

# St. Mary's Church Lent Reflections 2026

23rd-28th March

A reflection for every day of Lent, chosen for you by members of our congregation.

Holy God, Our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen.

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## Monday

*Chosen by Sally-  
Ann Bowen Davies*

Tomorrow will be a good day. Tomorrow you will maybe find everything will be much better than today, even if today was alright. My today was alright and my tomorrow will certainly be better. That's the way I've always looked at life.

Captain Sir Tom Moore

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## Tuesday

*Chosen by Tony  
Holloway*

Shackled by a heavy burden,  
'Neath a load of guilt and shame,  
Then the hand of Jesus touched me,  
And now I am no longer the same.

Gaither Vocal Band

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## Wednesday

*Chosen by Howard  
White*

Jesus eloquently affirmed from the cross a higher law. He knew that the old eye-for-an-eye philosophy would leave everyone blind. He did not seek to overcome evil for evil. He overcame evil with good. Although crucified by hate, He responded with aggressive love...only goodness can drive out evil and only love can conquer hate.

Martin Luther King.

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**Thursday**

*Chosen by Stella White*

All shall be well, and all shall be well, and all manner of thing shall be well....for there is a Force of Love moving through the universe that holds us fast and will never let us go.

Mother Julian of Norwich

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**Friday**

*Chosen by Linda Caldwell*

Though we sin continually he loves us endlessly and so gently does he show us our sin that we repent of it quietly, turning our mind to the contemplation of his mercy, clinging to his love and goodness, knowing that he is our cure, understanding that we do nothing but sin.

Mother Julian of Norwich

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**Saturday**

*Chosen by Father Paul*

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Collosians 3:12-17

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