on our many blessings, now I pray that you are enveloped by the presence of the Holy Spirit and a deep peace in your soul.

Tim Phillips

Vice President of Student Affairs & Dean of Students

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Campus Ministry

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