

Lent 2026



During this season of Lent, the Marists invite our friends to explore Marist spirituality. It is a spirituality in a certain way of living the Gospel. The first Marists were inspired by a question: "What if we discovered the Gospel together, and lived it as Mary lived it?" What they found made a difference to their lives; and yet it was a simple way of life that anyone could live, no matter what their age or state.

*Let
Mary
be our
Guide
and
example
of
Courage
in Lent.*



| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|
| February 18 (Ash Wednesday) | February 19 | February 20 | February 21 |
| <p>Marists take Mary as their model in all that they do. They come gradually to think judge, feel and act in a new way - Mary's way.</p> | <p>Marists look to Mary as the first and best disciple of Jesus. As disciple, the focus of her attention was away from herself and always on Jesus.</p> | <p>As disciple, Mary heard and welcomed the Word, pondered it, searched its meaning for her life, and then acted on it.</p> | <p>The Gospels allow us to look at how Mary's presence provided comfort and support to the apostles. For catechists, Mary's presence is expressed by putting people before you. Supporting others by giving them the knowledge, strength and wisdom to help others build their relationship with God ... This will build a community of believers with "one mind and one heart."</p> |
| <p><i>Stabat Mater</i> <i>At the cross her station keeping,</i> <i>Stood the mournful Mother weeping,</i> <i>Near her Son until the end.</i></p> | <p><i>Stabat Mater</i> <i>Through her heart, his sorrow sharing,</i> <i>All his bitter anguish bearing,</i> <i>Now at length the sword has passed.</i></p> | <p><i>Stabat Mater</i> <i>O how sad and sore distressed</i> <i>Was that Mother, highly blest</i> <i>Of the sole-begotten One.</i></p> | <p><i>Stabat Mater</i> <i>Christ above in torment hangs,</i> <i>She beneath beholds the pangs,</i> <i>Of her dying glorious Son.</i></p> |

WHAT WONDEROUS LOVE IS THIS,
O MY SOUL, O MY SOUL!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|---|
| February 22 | February 23 | February 24 | February 25 | February 26 | February 27 | February 28 |
| <p>When Marists look to Mary they always see her as a person, an individual in relationship with God the Father, with her Son, Jesus, and with the Holy Spirit, as well as in relationship with the Church and with the contemporary world.</p> | <p>Marists are called for a deep, personal relationship with Mary, without, however, making her the central focus. Our emphasis is on living like Mary, adopting her faith, her point of view, her whole approach to life. In a most profound sense, this means to make Mary present to our world today.</p> | <p>Befriending and showing confidence in young people ... are important means by which we allow youth to know our mother Mary's compassion and concern as an expression of the Father's love for them. This is what it is to push out past the boundary of ourselves to ... meet the needs of others ... this instinct animates the missionary spirit of the Marists and instills a call to serve God by serving others, seeking to bring all into Christ's Church as Mary did.</p> | <p>Mary's presence in the early Christian community at Jerusalem was quiet and unassuming. Marist take this figure of Mary as their model in the way they evangelize. They adopt a low-profile approach always having great respect of others</p> | <p>Today, as in Fr. Colin's, SM time, the mistrust and betrayal felt in society produces an almost endemic suspicion of structures and authority. Colin found in Mary, a Lay person, living a quiet ordinary life, an almost hidden way to carry God's love everywhere. Mary's 'Yes' to God was a resounding 'Yes' to service and love for humanity. ... Mary is safe, approachable and non-threatening. She is good news. "We Christians were not chosen by the Lord for little things; stake your lives on noble ideals."</p> | <p>The phrase "<i>Hidden and Unknown in the World</i>" is the singular manner in which Marists live their lives, striving to bring the men and women of their time to Jesus Christ.</p> | <p>Life is messy, ordinary, sometimes tragic, joyful, yet filled with the presence of Christ and Mary's guidance. When Mary acted, it sprang from deep encounter with God. She invited the Holy Spirit to work through her. Mary's witness calls us to accept that our true value is not in what we do, but in who we are before God.</p> |
| <p><i>Stabat Mater</i> Is there one who would not weep, Whelmed in miseries so deep, Christ's dear Mother to behold?</p> | <p><i>Stabat Mater</i> Can the human heart refrain? From partaking in her pain, In that Mother's pain untold?</p> | <p><i>Stabat Mater</i> O our Mother, fount of love, touch my spirit from above; Help us love as you have done.</p> | <p><i>Stabat Mater</i> Make me feel as you have felt; Make my soul to glow and melt With the love of Christ my Lord.</p> | <p><i>Stabat Mater</i> Holy Mother! Pierce me through, In my heart each wound renew Of my Savior crucified.</p> | <p><i>Stabat Mater</i> Let me share with you his pain, Who for all my sins was slain, Who for me in torments died.</p> | <p><i>Stabat Mater</i> By the Cross with you to stay There with you to weep and pray, Is all I ask of you to give.</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|---|
| March 1 | March 2 | March 3 | March 4 | March 5 | March 6 | March 7 |
| <p>Although Scripture say little about Mary, we do know that she was there in the early church, and we know that she was there as women and mother.</p> | <p>Mary's life challenges us to put God first, responding to others with generosity, simplicity, humility, and to work at building communities where Mary's virtues thrive. The world is crying out for this. Being Marist means to find our home in God every day, strip away our masks and be real with God, ourselves and others. This dependence on God means we begin again each morning.</p> | <p>As disciple, Mary heard and welcomed the Word, pondered it, searched its meaning for her life and then acted on it.</p> | <p>"We Marists do not seek to become famous as a Congregation but we seek to see a Marian Church pouring its mission, ministries, witness, and proclamation of the mysteries of Christ over into a world and Church that represents the values of The Marian Church."</p> | <p>"The Marian Church does not know the answers before the questions are posed. Her path is not traced out in advance. She knows doubt and unease, night and loneliness. That is the price of trust. She takes her part in the conversation but makes no claim to know everything. She accepts that she must search."</p> | <p>Marists who live this way of life, will help a "disciple Church" to emerge: a Church that listens to, submits to, and acts upon the Word which has been proclaimed.</p> | <p>"For the Marists, the first one who followed Christ in his 'self-emptying' was Mary. ... She was content not to be seen and made 'no noise', as Fr. Colin, SM liked to say: Here is the pattern for the Marists. ... in recommending the 'hidden and unknown', wants us to empty ourselves, so that, as far as possible, there are only Jesus, his Father and their Spirit working through us. Then egos, ambitions, sensitivities, self-seeking, self-regard, will not get in the way of God's grace, of which we are to be ministers."</p> |
| <p><i>Stabat Mater</i> <i>Virgin of all virgins blest!</i> <i>Listen to my found request:</i> <i>Let me share your grief divine.</i></p> | <p><i>Stabat Mater</i> <i>Help me, with my last breath,</i> <i>In my body bear the death</i> <i>Of that dying Son of yours.</i></p> | <p><i>Stabat Mater</i> <i>Christ, when you shall call me hence,</i> <i>be your Mother my defense,</i> <i>be your Cross my victory.</i></p> | <p><i>Stabat Mater</i> <i>While my body here decays,</i> <i>May my soul your goodness praise,</i> <i>Safe in paradise with you.</i></p> | <p><i>Stabat Mater</i> <i>At the cross her station keeping,</i> <i>Stood the mournful Mother weeping,</i> <i>Near her Son until the end.</i></p> | <p><i>Stabat Mater</i> <i>Through her heart, his sorrow sharing,</i> <i>All his bitter anguish bearing,</i> <i>Now at length the sword has passed.</i></p> | <p><i>Stabat Mater</i> <i>O how sad and sore distressed</i> <i>Was that Mother, highly blest</i> <i>Of the sole-begotten One.</i></p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|--|
| March 8 | March 9 | March 10 | March 11 | March 12 | March 13 | March 14 |
| <p>The word Marist is composed of the first three letters of Mary's name, and the last three letters of Christ's name. You may begin by looking at Mary, but you always end up looking at Christ.</p> | <p>In a rapidly changing world, the Marist priests and brothers follow in Mary's footsteps keeping their eyes fixed on Jesus alone and "understand that Mary is the one who knows that we worship a God for "whom nothing is impossible."</p> | <p>The world today is wounded. Today more than ever there are people who need to feel the love of the Mother, the touch of mercy in a world that rejects the different ... it is required that each one first recognize his wounded heart ...to be able to accompany the wounded heart of his brother or sister and ...be able to see in his neighbor the living face of Christ.</p> | <p>Marists are to welcome and embrace all, to the exclusion of no one, and to have an open heart for all.</p> | <p>Like the first missionaries they proclaim the Good News of God's mercy to those most in need.</p> | <p>Fr. Colin, SM invites Marists to follow in Mary's footsteps and keep their eyes focused on God alone ... rejecting the crippling forces of greed, pride and power.</p> | <p>They are to go place to place doing the works of mercy especially to the most neglected, the poor and those who suffer injustice.</p> |
| <p><i>Stabat Mater</i> Christ above in torment hangs, She beneath beholds the pangs, Of her dying glorious Son.</p> | <p><i>Stabat Mater</i> Is there one who would not weep, Whelmed in miseries so deep, Christ's dear Mother to behold?</p> | <p><i>Stabat Mater</i> Can the human heart refrain? From partaking in her pain, In that Mother's pain untold?</p> | <p><i>Stabat Mater</i> O our Mother, fount of love, touch my spirit from above; Help us love as you have done.</p> | <p><i>Stabat Mater</i> Make me feel as you have felt; Make my soul to glow and melt With the love of Christ my Lord.</p> | <p><i>Stabat Mater</i> In my heart each wound renew Of my Savior crucified. Of my Savior crucified.</p> | <p><i>Stabat Mater</i> Let me share with you His pain, Who for all my sins was slain, Who for me in torments died.</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|--|---|
| March 15 | March 16 | March 17 | March 18 | March 19 | March 20 | March 21 |
| Mary is the master work of the hands of God, the prodigy of His power, the miracle of His wisdom and mercy. | Marists are to strive with every fiber of their being to emulate these wonderful examples of humility as grace will allow, so that, empty of all vainglory, they may be filled with grace and become, in God's hands, suitable instruments of the divine mercies towards their neighbor. | The Marist mission today is more important than ever. Young people need both religious and lay role models to navigate the tumultuous world in which they live. Our society would benefit from new Marists who can carry the torch from the current generation into the future. | Marists accept the call and the challenge to portray this merciful face of God and to build a Church which is perceived not in terms of power, control or competition, but rather in terms of community, compassion, simplicity and above all, mercy. | The last prayer that Jesus prayed for His disciples on the night before He died ... simply "that they may be one" so that the world would believe that Jesus was God and had been sent by the Father for the salvation of the world. | For Fr. Colin, SM, the communion of mind and heart was basic to the very mission of the Society. It would be the means by which Marists learn to discover the Gospel together and live it as Mary did. | By "Tasting God ... that feeling that delights not only the senses, but also the heart and makes us vibrate towards our deepest call ... we begin our journey in Marist spirituality and discovers that our call is for the community and within a community, discovering that it is with God and for God at the same time. A call that does not seek to impose itself but rather to accompany, in the style of Mary, the one whose heart is wounded. |
| <i>Stabat Mater</i> <i>By the Cross with you to stay</i> <i>There with you to weep and pray,</i> <i>Is all I ask of you to give.</i> | <i>Stabat Mater</i> <i>Virgin of all virgins blest!</i> <i>Listen to my found request:</i> <i>Let me share your grief divine.</i> | <i>Stabat Mater</i> <i>Help me, with my last breath,</i> <i>In my body bear the death</i> <i>Of that dying Son of yours.</i> | <i>Stabat Mater</i> <i>Christ, when you shall call me hence,</i> <i>be your Mother my defense,</i> <i>be your Cross my victory.</i> | <i>Stabat Mater</i> <i>While my body here decays,</i> <i>May my soul your goodness praise,</i> <i>Safe in paradise with you.</i> | <i>Stabat Mater</i> <i>At the cross her station keeping,</i> <i>Stood the mournful Mother weeping,</i> <i>Near her Son until the end.</i> | <i>Stabat Mater</i> <i>Through her heart,</i> <i>His sorrow sharing,</i> <i>All his bitter anguish bearing,</i> <i>Now at length the sword has passed.</i> |

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|--|--|---|---|---|---|---|
| March 22 | March 23 | March 24 | March 25 | March 26 | March 27 | March 28 |
| <p>Attentive to the cry of the poor, and the demands of social justice, we shall be concerned about the needs and rights of those who suffer... We shall work to promote justice and charity which are an integral part of the Gospel message.</p> | <p>Compassion, like love, craves concrete expression. People on the margins remind us that after all, the things we possess, the reputation we have acquired at the expense of other things, cannot save us.</p> | <p>In His life and parables, Jesus offers us an image of God that constantly demands that we allow our myths to be shattered and that we give up notions that would try to limit God's freedom. He shows us a compassionate God who became one of us, and suffered with the poor and oppressed.</p> | <p>We know quite well what Jesus was saying, but somehow, we forget. He was showing us that loving is inseparable from service, and that we must not stand on our dignity but must humble ourselves and do menial, earthy, bodily tasks for our brothers and sisters.</p> | <p>To cultivate Mary's spirit is to cultivate a sense of service: "Behold the handmaid of the Lord." Singing the Magnificat frees us from all self-concern: I am fully available for service.</p> | <p>Mary totally focused on the coming of God, Jesus going round the towns and villages of Judea and moved with compassion at the sight of the crowds who were dejected: these are the images that nourish Fr. Colin's, SM, meditation the missionary vocation of Marists.</p> | <p>The special vocation of the Marists is not only to go to the limits and then beyond. There is a work to be done at the margins, a work which is about the compassion of God.</p> |
| <p><i>Stabat Mater</i> O how sad and sore distressed Was that Mother, highly blest Of the sole-begotten One.</p> | <p><i>Stabat Mater</i> Christ above in torment hangs, She beneath beholds the pangs, Of her dying glorious Son.</p> | <p><i>Stabat Mater</i> Is there one who would not weep, Whelmed in miseries so deep, Christ's dear Mother to behold?</p> | <p><i>Stabat Mater</i> Can the human heart refrain? From partaking in her pain, In that Mother's pain untold?</p> | <p><i>Stabat Mater</i> O our Mother, fount of love, touch my spirit from above; Help us love as you have done.</p> | <p><i>Stabat Mater</i> Make me feel as you have felt; Make my soul to glow and melt With the love of Christ my Lord.</p> | <p><i>Stabat Mater</i> In my heart each wound renew Of my Savior crucified. Of my Savior crucified.</p> |

SUNDAY

March 29

The world today is wounded. Today more than ever there are people who need to feel the love of the Mother, the touch of mercy in a world that rejects the different. ... it is required that each of us first recognize our wounded heart in order to be able to accompany the wounded heart of our brothers and sisters and thus be able to see in our neighbor the living face of Christ.

Stabat Mater

*Let me share with you His pain,
Who for all my sins was slain,
Who for me in torments died.*



In the Gospels, Mary appears as a woman of few words, with no great speeches or deeds, but with an attentive gaze capable of guarding the life and mission of her Son, and for this reason, of everything that He loves. She was able to watch over the beginnings of the first Christian community, and in this way she learned to be the mother of a multitude. She drew near to the most diverse situations in order to sow hope. She accompanied the crosses borne in the silence of her children's hearts ... Mary gave us a mother's warmth, the warmth that shelters us amid troubles, the maternal warmth that keeps anything or anyone from extinguishing in the heart of the Church the revolution of tenderness inaugurated by her Son. Where there is a mother, there is tenderness. By her motherhood, Mary shows us that humility and tenderness are not virtues of the weak but of the strong. She teaches us that we do not have to mistreat others in order to feel important (cf. *Evangelii Gaudium*, 288). God's holy people has always acknowledged and hailed her as the Holy Mother of God.

- Pope Francis, Homily, Holy Mass at the Vatican Basilica on the Solemnity of Mary Mother of God, January 2017

Reflection Sources:

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[*Evangelii Gaudium*](#) (*The Joy of the Gospel*), 2013.

[*Society of Mary USA Vocation Newsletter, December 2021*](#), Quotes by Ted Keating, SM,
Bev McDonald and David Sanchez, SM.

[*Society of Mary USA Vocation Newsletter, January 2022*](#), Quotes by Elizabeth Piper,
Kevin Mullally and Andy Guest.

[*"The work of Mary", The Marist Way pamphlet*](#), Sharing the Marist Way.

[*Today's Marists*, 2020, Vol. 6, Issue 1.](#)