



Our Lenten journey ...

Where do we find space for
our inner journey?

Walking in nature?

Walking in a busy city street?

In a quiet corner of our home?

In a public space?

Other ...



Enforced journeys
Seeking safety
Migrant hopes
Entering these journeys
in solidarity as
accompaniers



The "Angels Unaware"

*By Timothy P Schmalz,
St Peter's Square, Rome
140 migrants... Jewish, Irish,
Syrian and beyond...*

Illness as a journey: *through his own illness Pope Francis still looks outwards, beyond himself, yet he recognises his frailty and acknowledges his need of others.*



In January 2014 in St. Peter's Square, a woman put a lamb from the live Nativity scene in Rome across Pope Francis' shoulders.

Pope Francis: *To live, to serve as a shepherd who knows her / his sheep...implies closeness, not being afraid to get stuck in, get our hands dirty...*



Help us in our Lenten journey to :

Paraphrased from 2017 Lent Message of Pope Francis.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.



Help us in our Lenten journey to

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



Offered by Pat Gaffney, volunteer
with the Irish Chaplaincy